

# AWARENESS JOURNAL

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## Growing Up

*Birth into this world is preceded by death—death to the uterine world. The world we left behind was ideal in every way, and apparently we had no complaint there. But we greeted the new world, less than ideal, with dismay. The infant plunged into noise, cold, brightness, hunger, slapping maybe, suction and chemicals, not to mention the sudden new demand on the lungs, decides emphatically that the whole purpose of living in this shocking new world is to regain the old world. This decision as to the Purpose of Living completely misses the mark. It is made with feeling and not ever changed unless consciously looked at, reconsidered, re-evaluated, and the change in evaluation acted upon.*

So every infant has made the decision to regain the non-disturbed state, and maintains this purposeful decision well into adulthood, and maybe for all his time.

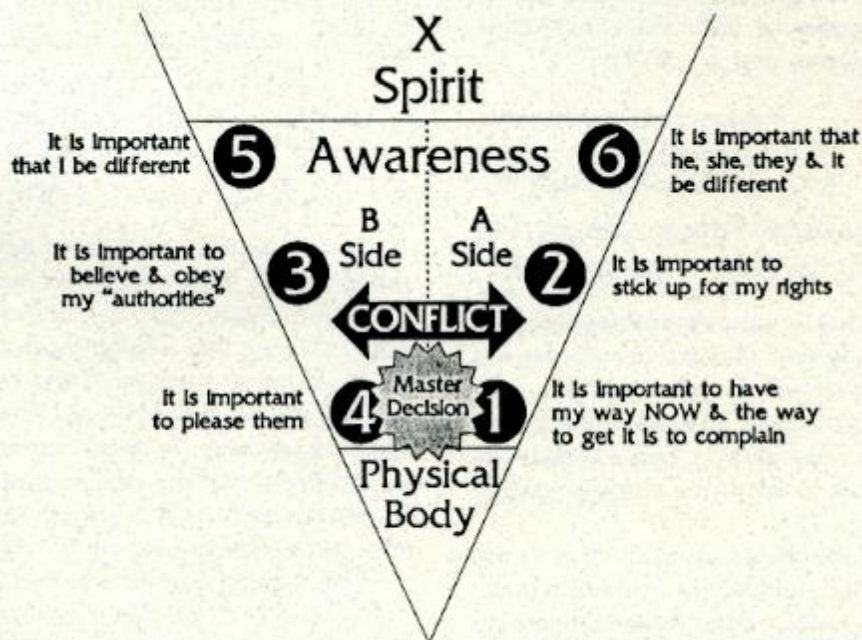
As he is challenged by various stimuli and other people, he makes more decisions in hopes of facilitating his original error. He cries—a complaint—and usually is made comfortable, at least while he is very small (Not-I No.1). How many adults have you heard complaining today? What is the difference between an infant with a dirty diaper and an adult complaining about the weather, the job, the spouse, the traffic, etc.? The difference, of course, is that the infant is helpless, so his complaint may be of some value, if there is anyone around who feels a duty to be responsible for the infant's comfort. The adult has more options. He or she can ignore the weather, change the job, play a role with the spouse, use the traffic as a tool to build strength and get the mood way up. But few see this. They just complain.

One day the baby finds that no one responds to his complaint, or the response was not immediate, so he or she sticks up for rights with a demanding bellow (Not-I

No.2). Who told an infant he or she had rights? He or she assumed it. The baby never realized that his care was a privilege, that his servants were committed to look after him—he felt that just because the privilege was recurring, it must be a right. We see people bellowing today with placards, lawsuits, divorces, rude and shoving attitudes, and on and on. Few adults know—but they could if they just stopped to consider—that everything we take for granted is a privilege, not a right. If it can be taken away, it must have been given in the first place. It is gifts that are given, and our many privileges are gifts, because any thug pointing a weapon of any kind—real or symbolic—can strip us of our privileges at any time.

All of this is error enough to prevent one from fully experiencing the joy of Life. But it gets even worse: he finds himself in conflict. He has enjoyed many pleasures, attention, approval, appreciation. Sometimes he got them as result of complaining and demanding, but other times these were spontaneous gifts. When he expressed appreciation with a lovely smile, these things often multiplied even more. He learned that smiling. [Page 18]

## PICTURE OF CONDITIONED MAN





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## Reaction/Response❖

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### Talk about "Fate."

Whatever that word means to you, you can check out a portion of "destiny." A sleep-walker is destined to spend her life reacting to suggestion (threats and promises). These suggestions come from both inside, the infant decisions to complain, demand, please, obey, self-improve, blame; and from the man-made world outside, the four great games: healing arts, theology, big business, power policies (which includes families, among others). A person unconscious of his or her purpose of living is "fated" to react in a completely conditioned and predictable manner to suggestion, and will give "fate" much of the credit. If one says Purpose = Fate, one is right.

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## Forces❖

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### Genius and Awareness?

What is the question?

My references state: "Latin *genius* originally means 'deity of generation and birth.' It came ultimately from the Indo-European base *gen-* 'produce' (source of English *gene*, *generate*, *genitive*, etc.). ... 'attendant spirit...' Another says "to beget, give birth (progeny, kin) ... Most directly related to the root sense (beget/birth) are *genital*, *pregnant*, *congenital*, *genetic*, *innate*, *nature*... *nation*, *indigenous*, *renaissance*. ... Latin, *genius*, originally = a god of procreation, then the innate qualities that were one's *genius*." Then "engine, ingenious, benign" and on and on it goes.

I don't know what your question is, but it seems obvious that by definition "genius" is Initiative or First Force, while we already know Awareness is Resistance or Second Force. Maybe you are wondering what the relationship between genius and awareness is: First and Second Forces which oppose each other in order to create. Genius would have a much better chance of expressing itself were awareness uncontaminated and fully developed, *allowing* it.

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## Harmlessness❖

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### To be harmless, should we stop eating animal meat? What's to "Life's advantage?"

It is to Life's advantage that its various expressions fulfill their purpose. Who is to say that the animal's purpose is thwarted at the slaughter house? Perhaps this is a step toward the fulfillment of its purpose. To exist in order to be transformed into something useful to Life (in this case human flesh and blood) seems to me to be a noble enough purpose.

(I don't want to get into the debate about whether or not this is the purpose of certain animals, i.e., that they have been provided by the Host to eat, or that we are murdering

them by eating them. The law of the jungle allows this, obviously; then again, we are not "of" the jungle—though certainly *in* it. A "case" could be made for either side.)

For various reasons I checked it out myself best I could some years ago by eating no meat or fish or fowl for six months. I was careful to learn and use the various vegetarian methods of getting adequate protein and other nutrients. After a couple of months I was feeling very puny and my skin was sallow. In the fifth month I was actually dreaming of sides of beef and became obsessed with meat, thinking about it many times a day. After running this experiment I realize that this body needs a few ounces of meat each week, even though I don't even particularly like it. Probably a longer experiment would result in a different result (we can adapt to just about anything), but this is all the attention that I am willing to devote to the issue. I strongly recommend that you run some experiments of this kind if you are truly concerned about the fate of animals used for food and not just "debating." In that case, I would ask: Do you agree that we will eat *something*? Are not even vegetables living? If one sees them as "lower" on the chain, therefore okay to eat, then one has agreed to hierarchies of eaters and the eaten. Anyone who thinks that humans are equal to animals and not potentially a higher form of life is mistaken, period.

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## Suggestion❖

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*I think you should reformat AJ—change it so that you are doing questions and answers. It would be a lot better.*

Huh? Uh... Thank you.

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## Violence Debate❖

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*Can the Teaching throw some light on how a "sane society" would treat serial rapists and psychopathic murderers? If someone is about to harm you or kill you and you cannot escape, how do you report what is to Life's advantage? (Since you and the attacker are both Life.)*

Both questions are interesting but theoretical, having nothing to do with your direct experience. They are posed in order to debate. You do not live in a "sane society" and I am not aware that a large sane society exists anywhere—sanity is not the nature of the world. In your ideal sane society, violent people would be quarantined, for our protection and theirs. Punishment would not exist, since sane people know that the violent (insane) person is doing what to him or her is right or proper or justifiable with the light they have—just as sane people do.

The implication in the second question is that the "normal" thing to do would be to kill one's attacker first and to



kill them is not to their advantage because they are Life, too. This is an erroneous premise, that kill or be killed is the operative here. Consciousness will "save" us in any situation. These kinds of emergencies (being at the receiving end of a weapon) are extremely rare occurrences, despite what you see on TV. Practicing to be conscious with small things continually, moment-to-moment, will vastly increase one's ability to be conscious in emergencies. It is also true—my friends and I have considerable experience with this, you can too—that expanding awareness can prevent us from walking into dangerous situations in the first place, long before they become horrendous emergencies.

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### ❖ Fun

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*I have bought the tapes and books and sometimes read and listen, but I never, ever do any experiments. I don't do the work at all. But I enjoy talking about it. Maybe I will begin to do some Work soon.*

Maybe you will. Thanks for writing.

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### ❖ Method

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*Topics to discuss: The difference between Purpose & Initiative, and Method.*

Conscious purpose and Initiative are the same thing. Unconscious purpose (made by an infant and acted upon all the life long until consciously re-evaluated) is not initiative but entropy—disorder, disintegration. Unconscious purpose is not initiative but is reaction and/or inertia.

Asking about method is an excellent question. When we have made a conscious Initiative, the method appears. It is usually based on our talents, but sometimes we are delightfully surprised to accomplish things using methods we didn't even know were available to us. Awareness does the What, X does the How, through the physical body. X is not stupid, it will make good use of the particular talents of a particular body, but if they are undeveloped, It will get to work developing them right now, if Awareness allows it.

People often do make an attempt at Initiative, and get bogged down right away, and are prevented from really making up their mind, because they think they don't know the method. You don't have to know the method. If we just make up the mind, the method will occur. It is amazing, and won't fail. This is Faith, evidence of things unseen. This is not to say you can't consider different methods, of course you can. But I don't want to eliminate options... and there are always more options than I am immediately aware of. So just make up your mind to do something, and some method will appear to do it. (And anyway, method is really something that can only be seen clearly in hindsight. We may think we are going to do some simple thing, say get a new dress for a special event. You may think the method to

accomplish this will be to sew it, because you are an excellent seamstress. But you don't know that on your way to the fabric store you might pass a shop with a perfect dress in the window at half the price to make it, ready and waiting for you. So I want to leave method open, always. Making up the mind is enough. And isn't that a relief!)

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### ❖ Mysticism

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*Hi Chris! I think it would be useful to lay out some possible experiments to run where one could directly experience X. This would involve the question of WHO you are. We are all one with X. Show us to see this experientially.*

The Teaching does not use "Who" except to identify an individual by name or in referring to Not-I's "who" speak in our name. We can infer that "who" is Awareness—unique for each person on Earth—whether valuing and reporting accurately or listening to old tapes and Not-I's. The Teaching pertains to *What* I am, and everything you've ever heard about the Teaching has attempted to assist you to see this.

I know you are talking about a "mystical" experience, rather than the ordinary or mundane. But "who" and "what" is accomplishing the miracle of the mundane? You are holding this newsletter without poking your finger through the paper, at the same time not dropping it, either. Just exactly the right amount of pressure is being calibrated moment-by-moment to hold the newsletter. What is doing this? Your eyes are looking at these words, sending reflections off the page to the brain, which is seeing both the contrast between what's written and the blank page underlying it, as well as forming these little marks into both words and meaning. What is doing this?

It's chilly in here and I just got up and put over my jeans and tee shirt a beautiful black silk kimono to cover up my bare arms. I marveled at the Intelligence that evolved the silkworm and the magnificent genius that saw the relationship between its product and thread, and made silk fabric, and on and on. This is as direct an experience of Spirit as I can imagine. For the last couple of weeks I have been thinking about someone whose number I'd lost, wondering how he is and what he is doing. He just this minute called to say hello. Coincidence? or did X know we wanted to chat—because I *felt* I wanted to—and arrange it? That's a mystical experience to me.

We are experiencing X continually. It is only greed that wants to have mind-boggling "mystical" experiences, because they feel good, and because they are so much "better" than the usual state we walk around in. The only way I know to achieve an increase in one's state, which eventually will lead to "mystical" experiences, is to do the Work CONSTANTLY, on an everyday, mundane level. First, watch all these tiny little things like picking up paper and marvel at the miracle of it. The next step is to shut up. As long as



Not-I's are talking—and we are listening—then that noise has filled up the space and we are not aware of X.

We spend enormous amounts of time and energy *preventing* the precise experience you are seeking... it is the natural state of a human being! We are busy blocking this perception out all the time—every time we say “should,” as in giving advice and correcting people. If we are busy doing this, we are not aware of X, which is snoozing during these exhortations. Every time we tell others what they should do, put ourselves down, put others down, brag, advise, indulge in revenge, self-pity, all that stuff, we are preventing the awareness of X, the awareness of what we are.

Distraction. We constantly distract ourselves from mystical experience. This is not to say we should quit watching movies or chatting (even debating), all the countless things that fill up our time. But we can prevent them filling up the space wherein we can experience the divine by doing them consciously. A good place to start is to begin comprehending the miracle of every little thing we see and do.

Thus, the answer to your question as to experience is, I would say, “Let go.” Disengage that personality “who” is usurping the “mystical” KNOWING of What I Am. So rather than strive to achieve this mystical experience, I would say let's strive to quit preventing it.

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## *History of the Teaching* ❖

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*What is the history of The Science of Man? Where did it first appear and did it evolve or change through time? Who has known it and how have they utilized it (good and bad)? Can we see it visibly at work today in our civilization? In other words, who, how many, and which people are our comrades in the Teaching? K.C.*

Yours is a question that everyone asks sooner or later. The answer to “What is the history of *The Science of Man*?” is “The same as the history of civilization.” Idries Shah says that without the Teaching, there would be no civilization, period. Humanity would have perished.

According to Rhondell (and to advanced students who have checked this out for themselves), the Teaching obviously comes from “a higher realm.” This is not defined up front... when one has experienced this, one needs no definition; no definition will help one who has not experienced it. In any case, no person claims having “invented” it (or if a person does, avoid him/her—they are lying).

I don't know where it first appeared. Many ancient myths contain an obvious thread of Teaching. It is unlikely (but not impossible) that we could check it out if we were told, say, the builders of the Sphinx were Sons of God, i.e., agents of the Teaching... and so such claims are not made—all tenets of the Teaching can be checked out, in time, by the individual Working.

(In his 48 Lessons, for instance, Rhondell mentions the

thread of Teaching in Magic, Alchemy, Astrology, and the Kabbalah—that these were outer schools; after many years of apprenticeship in the outer school those who asked the proper questions and/or showed promise in other ways were admitted to the inner school, which was the Teaching as we know it, though, of course, presented in a form appropriate to the time, place, circumstance and people. He also states that the version we practice is called The Way and is the inner school of Christianity, which is an outer school.)

Yes, definitely its presentation has changed throughout the ages (though not the fundamentals), because a tenet of the Teaching is that it always conform to the time, place and circumstance and people to whom it is given. One can see threads of the Teaching in various Scriptures and many old textbooks, even poetry; for most people in the West, these books are difficult and dense, unless one has the keys to decipher ancient texts, of course, because they do not really conform to our time, place, circumstance. So that is why it appears in new forms now and then, in keeping with the present. But the Principles are the Principles, for instance, that awareness gets contaminated by conditioning, by the world; that there are four forces of creation, not cause and effect; that conflict—struggle—resistance is the disintegrating factor; that the four dual basic urges may be by-products of living but are not the purpose of living; the nature of the relationship between Awareness and Spirit; and especially, that one must question one's purpose of living before one can evolve beyond a sophisticated mammal. In other words: What am I? Where am I? What's going on here? and What can I do? are what has always been Taught.

Every now and then a great Teacher brings a new idea to mankind (the Teacher is a channel between mankind and the “higher realm.”) For instance, Moses was given and brought The Law, which taught people that rather than living as jungle animals, “you took my eye, I will take your life,” one could settle for taking the other's eye in full payment. This sounds almost barbaric to us when worded this way, but (1) it is a great leap from taking another's life for any infraction, completely justified in the jungle; and (2) we see “an eye for an eye” fully operative today everywhere we look—anyone who ever sued anyone else, or served on a jury, for instance, is living this second phase of evolution. The Christ came along with a new idea, “The person who took your eye felt right, proper and justified in doing so with the light that he had, just like you do.” In other words, “Forgive them, for they know not what they do.” One can see this is a leap from “An eye for an eye.” The Christ also taught immortality... this is an advanced Teaching and one must do the baby work (like living agape 100%) first; then one can pursue this Teaching about immortality. It is not even approached without the third evolutionary leap, conscious intelligence, of which *The Science of Man* is the School.

These stages are taught at the same time, depending on time, place, circumstances and especially people. One can't teach love or agape unless people are at least content to settle for an eye for an eye, rather than “your life for my eye.” One cannot teach intelligence to people who can't yet comprehend agape, who have some understanding of how



things are. So you could say that the various stages of Teaching are overlapping all the time, everywhere.

As for recognizing Teachers or Masters, there is a Catch-22. Obviously one would have to know the material in order to evaluate its purported agent. (This applies to any teacher, doesn't it? Few of us could evaluate a teacher of physics, say, unless we already knew the material; you wouldn't know if a teacher of Greek was qualified to teach unless you actually took the class and were able to learn what you needed to know.) Because of this, and because there are charlatans in every field, we can only truly evaluate someone who is merely as far along as we ourselves are—we are not qualified to evaluate beyond our own achievements.

As to specific people besides the obvious great Teachers of the past who are living and demonstrating the Teaching, it is hard to tell, for the above reasons, but not always impossible. Occasionally some famous person will perform in a way that demonstrates a degree of understanding of these things. More often, though, the Teachers are "invisible" so to speak. They have not sought fame and fortune and seldom have it (although it is possible), so one does not hear of them unless one knows someone who knows them, and introduces you, for instance.

Teaching in the past was so dangerous as to necessitate secrecy; the institutions had such great power they could do away with opposition without any repercussions; this is less true today, but rest assured, it has its perils. Teachers and other agents of the Teaching are "sly men" and "wear the cloak of invisibility" for their protection. The Not-I's are threatened only by the Teaching and so despise its agents and want to do them in. And, as you know, most people and certainly institutions are governed by these Not-I's.

As for seeing it visibly in our civilization, the answer is: check it out. See if you can find incidents where the Teaching had an obvious influence. Hints: occasionally one will find a movie that has something REAL to say; I've noticed there are more main-stream books available today that contain Teaching information (whether or not they are wholly "Teaching books"); once in a great while a famous figure will make a Teaching demonstration—but it is inaccurate to confuse the container with the contents. Apparently Life will use any available container under the proper circumstances. For instance, someone who had been the object of an assassination attempt was photographed, soon after his recovery, sitting knee-to-knee with his assailant in the assailant's jail cell, chatting like old friends. This picture was worth a thousand words, it was the most accurate picture of agape I have ever seen in. Whether this person is a bona fide agent of the Teaching, I don't know; I don't know that one whose purpose appears to be the strengthening of an institution could be a Teacher, but it is irrelevant. It is the contents of that picture that matters, not the names of the people in it.

As to how many are our comrades, I don't know that either. I will tell you what I have heard from "reliable sources" regarding this: if only 40 people on earth were conscious (full time), there would be a major evolutionary leap. Forty doesn't sound like many, [Continued on Page 6]

**N**OW that I am about to eat,  
O great Spirit, give my thanks to  
the beasts and birds whom You  
have provided for my hunger, and  
pray deliver my sorrow that living  
things must make a sacrifice for my  
comfort and well-being. Let the  
feather of corn spring up in its time  
and let it not wither but make full  
grains for the fires of our cooking  
pots, now that I am about to eat.

♦  
A Native American grace from The Lama  
Foundation, San Cristobal, New Mexico.  
From *One Hundred Graces*, Selected by Marcia  
and Jack Kelly, Bell Tower, Harmony Books, Crown  
Publishers. (A beautiful X-mas gift I received)



but how many fully conscious people do you know? (Of course, beware: 40 is a mystical number in certain valid material which means "an indefinite number"! ) I also know that there are many, many (countless) people Working at least a little bit at any given time. I am privileged to connect with many of them because of the Work I do, and I am always astounded at the efforts people are making—all of which are cumulative, by the way, according to the Teaching, both individually cumulative, and affecting the whole body of Friends, and all of humanity, in ways we can't begin to really imagine.

So, all said and done, the real answer to your question is to check it out for yourself. As you grow in the Work it will become a little easier to do, but it is doubtful every part of your question will be answered, and it really doesn't matter, does it? If no one else on Earth were practicing the Teaching, I would still find it of value to me. But it would be a great exercise for anyone who has wondered about the prevalence of the Teaching to start hunting for it. You will find it everywhere, this world is a book, life is the cast, form is the props, events contain the story. You will find it everywhere, though I don't think you will ever find it as complete, intact, and simplified as in Rhondell's presentation. He has given us the absolute bare bones, sans mythology, sans psychobabble, sans arcane mumbo-jumbo of any kind. It is up to us to put the flesh on the bones of this New Man.

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### *Addiction to Not-I Thinking* ❖

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*Truth to tell, my inner state hasn't been too terrific this last couple of years and I am grateful for the Teaching because, at the very least, without it I expect things would be a lot worse. Thanks to the Teaching, there are many moments when I am able to recognize that my inner state is totally controlled by Not-I and that recognition helps keep me out of more trouble. I've also recognized that I'm addicted to negative thinking, and I'm starting to "confess" that, whenever I catch myself in the act (much as I admitted I was an alcoholic a couple of years ago). I have been successful in keeping the beer at bay; we'll see how successful I am with the thought processes!*

What a valuable statement you have made. That we get "addicted" to "negative thinking" which I prefer to call Not-I or derogatory (since negative isn't necessarily "bad"—but that's another article).

Addiction is really "habit"—an action whose associated feeling and thinking gets reinforced all the time, thus "easier" to do. The more we do a thing, the easier it is to do, and this goes for anything, Not-I or real Work (and all the stuff

in between). I've noticed that paying close attention is worth a hundred times that amount of will-power; in other words, the more attention we pay to our moment-to-moment behavior, the easier it is to be in charge of. For instance, if one had bacon almost every day of one's life for breakfast, and one were to be a house guest in a Jewish home, one would have little trouble breaking that "habit" because one would pay attention to such things (and one's purpose to be a good guest would supersede the old purpose of having bacon for breakfast.) So one's "addiction" would be broken because one was paying attention to being a good guest.

When we make such an intention, and pay attention, we find we aren't really "addicted" at all.

We can do the same thing with those Not-I's, too. Having made up your mind to forego the beer, because it's not to your advantage, I'm sure you don't "forget" this, ever. (You may want it, or may—I don't know—even struggle with it now and then, but you don't forget it.) The "confessing" was the first step in making up your mind, it enabled your intention, and it worked. Ditto ignoring Not-I's. Having quit a few habits occasionally in my life, I am sure that it is easier after two years of not indulging. And the same with ignoring Not-I. The first few days will be rough, but the new "habit" of ignoring them gets reinforced, and the old "habit" of indulging them gets weaker and weaker.

I'm really glad you wrote, thanks!

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### *Contemplation* ❖

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*I found your discussion of contemplation in AJ interesting, because it is similar (if not identical) to something I do often. I will sit quietly and relax somewhere, and allow thoughts to come to the Awareness. Often these are disturbing thoughts, such as the memory of something that caused me to feel anger, fear, etc., at the time. Since I am not actually in that situation at the moment, I have no reason to react to the suggestions. I can slow down the thoughts and feeling and watch them. I can see them as suggestions and sensations that are separate from me. I can practice disidentifying with them at a time when I am not caught up in what is going on. Often, I can re-evaluate decisions that I acted on at the time of the event ("Did complaining help anything?", "Was it really worth getting mad about?", "Was there really anything to fear?"). After re-evaluating, I will often have a different feeling about the situation and my reactions to it. Note that this is not "thinking about" it. It*



*is observing the thoughts and being aware that they are just suggestions, and disidentifying from them. I often find after doing this that if a similar situation comes up, I will be more aware. I have seen and re-evaluated the thoughts that I had before. The next time I am in a similar situation, I have been forewarned and am on the lookout for these suggestions. I can then spot them as soon as they come into Awareness. Having spotted them immediately, I can often prevent them from going into the action center (being reported to X as valuable) by remembering that they are just suggestions and I have already decided that they have no value. The time spent in contemplation (one might say meditation) really pays off. D.L.*

Amen! I often tell people who are complaining to me that they just can't stop the chatter, to make an appointment with the Not-I to indulge it at a later time. Though this is not exactly what you have described, it works the same way—taking it on in a comfortable, unstressed time, choosing to do so, calming down and just looking at it. (Plus they believe you when you make dates with them.)

There is a saying in the Work that all efforts are cumulative, and I think you have done a good job of pointing that out (though only those who do it will know!).

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## ❖ *BalancING*

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*Dear Chris, At one time I was interested in metaphysics and the Universal Laws... especially the Law of Balance. In the Teachings [Rhondell] refers to watching parallels and Life's continuous balancing. Would you care to elaborate on this? V.E.*

You know me, I will elaborate on anything! I like to call it the Law of BalancING... because if it ever gets fully in balance, I think the show will be over (watch scales... when both sides are perfectly balanced, it quits moving).

I don't know much about "metaphysics" but I do know what I observe. A businessman I know makes a lot of money, and I mean millions. He also has no qualms about selling, uh, let's say "questionable" merchandise when it comes his way (he does not seek it out, but if it stumbles in the door he can't resist). Now it just so happens that he cannot seem to keep a decent accountant on his staff... somehow he finds out, about every 18 months, that the current one is embezzling, that he is short A LOT of money. This is so routine as to be almost laughable, but he has never

caught on. Looks like a kind of balancing to me...

An old woman I used to know (she has since left our story) raised five sons in an environment she produced which can only be called terrorist. She was unpredictable and violent and, well, basically the Wicked Witch of the West. Eventually the boys grew up and moved away... and seldom came to visit. She spent her last years completely alone and miserable and could not understand why nobody paid her the respect a mother is due. It appears to me she got precisely the respect she earned.

Even more common than the above are the balancing effects of "moods." I know several people who get so excited whenever some new plan or idea comes along. They get into a frenzy of phone calls and maybe research and get so wound up that their voices are faster and higher than normal, they can barely sleep, and so on. They don't realize they are mistaking excitement for enthusiasm. Excitement is a false emergency state. It doesn't take long before this false emergency state takes its toll—in a few weeks they are sick with the flu, or are depressed, the whole thing falls apart, the pendulum has swung way over to the other side.

Balancing is going on all around us all the time, in every conceivable way. In an unconscious, reactive way: I honk at some comatose driver who pulls out in front of me, he wakes up for a millisecond, honks back, the balance has occurred. Maybe you know someone who always sends you a check back if you send him a gift. That balances out the event in his mind. If we do anything extreme: mentally, physically, emotionally, even spiritually, it will balance out. Severe and prolonged mental tasks may well compel one to go see a purely fantasy movie, for instance, or to get a really good night's sleep. I stood on my feet for twelve hours X-mas eve and another twelve X-mas day, in front of a stove for the most part, as opposed to the usual twelve hours sitting on my fanny in front of a computer. December 26 my feet had THEIR way—they and I stayed horizontal. By the next day, balance had been restored.

Balancing isn't good or bad, it is just appropriate. Spiritual balancing takes place, too. An extremely elevated position, where the Secrets of the Universe let you in on them, is balanced later sometimes with a real thud: the world and the body can seem so heavy when we alight. And yet, this is balanced, too, since we usually get to take with us our new understanding as we land back on solid ground.

Another way of looking at balancing is to recognize that we pay prices for everything. And this isn't bad, either, it is just the way it is. You pay a price for doing the Work, it means you aren't doing something else. You pay a price in time or money for whatever you do, and on and on.

It is so beautiful to watch, and I appreciate your remarks, because I think it is a very nice exercise to recommend to others... looking for balance.

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## ❖ *Discipline*

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*What I really find exciting about The Science of Man is that the only*



*requirement appears to be that one is a human being. I have always been interested in what I now know as self-improvement, but liked to think of as the search for truth. I studied Eastern Philosophies, got into T.M., and tried everything that came by. But I always thought that to achieve real spiritual enlightenment that I would have to go off to the Far East and become a monk or at the very least sleep on a bed of nails. I was under the impression that discipline was the only way to achieve anything. When I look at this misconception it appears to be a built-in excuse not to seek enlightenment.*

You bet it is! What a con job is being done to people in the name of "discipline." At the feast I hosted X-mas day, and you should have seen the discipline everywhere... preventing people from fully participating. Young girls who wouldn't eat the yams because they had wandered into the kitchen and observed butter—gasp!—being placed on them, not to mention the dreaded brown sugar. (Eyes big as saucers, Precious One said, "Chrissie, is that actually BUTTER?????) Another guest stared longingly at the enchiladas but just could not indulge—red meat. Another nearly yelped when dark turkey was placed on his plate, and had it removed. I had forgotten to put the salt on the table and only one person noticed (me).

"Discipline" of this kind is being promoted big time these days, and it is a farce. It is the promotion of conflict: for every advertisement for something luscious there is a government or AMA bulletin that it's gonna kill you. Every ad for snacks is followed by an ad from a gym chastising you to get with it NOW and pay up and DO IT. And on and on. It is all designed to generate conflict, and observation at a single party demonstrates this very well.

Real discipline is something altogether different. It is making up the mind, that's all. Making up the mind to make an intention, knowing that second force, resistance, will arise to tempt you to doubt, and a willingness to receive it, to let go. A person practicing this kind of real discipline, making up his/her mind, will find he/she can do anything he/she wants to... What Real I wants to do, not necessarily what the body wants to do, but there is NO CONFLICT about it, because one has made up one's mind. All the discipline we ever need to practice can be done by making up the mind to keep the mood up and not make anything important.

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### *Friends* ❖

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*Dear Christine, I am composing a letter to you based on observing judgment in*

*myself and others. ... I'm still working on it and want it to be clear and concise for you to respond to. It is interesting that when writing the letter, answers and clarity seems to come, even though the letter wasn't sent. Perhaps that's a way of writing it down and reporting to X, so that clarity can come. If so, I'll just keep writing you ghost letters that you don't have to bother with. I'm really enjoying the turn of events in the newsletter and you taking letters from people. They're out there with the ideas and I don't know them, but they are having a lot of the same stumbling blocks that I have, and I find it very, very valuable to read their questions or statements and your response to them. I hope you'll stay with that some. I know the ideas need to be in front of me every day in some way as there is so much more suggestion around to go back and stay asleep. Though [Rhondell's] tapes are still of great value, the fresh reminder through you is very needed. After all, there's not a whole lot of people nearby to share and remind with the hectic schedules we all have to make a living, and sometimes others on the Teaching are not the best to share with as it can get into a silly deliberation. So through the newsletter we can read, not comment and let the thoughts incubate and aid us when being tempted to go to sleep. Thank you very very much, and please continue. Love, M.*

Thanks for your several contributions, all much appreciated. I couldn't agree more that, for some people, like us, writing it down is a great clarifier. I have kept a bunch of black books for years that I call "Not-I Books" where I used to pour out all my thoughts and feelings. I seldom write in them anymore but I will occasionally read them, and what enlightenment! I don't care how far we think we HAVEN'T come, we *have* moved. One quick read through an old Not-I Book will prove it. What I do now is write to my Teacher nearly every week, though I almost never send the letters. I have a whole box of them. The "need" is not that my Teacher should know what's going on with me (he does anyway) but that I am forced to leave the B.S. out and just write what is, since I know better now than to bother the Teacher with B.S. (although I will confess that since I know I won't be sending the letter, I, uh, give myself a little leeway!) But the point is that to write to him is the same, for me, as talking to Spirit. And Spirit hears me whether any person does or not.



Anyway, for some of us it is extremely valuable to use the tool of writing. It is said that the more functions we are using at a time, for instance, thinking and writing, or writing and listening, etc., the better "hold" the information takes. Please feel free to mail me anything you write; I like to read letters. I'm looking forward to your "polished" one as well.

Your remarks about the correspondence in *AJ* have been made by so many. I wasn't getting much mail in the beginning and it seems readers are loosening up a little and it's wonderful—not only because of the value of the "sharing" but because it makes my job publishing infinitely easier! I don't have to dream up stuff to write about, what a relief.

Thanks very much your your beautiful letter.

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## Forgiving❖

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*I saw someone on TV talking about forgiveness. She said if everyone forgave just one person the world would change. I thought it was a nice sentiment but I was trying to put her words into the context of the Teaching and couldn't. K.W.*

The Teaching does not talk about forgiveness, because in the usual sense of the word what is meant is that someone victimized us in some way but we will be bigger than they are and let it go. It is looking down on people, plus it assumes a "wrong" was committed.

The Teaching says instead that everyone on Earth who ever did anything did it because they felt right or proper or justified in doing it at the time with the light that they had, just like I do, and calls this *agape*.

It is sometimes recommended that one check this out by trying to do something that in your mind is not right or proper or justified. Let's say you don't think stealing is ever right or proper or justified. But you decide to test the principle of *agape* and go steal something. "Aha! See, I *did* do something 'wrong,' because it is not right or proper or justifiable to me to steal." But what you did was justify stealing in this one instance in order to test a principle. There is no way around it—absolutely everyone does absolutely everything under this principle.

So when the person who "done me wrong" is seen as having felt right or proper or justified, regardless if I thought it was—they did—I have to apply the principle to her, just like I do to myself. And rather than anyone being superior to anyone else, we see that we are all of us human beings operating under some very universal laws.

And yes, I agree with the TV person's sentiment, if not her language—if everyone applied the principle of *agape* to just one enemy, this would be a different place. But you can see that if you can truly apply the principle to one person, you cannot help but to apply it to everyone. Now *that* would be an evolution!

"If CON is the opposite of PRO, is CONGRESS the opposite of PROGRESS?" [From Los Angeles Times letters to the editor.]

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## ❖Think, Act, Feel

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*It seems to me you got to the bottom line on page 9 of latest AJ. This refers to "While we are working on this, the sense of I now resides in Awareness, but this is a temporarily limited place, etc. ... I am. X right here, right now." How about a Think, Act, Feel discussion of this UNION issue.*

Several people wrote in about the temporary existence of the feeling of self residing in Awareness, and "how" does one experience X as Self.

Let's backtrack a little. It is a Teaching principle that the human being is capable of thinking how he wants to feel, acting on that thought, and then feeling as he chooses to act. This is being in charge of one's inner state, and all the Work is to enable us to do this. We have to start small, and we have to let go of ideals. For instance, if one has a headache and feels irritable, one could choose to feel otherwise. This does not necessarily mean that one can choose not to have the headache—it is a normal adaptation, mobilized but unneeded emergency energy is being used up to restore balance; if we banished the headache (in any number of ways) we would still have the mobilized energy to deal with. So we have to let go of the ideal that I should not have to experience the pain of headache, and still we can choose not to feel irritable.

To do this we would remember or imagine what it felt like not to be irritable, to feel serene, for instance. We would then act serene. After a few minutes, or maybe a little longer, depending on the magnitude of the First and Second Forces here (intention to feel differently and pain/irritability), we will begin to feel serene, if we Work on it.

This is a wonderful capacity of the human being that few people remember and make use of. I say remember because I think every child has done this, without all the fancy words, of course, when he or she was waning with exhaustion and wanted to play just a little longer. The child kept on playing, acting like he wasn't exhausted, and got a "second wind" and could continue his fun for a bit. So we all know how to do this, we just forget.

Now it may appear that there is a big difference between becoming in charge of irritability and experiencing union with X. It's not really different, it's just a matter of degree. But we do have a little catch here—we may not have ever had the experience of Union with X and so don't have a reference, a template, of precisely what to think and how to act on it. And even though poets throughout the ages have written it down, even a script doesn't help much.

The ecstatic Union with X is a gift. I am not sure that we can go grab it just by wanting it or even just by thinking about it, especially if we have no experience with it from which to draw. We need that first experience, that sacred wedding night in the holy bridal chamber, in order to *think, act, feel* Union. Experience proves that this gift is presented when the preparation has been made. [Continued Page 20]



Dear Christine, It was a pleasure (by-product) talking with you. ...About the bit on how you "glorified" the female, or made it "neutral" and made us "poor victim" men look "stupid" in the last (Fall 1993) AJ. On the first page, "If the person (neutral) is free to experience a little hunger in order to complete (her) project, (she) will, etc. ..." Very favorable for the female. She is using the Teaching. On the next page you say: "...or eventually we would forget to feed 'him' (poor victim) one day." This continues for the rest of the story. Then on p.3, "The human being (neutral) has the potential to operate far beyond these childish methods, and 'his' (poor victim) purpose of being here goes far beyond getting pleasure, attention, etc. ..." The point I am making in the above is (she) is using the Teaching and (HE) is in the conditioned state.

P.4, In the story about the doctor who went to Columbia to help the disadvantaged, when speaking of one of those people you said: "... not because it was important, but because then 'he' (poor victim) might be more able to evaluate without that personal element clouding 'his' (poor victim) vision." Didn't the doctor help any 'shes'?

Pp.4-5 You tell of an experience with a man seeking attention (stupid) in the print shop. Now really, this could have been a woman, couldn't it? However, I prefer the "old man" because it can refer to the "old man" in us all. Besides I "ass-u-me" you were just reporting what happened. I plan to say "nothing" next time some alien asks me what I am reading on the plane. That is, before I enter into my pre-planned speech which causes the "real" seeker to ask me the "right" questions. Ha ha!

P.5 Tell me, is the baby getting a well-developed No.2 Not-I a girl or a boy? If a girl, then your comment could have been "The Master Decision to be non-disturbed in her little GIRL." However, you used "little one" to soften the blow. If it is a boy, well, I forgive you. And of course, another "awake" mother (good female) observed her "... very small daughter ... going through the Vicious Cycle." Now, we all expect a "very small child" to do this anyway. The point is "if" it were her "husband" (adult male) would you have said: "... observed 'him' (or) 'my wonderful partner' going through the Vicious Cycle? hmmm. The mothers (female) are Awake. The males or "little ones" are asleep or victims.

P.8 Here you are neutral for the most part, however, when we get to the part about "if a 'person' (neutral) is a fanatic about winning... a higher inner state or a lousy one—(he) thinks in terms of 'conquering' Second Force rather than enjoying it." (Can't men get it?) Well, just wait, after another paragraph and "Mother Theresa" (female) will show you how (big time). Here you even say she is on the other end of the scale. What scale? The "good" scale? "...her Initiative is mighty..." etc. ... She is an example for us, "but" where is the (male) example of goodness. Let's see,

Superman?

I really didn't want to mention this because it is soooo stupid, but, since I've gone this far with this nonsense, I can't resist. "Your Editor"—Your fearless kitten, (he) (stupid men) can't even learn that a hiss from (good) mother means behave. Of course, as all men "should," (in the eyes of women), (he) kisses up to her. I am really getting ridiculous with this, huh?

P.11 By now you must be ready to hit me. Since I am in Arizona, just do it gently. Here goes. The "brothers" who read six to ten books a week are really "dumb guys." Great examples of "Greed." Conditioned book junkies. Do you know any female book junkies? [Yes, me.—C.T.] Then when you get to the part about the (man) who is "tremendous company" (I think Rhondell falls into this category) you place (him) (not intentionally) into the role of a victim. Well, sort of.

Then WOW, finally a woman put in a "bad" taste. Daisy. But, then comes Suzy-Q who gets involved with "wild (men), rock musicians, Hells Angels, and the like." Are they all (male?) (She) could have been a (he) who gets involved with women of shady activities.

P.12 The "little guys..." (male?) are bouncing off things just like our little Not-I thoughts. Comparing (males?) to Not-I's? "When 'someone' (neutral) decides to pay attention, puts in 'their' (neutral) quarter, they can be somewhat in charge of the game." This "someone" and "their" is AWAKE. "BUT" when you get to the bottom, "Attention is like those quarters the (boys) feed into machines..." This is compared to squandering our attention on an imaginary life. (Real stupid boys). What? Girls don't play the video machines?

Let me get real picky for a moment. "Why" is it that the Not-I's are always called by (male) names? "Buddies, henchmen, guys"????? Why not, "ladies, gals, witches, whores"??? Well, "ladies" could always say, "Since in times past most Teachers were male, they spoke from the male perspective"? I wonder if they ever thought of that?

P.17 Near the end you speak of "Vital Interest" and that this is where we want to make our "home base."



Getting there is a challenge. "But it can be done, even when we have been cornered by a bore (male?) We start looking at (his) features, (his) gestures, study (him) as a specimen of humanity, see if we can discover exactly where (he) is on the tone scale." (Guess it was a male bore.) Are there no (female) bores?

P.18 When you speak of a student from a book by Shah the student happens to be a (he). However, the point here is the student is doing something "improper" or "not to (his) advantage." (Stupid.) You continue on to the last page where a "three-year-old" someone is trying to impress is a (him). See the (him) places the (male) in a much "lower" place than all the women reading this story. My male side said, "But the little kid is a girl."

P.19 Here we find a "mother lifting a car off (her) child..." Then when the emergency is over, it's not the (she) that is left normal "appropriate for what's going on," it is the 'person's' (neutral) strength is no longer super-human..." Didn't you want to bring that mother (female) back to earth? Or is (she) still somehow amazing? Then it is "man" (generic?) that has mobilized energy floating in (his) body unused, not the amazing mother. (She) still "glorified," (he) in the vicious cycle."

Then it just happens to be a (stupid MAN) who "...is pretty far out..." when (he) didn't sleep for two whole weeks doing something (stupid)." Again, you are probably just reporting the event. Do you know any "dumb" women stories?

Oh boy! A woman does something using some of that violent energy, but she does it as a "sacrifice." Buzz word for the ladies. Now after these ladies (and maybe some men, it's hard to tell here—neutral) are definitely going to threaten (his) purpose of living." Now, if I understand the last sentence correctly, that Not-I is a (male). For the next few lines you keep it (neutral) when discussing the binge stuff. BUT when you get to that awful habit of cursing, "If you observe someone (neutral) who never cruses let out a string of it, you will know that (he) (not again!) is using up violent energy."

Christine, PLEASE don't take any of this personal. I am just having some fun and I hope you will laugh along with me. I do not usually see these kinds of things, and I don't know where all this came from. When I was reading AJ this time it just seemed that some Not-I brought it to my attention. Out in the world we hear all kinds of talk about how men degrade women and women are fighting back. I know this is not your agenda, and I am willing to bet that not one person other than me even noticed this stuff. Besides, it is the messages we are interested in and not how they are written. You are doing a great job and to hell with the Not-I's that see the nonsense I have pointed out. Also, I would not have done this, except that when I hinted at it you mentioned to me that someone else had called you sexist... Love, P.R.

Dear Heart, I am not in the least offended and when I

read your letter (sitting alone in the pub) I burst out laughing several times and got some extra attention. Many "someone else's" (all men whom I consider truly sexist) call me sexist on a regular basis. It couldn't possibly offend me, it is a kind of projection on their part. Not you, of course. (Young women think I am sexist, too—in the opposite meaning to yours—when I refer to any female over 6 as a "girl" instead of woman, no matter how informally. One cannot win this game!) Anyway, I hear it nearly every day. Yours is by far the funniest and one of the most interesting versions of this complaint about me, and has some (very few) valid points as well, which I will get to.

My first response (reaction?) is "Damned if you do and damned if you don't." There is not a contemporary writer who is not troubled or at the very least inconvenienced by the fact that our language simply does not *elegantly* accommodate the new (relative to the whole history of civilization) Western view of females. For instance, I find myself using the "generic" *their* (plural) often when I want to say "he" or "she" but fear it *would* sound sexist, and so capitulate to what I and many consider atrocious grammar to avoid sexist wording! But even those of us willing to use the grammatically incorrect plural "they" in lieu of he or she have our limits, and so try to use "he" and "she" interchangeably so as not to offend. (Gosh, it was so much easier when I was writing a newsletter for women. Maybe there should be two versions of AJ—one for men and one for women. And we could make the women's pink and the men's blue—gotcha)

There is another consideration, which I have touched upon in the past. Without exception, every person you read about in AJ is real, either a specific person (often my very self) or a composite of very specific persons. The whole point of putting Teaching material in writing (an inferior way of presenting it as compared to demonstration) is to relate real people doing or failing to do real work in both the manmade and real worlds. Because pointing out our foibles is a major part of demonstrations, whether written or "in person," people are not always presented in their "best light." (And you would be surprised at how many of the Marys, Janes and even Jims are yours truly describing some stupid thing *she* has done.) So as I have said before, I do my best to disguise the actual person so as not to embarrass him or her (or me), yet to describe as accurately as possible what went on. I also said I think I do a pretty good job of it, and you confirmed that by your *swearing* that a letter in a past issue was a re-working of one of yours, when it actually came from the East Coast. I use he instead of she (and vice versa) quite inconsistently, because if I were consistent, people would catch on. Some of the cases you cite were actually women acting dumb, others were identified correctly (my nephew is a boy, for instance; your apology is accepted). Other gender assignments are from my direct experience. I have only seen one little girl playing video games in a public place in my life, and she was a holy terror. I'm in the 7-11 a couple times a week and have only seen boys playing. Unknown-to-me men often ask point-blank questions to me in public. Women strangers speak to me,



too, but are usually far less direct. I do a lot of writing in pubs and coffee shops and am asked at least once a week, "What are you writing?" and it is ALWAYS by a man. Women may talk to me and try to see what it is I'm writing, but never are direct about it. More like, "Oh, I see you write." (Insert: I am sitting here in Shaunessey's right now and a man I have seen before but never talked to just this minute walked up to me as I was re-reading and editing this article and asked, "What are you writing?") Anyway, this is my experience. I suppose it may be unusual, but I doubt it. Men are direct, women are oblique, generally.

(And the "scale" I was placing Mother Theresa on was a scale with a tiny bit of Initiative/Resistance at one end and a whole bunch at the other. In other words, a magnitude scale, magnitude of forces.)

I was going to "explain" point-by-point, but decided not to, as I kind of doubt many others are as interested in this topic as we are. (Neither one of us wants to be boring, right?) But I will say that I thought the story about Bob the Cat showed him in a very good light. He is named after our mutual dear friend who is the most fearless and steadfast person I know, and who is often hissed at (by women and men) and never responds any other way than with a (metaphorical) kiss on the nose!

Lest there be any doubt, let me say that all the principles in *AJ* apply equally to men and women, period.

Rhondell doesn't read the newsletter but if he did he would get the last laugh here. For probably ten years I badgered him, "Why is it *Science of MAN*, why the Picture of MAN, why MANKIND, why New MAN; who and where are the WOMEN Teachers???" Of course, Rhondell doesn't answer "Why?" (or "Who?") questions and always just ignored me. He doesn't bother to assign gender to functions of Life, yet of course allows me to tell it like I see it. And now it's coming back to haunt me! He may have been warning me with his silence. (If you ask a legitimate question, you will get an answer someday.) Of course, the answer is: The Teaching is trying to get us to become true Initiators—"male" in symbolic language, it is the potency that works on the feelings contained and channeled by awareness, "she."

Since the deed is done, I will take this opportunity to elaborate again, and let's see if we can apply some of what you said to the Truth.

Spirit is seen in my presentation of the Teaching material as masculine because it is the potency of Life. It is the impregnator, if you will, of the creation of the New Being, the New Man, the one who can Initiate. I call Awareness feminine (not female) because it is the Receiver of impressions and the molder and shaper of potency. One could say that Awareness is a womb. (And I am certainly not the first to say that.) I hope that I always stress that these two "elements" are parts of a whole, they are not separate. They Work together if they Work at all.

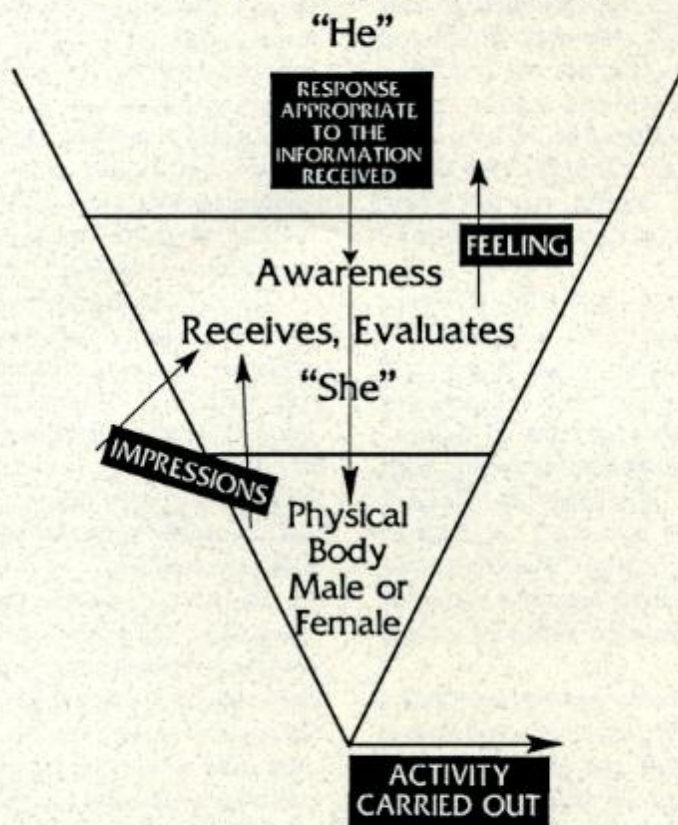
X or Spirit will do anything appropriate for the information given by Awareness. No matter how stupid the information. When the information is stupid (inaccurate, incomplete, based on old purpose, mucked up by Not-I's), the response will appear stupid, so I guess Spirit (masculine) could be said to look stupid because the activity looks stupid. What I prefer to see, though, is the incredible love X has for Awareness, that "he" will do whatever "she" says is of value.

The Work is to correct Awareness Function so that it (she) is receiving and evaluating accurately. When "she" is reporting impressions accurately, when her values are based on Truth, X will be allowed to develop. A New Man will emerge. It is entirely up to "her" if this happens. So all of us, when beginning the Work, have a faulty Awareness and an undeveloped Spirit. This emanates in different behaviors. The world has kept Awareness fully conditioned. "She" is then not communicating consciously with Spirit, but to ideas (and ideals) outside of Spirit, i.e., the man-made world of conditioning. This is why the Not-I's are often referred to as henchmen, bullies, etc., derogatory "masculine" terms. In this

state she is the "Great Whore" and they are her surrogate and inappropriate mates, her sterile would-be co-creators, users and abusers. When the person is, as you say, "glorified," it is Awareness that allowed this. Although it is Spirit Who is glorified... It does EVERYTHING, based on the information we—she—provides It.

I'm really glad you got this off your chest. I think it's been a lot of fun. I will make an effort from now on to say "she" when I am describing reporting, evaluating, feeling, forming, and to say "he" when I am describing doing, initiating, willing. It will be a little Work to remember. And I still intend to protect my delightfully "foibly" friends! ☺

### X—Spirit, Intelligence, Potency





## ❖ *Diamonds and Resistance*

By C.R. (Texas)

*"He who has been struck by lightning has no need to consult The Book of Omens"—Kai Lung*

*A while back I was rushed to a hospital suffering from what my doctor referred to as "a cardiovascular accident"... of, if you please, a stroke. A six-day stay in the hospital was required. After a phone call to a bearded gentleman of many talents and powers, physical recovery was rapid, eliciting the physicians in my life to observe, "You are lucky—it must have been a mild one."*

•  
*One of my favorite classes in college was Geology 601—an introduction to geology. The school was located in an area of rich geographical diversity and we were able to make many fruitful field trips. One trip took us to an area where the flat plain was dotted with thirty- to forty-foot columns of rock. These columns were five or so feet in diameter, although the surrounding terrain was a flat, loose sedimentary type rock, which had been a sea bottom.*

*Our field instructor explained the columns were shafts of lava that had protruded the sea bottom, shooting upward many aeons ago. As the seas receded and erosion exposed the harder volcanic material, the whole place took on the eerie atmosphere of a Stonehenge.*

*Our wily old geologist told us that the formation of these spires was the perfect setting for creating diamonds. Intense heat and great pressure turns ordinary carbon into the highly prized jewel.*

*During the Depression years, the University faculty suffered thinning pay envelopes, and in the finest tradition of Indiana Jones, these academicians had set out to prospect for diamonds in this handy geological showcase.*

*The faculty had taken turns digging at the base of the columns, looking for material known as "blue clay." When a stratum of this material was discovered, the prospector would speed back to the campus and the whole geology department would mobilize to spade and sift every last cubic foot of the rare "Blue Clay," for diamonds formed only in this material.*

•  
*So is the Work most productive when circumstances produce an adversity that blocks the old purpose—gaining and escaping—the 4DBUs. It is the Blue Clay where the lumps and bumps of a tough resistance can yield the rare jewel of what we have come to the Work to find—truth.*

•  
*The good medicine men of the hospital staff sifted through reams of data. They had printouts of the body chemistry and the interpretations those readings indi-*

*cated. They cast numbers and results of tests about like a voodoo priestess examining the entrails of a recently slain rooster to reach an ex-plain-ation for me. "This did it. That did it. We aren't sure, but probably this combination did it."*

*The rooster entrails had cost me over nine thousand bucks—some rooster!*

*What these good gentlemen were seeking was the thing that I needed to change to keep the same thing from recurring. What poison had I been ingesting? What popular regimen—like not smoking, low-fat diet, lots of exercise—could come to my rescue? The consensus was STRESS. Oh, "stress," that mysterious black box that no one can pry open. "Stress—we all have it. Don't worry... don't work so hard. Don't get upset... meditate and take aspirin... get some books. Learn to live with it. Of course, there is always Valium."*

*But I had a way, a path. I could have told this gentlemen that I had missed the mark. Or I could have used the ancient word for missing the mark. Would I have raised a few eyebrows at that conference had I said, "I have sinned!" What would they think if they heard "This is a result of my sin"? They would think I was on my way to the most convenient revival to head down the nearest sawdust trail, and then I would be right back to preach a little "Gospel" to anyone I could corner. I didn't say anything, except to nod and agree to take the pills at least temporarily that would keep the body from adapting to whatever by producing a high blood pressure.*

*The head of the team asked me who the president was. I replied, "George Bush." Bush had been retired by the electorate over two years before. "I wish," said the good doc as he sent me home anyway.*

•  
*I left the hospital on my son's arm and with a cane (which I discarded two days later), but the head was high, the smile was genuine. I knew if I asked "What is going on here?" and if I got the mind quiet, all the answers I really needed were at hand. I might not know who the president of the United States is, but I could sure tell Blue Clay when I encountered it... and I was up to my very nose in a fine batch. ☉*



*Dear Christina, It would be interesting to tell you what happened after I left the hospital and returned to work. The owner of the golf course where I am employed was kind to me. He paid \$20,000 of my medical bills since I have no health insurance. I could never repay him, of course, so I decided to attempt to find a way to express my thanks. The one and only way I could show how I felt was to do a drawing of one of his golf holes. Well, while in the process of completing the drawing (I did it on site), several members of the club became interested in my artwork. To make a long story shorter, I just completed a painting for \$900 and I am starting another drawing for \$500. It even looks like another member will want me to paint a golf landscape for him, too! Yea! Heck, I just wanted to say thanks. D.S.*

I was tickled to receive your letter and am going to include it in our book of Mushkil Gusha stories.

"Mushkil Gusha" is the Persian wording of "The Remover of All Difficulties." There are elaborate stories told of people getting into all sorts of fixes and when they let go, the Remover of All Difficulties appears and does His thing... and everything works out in the end.

I was first exposed to Mushkil Gusha in *Caravan of Dreams* by Idries Shah (please do read that book someday), where he presents a long, convoluted, and thoroughly interesting version. Once you say the story, you are to commit to repeat it (or a version of it) every Thursday night from then on.

When Harmony Workshop has space available, we have a social gathering and read the story of Mushkil Gusha on Thursday nights. Someone brings a dessert made with dates. It is traditional to share dates. (We found we grew a little tired of dates every week so started making concoctions with them, and I have a wonderful easy recipe for date candy—let me know if anyone wants it.) Dates were highly prized in the time and place of the origination of the story, so they represent the Teaching in the context of Mushkil Gusha, and that is the point of sharing dates.

If there is not a formal gathering, wishing someone "Happy Mushkil Gusha Day" on Thursday sometimes suffices. You would be amazed at the responses you get when doing this, and you always get an opportunity to tell the story (although often a shortened version is appreciated when you have just wished your waitress Happy Mushkil Gusha Day).

According to my Middle-Eastern friends, there are countless versions. My friend Mitra tells me that when she was a little girl in Iran, women would go around from house to house with sweets on Thursday evenings (the night of Mushkil Gusha) and everyone would honor and celebrate The Remover of All Difficulties.

Rhondell is quite fond of this story and has boiled it down, in his inimitable fashion, to this: Don't make anything important and keep the mood up. The official version is "When your need is greater than your want, Mushkil Gusha will appear and remove all difficulties." California-

style: "Don't sweat the small stuff. P.S. It's all small stuff." Or: Let go, it'll all be okay.

What our artist let go of, here, was that B-side Not-I that would have loved to weigh him down with guilt, the feeling of debt, unworthiness, the "want" to pay back so he would look good, and so on. He said, instead, "I will just say thank you, using the talents that I have at hand." His *need* to say Thank You was greater than his *want* to even the score. He let go and just did what he could do.

He didn't make "balancing" important, he knows it will all balance out, thank you, on its own accord. A mood of thankfulness is a lot higher than one of burden. And then he acted on it, not just "thought about it." And look what's happening.

I hear so many sad stories, all the time. If people only knew that it *will* all work out, if they just let go. (Actually, it will work out in any case—they just don't recognize it.)

Thank you for sending in your Mushkil Gusha story. I hope that it inspires someone to just let go and say Thank You.

*"When a number of people come together, and if these people are harmonized in a certain way, excluding some who make for disharmony—we have what we call an event. This is by no means what is generally understood in contemporary cultures as an event. ...*

*"We cannot accurately render a higher event in stilted terrestrial representations and retain accuracy. Something of surpassing importance in a higher realm could not entirely be put in terms of literature, science, or drama, without loss of essential value. But certain tales, providing that they contain elements from the high-event area which may seem absurd, unlikely, improbable or even defective, can (together with the presence of certain people) communicate to the necessary area of the mind the higher event.*

*"Why should it be valuable to do so? Because familiarity with the 'high event,' however produced, enables the individual's mind to operate in the high realm.*

*"The tale of Mushkil Gusha is an example. The very 'lack of completeness' in the events, the 'untidiness' of the theme, the absence of certain factors which we have come to expect in a story; these in this case are indications of the greater parallel."*

*[From the prologue to The Story of Mushkil Gusha, from Caravan of Dreams by Idries Shah]*



## ❖ *Pumpkin Parable*

By Jonathan Horne, M.D.

*A good friend of mine has a green thumb, and yearly produces gigantic pumpkins which he nurtures in his large backyard. He has considered different methods of trying to maintain a perfect shape and lack of blemishes in his large pumpkins.*

*This last spring he decided to try supporting the growing pumpkins by covering them with discarded pantyhose. This seemed to be a great idea, and the pumpkins grew and flourished in their pantyhose-supported suspension environment, without touching the ground or impacting upon other pumpkins or objects.*

*The problem developed, however, after three months of magnificent growth of the pumpkins. One by one, the pantyhose self-destructed by simply disintegrating or splitting from the effects of weathering, rain, and sun.*

*What was even more disconcerting was the observation that the beautifully-formed and unblemished pumpkins fell and ripped the vine attachments, which were not accustomed to bearing the weight of the heavy growing pumpkins. Other pumpkins on the vine, which had not been enclosed with pantyhose, continued to grow well, supported by their vines.*

*The moral to this story could be: (A) Use larger pantyhose next year; (B) shade the pantyhose with umbrellas from the sun and the rain; (C) wrap the vines with support cloth so that when the pantyhose split, the vines will support the sudden weight of the falling large pumpkins; (D) investigate to find biologically indestructible pantyhose; (E) grow zucchini next year; (F) Allow the pumpkins and vines to grow in their normal environment with their normal second forces and stresses; eliminating natural stresses in biological systems leads to self-destructive weakness.⊗*

### THE FOUR FORCES

There are four forces in all phenomena: INITIATIVE, RESISTANCE, FORM, and RESULT.

Initiative is the idea, the thought behind all form, intelligence, Spirit—the potency and idea contained in the pumpkin seed. Resistance—pests, gravity, weather, soil—always arises to meet Initiative head-on, to form it, shape it, mold it, or, if not met with equal Initiative, to destroy it. The dance of these First and Second forces produces the Form which can be something tangible like pumpkins, or slightly less tangible but as observable, an event (the lesson of the story). The Fourth force is Result: how the form or event is responded to.

Initiative and Resistance are usually about equal for a proper form to emerge, although Initiative subdues (and ennobles) Resistance. When Resistance is greater than Initiative, say for instance a large earthquake, destruction occurs. When Second Force is too little, the form is sorely shortchanged, for instance the blobby pumpkins produced when their Resistance was vastly decreased. (And when they fell and went splat, they got all their resistance at once; instead of the healthy tension between the two forces producing a proper form, there was a mess because it was all out of sequence and proportion.)



*In the last few days I have heard from four nearly sobbing women. Were they upset? No. Angry, hurt, disappointed? No. They were overjoyed about one thing or another: a new car; a great movie; overwhelming appreciation for certain events and people in their lives.*

These women were all on the brink of, or deeply into, a flood of tears because they were so "glad." I know this feeling well and certainly hope that you do, too. It is a state of utter thanksgiving—"but" combined with a feeling of unworthiness and that there is "hope" after all. This is not a feeling to be denigrated, it just happens sometimes. But it is pretty much worthless, an indulgence, unless we use it rather than allow this torrent of feeling to use us.

In my experience, few men are prone to this; it is almost always women who can allow themselves this kind of nakedness. And because these women want to be students, and are accomplishing nothing when drowning in intense feeling, I would like to point out a *use* for this kind of event.

First some analysis. While it is completely appropriate to feel appreciative, when we are overcome ("taken over"), the Not-I has entered the picture and is trying to use the intensity of the energy being conducted for its own purposes, i.e., to feast. The Not-I picks up immediately on the feeling of thanksgiving—anathema to the Not-I, it is about to lose a case. So it butts right in and says, "You are unworthy," "It is sheer luck, nothing more, that this has come your way," "There is nothing you can ever do to pay back this gift," and, if you listen carefully, it will add, "It won't last," "You should feel this way all the time," and on and on.

A high state of appreciation does not evoke blubbering, it catapults us into a blissful place where every cell in the body wants to smile or even laugh. When tears well up and the voice chokes, we know that some mobilized false emergency energy is being released. For instance, that false "emergency" that we would never be accepted, appreciated, that we would be abandoned, unloved, left to die.

Certainly we have to allow this mobilized emergency energy a release, but there is no reason that it has to contaminate an otherwise blissful state. So here is where an opportunity for a great piece of Work comes in, an opportunity to run an experiment, to make use of emotion rather than let it use us.

Someday when we are perfected (completed) we can summon any state we wish upon the making up the mind to do so, and any real student is practicing this now. In the meantime, we may not have this kind of power consistently, so we must exercise, practice, make use of what we do have to use. An intensely emotional event is a wonderful place to get busy becoming in charge, learning to pick and choose our place on the tone scale.

This is a place where we turn "stress" (conflict: gladness vs. unworthiness), which is disintegrating, into healthy tension: that arena where we can really go to Work, the place between what my intention is to do and what the body

wants to do. My intention is to fully experience bliss without any contamination. The body wants to indulge the Not-I's who try to cancel out the bliss with self-pity, unworthiness, etc. This is extremely fertile ground to take charge, to evolve, to make a New Man, this place where tension exists between intention and reaction.

If you tend to be swallowed up by this sentimental state of bliss/sorrow, and you want to take advantage of the great opportunity for development at hand, you might Work this way: Usually the appreciation just happens, we seldom bother to intentionally seek this state. Despite this, it does often happen. Then right on its coattails is the tearful Not-I. At this moment, the moment of the first (or second, or third—it takes practice) heaving of the chest signaling the dam to burst—*stop!* If you do this a few times, enormous power will be at hand, power to use, rather than something using you. Now, we don't stop here because it is wrong, bad, shameful that these other feelings of unworthiness and so on came up. It is not wrong, it is just the nature of things, that we are subject to this. We are not stopping it (with great effort) because it is wrong, but because we are intending to take advantage of an opportunity to grow, to experience something altogether new.

A lot of people are kind of proud of their sentimentality, or they see it as endearing. It is nothing to be proud of and it is not endearing: it is dangerous. Its purpose is to cancel out something higher, to eliminate an opportunity to make a New Man. It is an indulging of the Not-I. I think few people really realize how fruitless and even debilitating this kind of emotion is, because it has been accepted as "normal," among women at least, in our culture, and because it often is seen as endearing. It is poison.

Please don't get the idea the Teaching says you may not cry. That is not what is being said here at all. Life is full of tears, although you will discover they are few and far between when you really see what is going on here, i.e., a big hoax that it is all important, a big lie that you are unworthy, and really, the Not-I's don't want anyone to realize it is all just a big game. But in the meantime, before these things are fully understood, we do get overwhelmed inappropriately, and if we are students, we want to take advantage of such an opportunity to do some real Work.

You know if you are prone to this (people who aren't probably don't even know what we are talking about and have not even read this far). If you want to evolve, if you want to increase consciousness, if you want real strength and eventually big power, you will check this out to see if there isn't buried treasure in these moments, and at your disposal if you want it. ⊗



❖ Love

*I request that you write about Love. I feel that Love is the only value. G.P.*

Thanks for your nice note, which I shortened here so as not to embarrass myself. It was very loving.

There are all kinds of degrees of Love. Most people (and most mammals) only know and practice three. Rhondell uses Greek words in order to specifically identify some of them. *Philo* is the liking of anything or anyone, taste. We say we like sweets, we love chocolate; we like Wynonna, we love considerate people; we like rainstorms, we love to bake in the sun. *Philo* is taste, conditional.

Then is *Pia*: we love our children. I have known mothers less talented than a snake in nurturing, who nonetheless saw to it that their kids were fed, clothed, sheltered, no matter what, and who would fight anyone who said anything against their kids. All mammals have this quality that we call love for children, it is apparently inherent so that we look after them, else we would forget sometime. Parents who aren't snakes often, if not almost always, use *Pia* as a stepping-stone to unconditional love for their own children.

*Eros* is the mating attraction between men and women, and we know that form of "love" is as common as *Philo*... yet we notice, too, that it usually comes with a lot of baggage that is decidedly not love.

The Love that the Teaching demonstrates begins with *Agape*: The understanding that whatever I or another ever did, is doing, will do, is thought at the time to be right or proper of justifiable. This is such a novel idea that the Christ had to die to demonstrate it for us, and few people are there yet who get it. People often can experience some *Agape* for people close to them whom they otherwise admire,

but cannot apply *Agape* across the board to everyone, the rude stranger who is obnoxious, or the politician who is obviously a crook, or even the gangsters running around town. Real *Agape* does not do this kind of discrimination, but it takes some practice to get beyond discrimination.

*Agape* is a bridge to Real Love, something that cannot really be described in words, not by me anyway, because I am not a poet, alas. *Agape* is a mental thing: if we can get the head to clearly accept the principle, it can be operative, and the feeling comes with it only after some use of it. Real Love is an all-consuming feeling that takes no mental effort at all, in fact the mind can be an interference if allowed to be. There is no way to "decide" to practice Real Love, though there are countless books and other stuff out that admonish one to do so. It is a development, something that just happens after *Agape* is practiced for a considerable time. And it is true, too, that in that high state of Real Love, one does not "Love"—one IS Love.

I absolutely agree with you, that's what we are all aiming for. Thanks a lot for writing!

❖ Answers

*Thank you for your contribution to the Work and your insight with the Teaching. I want you to know how much I appreciate your time and effort. There are, have been, a number of times I've wanted to call and chat about this or that but the line you once used—the answer is usually found in the question—has proven to be accurate. R.J.*

I thought it was so cute that a few days after I received your nice note and X-mas card you broke down and called me anyway and we had a great chat.

It is a Principle that the answer—or the direction to the answer—is contained in a properly worded question. People are always asking me for specific experiments to run, and I think this one, Working with questions to get them properly asked, is a great piece of Work. If one wanted to use it as a tool, one could start by asking, "What is the purpose of my question?" That will often stop us dead in our tracks, as we realize we are often just being greedy for information that will satisfy some curiosity about something that is not immediately within our experience. Sometimes questions are posed merely as an excuse to debate. Debating is fun, several of my friends are experts at it and it is a joy to watch their minds work, and sometimes even to play with them—it's like a tennis game. But, of course, this is nothing but entertainment (and nothing's wrong with entertainment, as long as it is properly identified).

I think I am an expert now at asking questions. I have been asking all my life (mostly Why? questions, though—but not totally). I have read probably thousands of books looking for answers, and in the early days I badgered Rhondell relentlessly. Books are helpful but are not experience; Teachers don't "dispense" information, they hint and mostly demonstrate. I have found after long and hard years of searching, that there is one infallible way to get any question we NEED to know answered: ask Life. There is only one catch, and this is why people do not know or agree that the method is infallible, they refuse to accept the catch. Which is: we have to be completely willing to receive the answer. The answer is not always what we want it to be, and we have to be willing to let go of that and accept the Truth. When we can do this, with no conditions, asking Life is absolutely infallible: EVERYTHING we need to know is given... whether we like it or not.

Thanks for writing, and thanks for calling. Please feel free to continue to do either or both. And thank you, too, for taking the time to express your appreciation for my own Work.

MEDITATIONS OF RUMI

*Every prayer has a sound and a physical form.*

*What bread looks like depends upon whether you are hungry or not.*

*Counterfeiters exist because there is such a thing as real gold.*

*The moment you entered this world of form, an escape ladder was put out for you.*

*To boil water you need an intermediary—the vessel.*



## Conditioning [Continued from First Page]

would get him more. The pleaser (No.3 Not-I) was born, conflict is installed, because complaining and demanding don't accommodate pleasing at all. So he now finds he has opposing methods to use to get his non-disturbance, but these methods are at war, the little one is the battlefield.

You can see adults in this dilemma every day. We hear, "No matter what I do, it isn't right for her," and "I try to be a good husband/wife/employee/citizen, etc. and what do I get?" We see people playing the door-mat role. The only way this differs from the infant grinning to get some candy is in language.

By the time the little one is walking around, he is introduced to "authorities." Theoretically this is done for his safety, since he is too inexperienced to cross the street by himself, does not see the value in learning his letters, might eat too much junk food if he were to decide himself. The child knows he doesn't know, and so allows authorities to take care of these things for him. He is relieved of the responsibility of doing it himself, and this is appropriate for a child. But what about grown-ups? Most adults differ from little children not at all. They still have a list of authorities who will be responsible for their thinking and acting. It might be their family, still, or maybe it is an institution. Maybe it is a polyglot of philosophies, bits and pieces the person has picked up along the way that have appealed in one way or another. Most people have several authorities—the ghost of one's parent or grandparent, for instance ("This is how I was raised," and that makes it right; or "The doctor won't let me do such-and-such," or perhaps it is theology or politics, or some combination of these.) Big business is the authority for some... "good taste" is all... but those people are probably not reading Teaching material (or maybe they are—in order to be hip and up on the latest). (Not-I No.4)

There is no difference between a five-year-old not crossing the street without the crossing guard and a thirty-five year old not changing his job without advice and permission

from a half-dozen friends; no difference between a grade-schooler asking for permission to go to the rest room and a thirty-eight-year-old not eating certain foods because a doctor would not give permission.

All these people, children and adults, are at war within. The complainer and demander are at odds with the pleaser and the obeyer. Finally the child gets so wearied of this inconsistency that he decides it all his fault, that if he were just different than he is, if she would just act differently than she feels, if he or she could just improve, everything would be okay. (No.5 Not-I). Because the war does not stop, because he is still determined to be non-disturbed in a disturbing place, because he does not seem able to improve himself totally, he feels guilty. How many guilty-feeling adults do you know? It is doubtful you can go through a day without someone telling you they feel guilty. There is a fairly common bumper-sticker in L.A. that reads: "F - - Guilt" (only the word is spelled out.) This tells anyone who notices it that the driver really sees guilt as a major factor in his or her life, else why advertise in this manner? And the little one, too, reaches this point (though at six years old let's hope it's not in these words), and decides it's not his fault, it's *their* fault! If he, she, they, it would be different, the child would be happy. (Not-I No.6) All the warfare would stop, non-disturbance would be a way of life.

It's almost laughable to see it put this way, we adults know better, right? But how many do? Assigning blame is a major occupation of most individuals and all institutions, it is in the paper and on TV every day, everyone is continually assigning blame. Who's to blame for the war in the former Yugoslavia? Who's to blame for crime in the streets? Who or what's to blame for the smog? What's to blame for cancer and AIDS? On and on it goes, it consumes a huge amount of attention and energy every day. But when did blaming every make a six-year-old non-disturbed? When did blaming ever fix a social ill, or heal the world?

Blaming, feeling guilty, blind obedience, pleasing for effect, demanding and complaining lead only to warfare, internal and external. They are completely impotent tools for adults, because they are based on a false premise: That the purpose of living is to regain the non-disturbed state of the womb.

For those of you who ask for exercises, specific experiments to do, here is a good one: Listen for these decisions as you hear them throughout the day. Look at the person speaking, whether someone in your home, someone on TV, a lunch companion, people in a shop in the mall. Look at the adult mouthing these decisions and imagine him or her at exactly the age he or she was when the decision was made. And see if the decision is any more appropriate than it was when made. Look at that preacher barking on TV and see him as three weeks old. Look at that politician at a senate committee berating a "witness" and see the three-year old who just *knew* the authorities knew best and should correct and punish everyone who didn't toe the line. Look at that fawning co-worker who constantly brings you presents and see the two-year old grinning in hopes Mommy will pet her. Watch the person expressing guilt [Continued last page]

## Predictability❖

### 1. Pick a number between 1 and 9.

2. Multiply it by 9.
3. If your answer is a two-digit number, then add them together.
4. Subtract 5 from your number.
5. Now compare the number you now have to its corresponding letter in the alphabet, i.e., A = 1, B = 2, C = 3, D = 4, E = 5, F = 6, G = 7, H = 8, I = 9, etc.
6. Now think of a country in the world that starts with that letter.
7. Now take the SECOND letter in the name of that country, and think of a mammal that you can ride that starts with that letter.
8. Now picture yourself riding that animal in that country. [Continued last page]



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 ❖ *Misc.*


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### *Science of Man Meetings*

There are a few: I have word there are some in Florida, Michigan (for experienced students only) and the Inland Empire in California, which are accepting new members. If you are interested let me know and I will put you in touch with them.

### *OOOPPS!! (Last Week)*

Well it was inevitable, sooner or later: The hard disk crashed and five years of Harmony Workshop went to Data Heaven.

If any of it is qualified for resurrection remains to be seen—the disk is being hopefully sent out for “data retrieval” and we shall see. It so happened that someone just donated an almost-new 486 and I am back on line, with all my programs but virtually none of my current files. I have back-up of essential material, but not this current newsletter which was just about ready for the printer and had to be hastily reconstructed. So: if you sent in remarks that weren’t responded to, they may have been lost—please do send in another. And of course, the mailing list is gone and has to be reconstructed from the coupons, I can’t find my hard copy anywhere. The worst part of that is those whose names are lost won’t be reading this, so won’t know. So please tell your friends who subscribe.

For computer-literate readers: The devil is always on the job. Just before the crash, this document got corrupted. I rebooted and was greeted on the screen from out of nowhere with a 72-point Wingdings-font symbol: ANSI code 078 (look it up, you’ll enjoy it).

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 ❖ *“Zones” Workshop*


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*Because of the generous input of several of my friends, I have a good view of how **The Marriages Between Zones Three, Four and Five** by Doris Lessing is experienced by most readers—profoundly.*

We have had several two-hour informal chats with different groups about the story and its effects on the reader, and many expressed a little frustration that there was not enough time to really get into it. So there will be a more structured, all-day workshop on this book in Glendale on Saturday, February 5. The fee is \$35 and a workbook will be provided, and we will extract and apply the Teaching, which is in about every paragraph. It is a mythical story about a Queen of an almost “ideal” realm that has become stagnant from lack of challenge. She is ordered by the mysterious “Providers” to descend into a land of barbarism and marry its King. The relationship between the two, and others, and everyone else who is affected by this, is a description of the Work of transformation. Almost everyone who has read it who was deeply moved.

### *And Again (Sunday)*

Probably I should not set target dates... for instance that this newsletter would be mailed Jan.3. The new computer crashed last night (software this time, not hardware, thank goodness—the compression program got corrupted and proceeded to corrupt my programs, including of course the two I use to produce *AJ*). After a complete re-installation from DOS up, which I did my very self in three hours with expert guidance over the telephone, I got to begin reconstructing *AJ* again around midnight. I won’t bother you with the part about the hot water pipe in the kitchen bursting at 5:00a.m. flooding my neighbor’s downstairs, the plumbers in and out, etc. If indeed you ever do end up with this in your hands, you will have a lovely example of the Four Forces in action big time. Thank you for your patience.

### *And yet again (Tuesday)*

This is getting a little ridiculous—now a 6.6 earthquake. I am just fine. Power was out for a day. This place is completely trashed inside. Everything that could fall did fall, almost everything that could break, did break, except the TV and the computer, which is wedged in and couldn’t move too far. Bookcases flew across the room, one did a double-flip through the air, hundreds of books on the floor. It looks like the city dump in here. The kitchen is 2" deep in glass and destroyed plants and dirt and flour and so on. Yesterday I made a path, today I got more picked up, and at last back to the computer. Pending orders are buried. If my print shop survived, this WILL go out tomorrow... or I’ll find one that did survive. It’s been “fun.” And we *are* all so grateful.⊗

I want to keep the group small so everyone can fully participate, so pre-registration is required. Please call by January 24 to reserve a place, and send check and order form by January 28. Should there be many requests for participation, another workshop will be scheduled for Saturday, February 19. (February 5 is half filled already.)

A prerequisite is to have read the book, of course. It is not always easy to find, but can be ordered through any good book shop. Copies are often available at used bookstores, usually found under science fiction or women’s literature, sometimes just fiction.

If you want to participate but cannot afford the fee, a limited number of “scholarships” will be available in exchange for proofreading work in the future.

*(Registration form on reverse of this page)*



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## Predictability (Continued)

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*For heaven's sake, just what role are you playing, riding an elephant in Denmark?*

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## Conditioning [Continued from Page 18]

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and imagine the five-year old alone in their room, forlorn and tearful, just knowing that the havoc in the house and Mommy and Daddy's divorce is all their fault. Watch the belligerent drunk looking for a fight and see the six-year old blaming the world and everyone in it for all his misfortune.

The Master Decision that the purpose of life is to regain the non-disturbed state and the six "helper" decisions as to how to go about it are simply not appropriate. But they have been lived out for all one's life until they are really looked at, reconsidered, re-evaluated and re-made. Start watching others and begin to know yourself. ☉

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## The Four Dual Basic Urges❖

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LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, Pleasure	Pain, Discomfort
MENTAL	Attention	Being Ignored; Rejection
EMOTIONAL	Approval	Disapproval
TRANSCENDENTAL (The Urge to Power)	Feeling needed, Important, Appreciated	Feeling inferior, Useless, Worthless

*The 4DBUs are not bad or wrong—they are just not the whole purpose of living. They are by-products of living, present for everyone to some degree.*

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## MARRIAGES BETWEEN ZONES Workshop Registration Form

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Saturday, February 5, 10:30a.m. \$35 (includes workbook) It is required that all participants have read the book.

NAME \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE & ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ Best time to call \_\_\_\_\_

Enclosed is \$35

Funds are short and I would like to trade proofreading time for the fee (limited).

I can't make it February 5 but I am interested in a February 19 workshop.

I can't attend the workshop but would like to have the workbook. (\$12, includes postage. Will be mailed after Feb.5)

Confirmation will be mailed back to you by February 1, containing directions to meeting place in Glendale.

Send this form and check payable to Harmony Workshop, 318 E. Broadway, Glendale CA 91205.

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## Think, Act, Feel & Union [Continued from P.9]

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One must Work on the little things, Work on them constantly. Thus the preparation is made, and at the right time, place, and circumstance, Union will occur. Wanting it, which is the Fourth Dual Basic Urge, called Transcendental, a lofty urge, but of the 4DBUs nonetheless, hinders it. We must be free to plod along without it. We must Work, Work, Work. We must observe ourselves continually, and remember to do this. And then one day the Bridegroom comes, Union occurs, and finally we have a Knowledge that we can refer to to Think, Act, Feel. But this is an enormous amount of Work, and we are distracted continually, it is the nature of the world we live in. And greed for it cancels it. Wanting it to be permanent cancels it. The experiences are cumulative, though, and little by little we feel more and more the presence of Spirit.

It's been said before, about all Work—the more it is practiced, the easier it becomes. So the answer to "how" to feel Union is to let go of wanting it, and do your duty—earn the gift. It will happen, in Its time, not ours—but it will happen, if we prepare for it. ☉