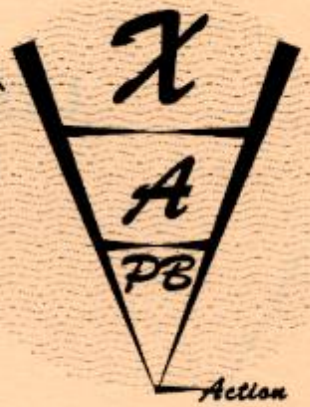


# AWAWARENESS

## Journal



### *Role Playing*

**A friend of mine is a playwright, and has written movie scripts, too. We were talking one day about certain demons that he lets annoy him, and he said to me, "Well, a Not-I is just an idea, right?" By this he meant, I presume, that it wasn't a living entity (which it's not)... rather "just" an idea, so no big deal.**

I said, "Well, yes... it's an idea, but not 'just' an idea." Let's take for example an idea he might get on which to base a play. At the moment of inspiration, it is "just" an idea, to be sure. It will never be any more than that until he writes it down, crafts his script around it. Spending this attention/energy on it fattens it up quite a bit from just an idea. With his effort and some luck, others will feed his idea, too. They might promote it or him to the right people, who might further increase the girth of the idea by putting up some money, another form of attention. Let's say he sells the right people, and the play is produced. This will take lots more attention and money, from him, the producers, all the others taking part. If the play is a success, more people will feed more attention and money into it, and it could even run "indefinitely." While the play is going on, everyone suspends "reality" and agrees to pretend (and maybe a few identify so much they aren't even pretending) that the event is real.

So... feed an idea with attention and it grows and takes up time and space and people pretend it's real. And the attention, time and money people put in that direction is not being put somewhere else. So they have chosen how to spend their assets, they have chosen to fatten an idea, which requires or consumes energy. Soon the idea almost seems to have a "life" of

its own.

It's easy to see how Not-I's, though just ideas—and erroneous ones at that—get fat and take over because we suspend reality and pretend they are "Real Life."

I think this is a wonderful analogy for Life—our lives—and a good picture of how Not-I's take over, too. (Although my friend didn't think much of it.)

Within this little event of an idea taking form and consuming attention and stimulating people to "believe," are roles that are played. In this case, the playwright, the producer, the crew, the cast, the audience, the press, and no telling how the idea might even filter down and influence people who didn't even see the show directly, because it is being talked about (more attention).

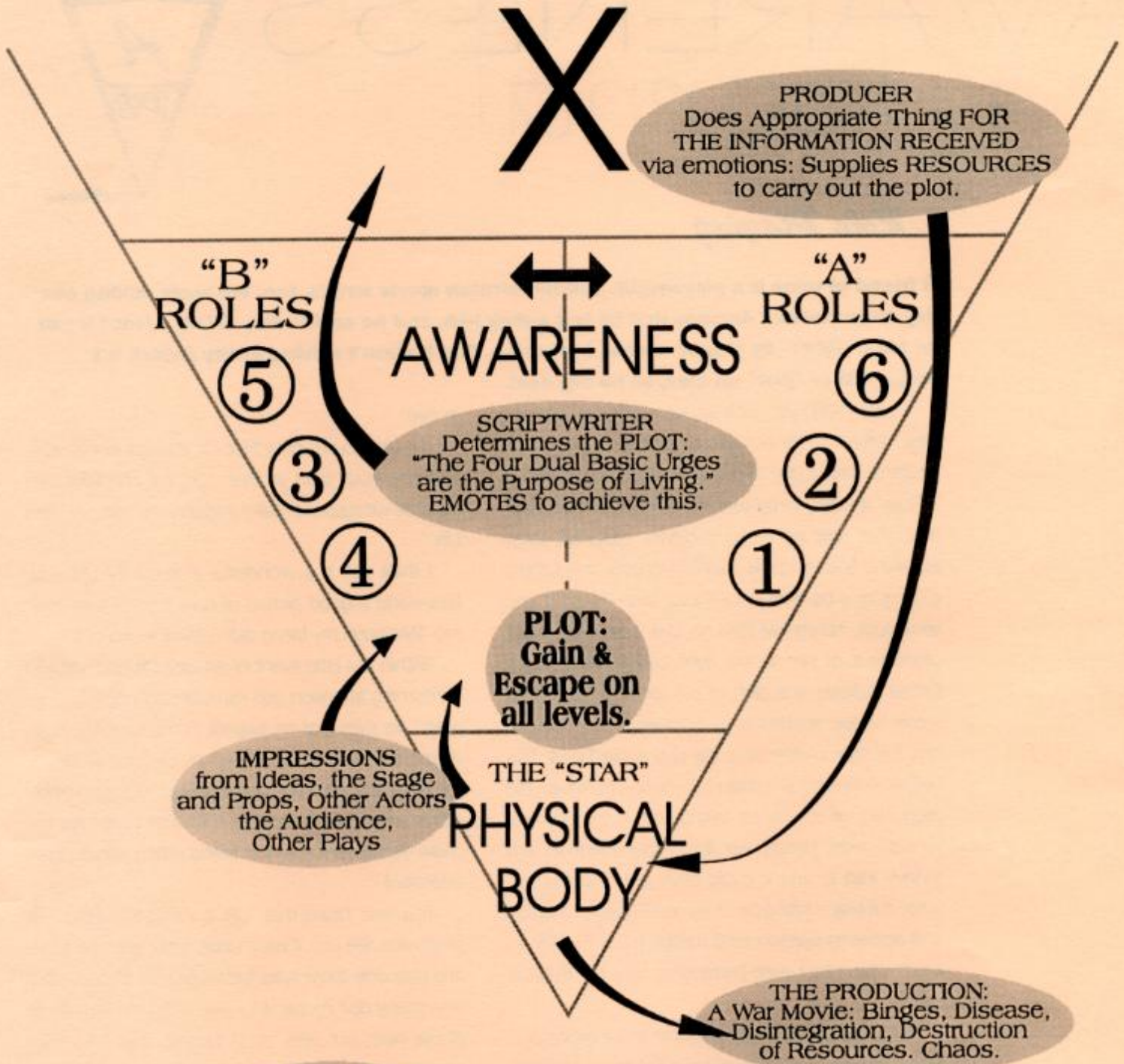
You have heard that "Life is a stage." Each of us plays roles. We can, if we choose, write our own script and play only those roles we would like to play—but how many do? People WILL play roles, it is the nature of Life here, but, alas, most people, play their roles unconsciously. They have let others cast them into parts and they don't even know it. They finely hone these unconscious roles, and yet usually wouldn't recognize it if you handed them the script.

And of course, it's not just "they" who do this... we all do. (Continued Page 4)

P  
R  
A  
C  
T  
I  
C  
I  
N  
G  
T  
H  
E  
S  
C  
I  
E  
N  
C  
E  
O  
F  
M  
A  
N

VOL. III NO. 4 SUMMER/FALL 1995  
PUBLISHED QUARTERLY BY  
HARMONY WORKSHOP, INC.  
A NONPROFIT EDUCATIONAL FOUNDATION  
314 ~~318~~ EAST BROADWAY  
GLENDALE CA 91205

# Unconscious PLAY of One's Life



The Cast	
B-SIDE	A-SIDE
VICTIM OF EVERYONE, TYRANT TO SELF	VICTIM OF EVERYONE, TYRANT TO OTHERS.
Woe is Me. I'm stupid, (5) incapable, inferior (& fat).	(6) Identify the culprit that prevents my happiness and make 'em pay.
Be nice. (They'll owe me.) (3)	(2) Raise hell. (I'm entitled)
If I do what "they" say, I'll be healthy, good, hip, and especially, RIGHT. (4)	(1) Whine to make the universe & everyone in it accommodate me.

CONFLICT

# Conscious PLAY of One's Life



**PRODUCER**  
Does Appropriate Thing FOR THE INFORMATION RECEIVED via emotions: Supplies RESOURCES to carry out the plot.

## AWARENESS

**SCRIPTWRITER**  
Determines the PLOT. The Plot is ALWAYS based on one's Purpose of Living. EMOTES to achieve this. (Feelings tell the Producer What's Going On)

**\*PLOT:**  
(Write your CHOSEN plot):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**IMPRESSIONS**  
from Ideas, the Stage and Props, Other Actors the Audience, Other Plays

THE "STAR"  
**PHYSICAL BODY**

**THE PRODUCTION:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### THE Star's Role

How I would act to FULFILL this role:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*PLOT:**  
(See article "Four Forces" regarding universal LAWS that govern all Plots.)

Let's look at some roles people play, based on ideas—not on reality, it turns out, but just an (erroneous) idea. The Work is to examine our actions, see what is unconscious, founded on error. We don't want to judge it—condemn ourselves or praise ourselves. We just want to look, make conscious what has been automatic. We don't judge or condemn, we merely re-evaluate, which is to say, look at the role and determine, "Is this activity to my advantage? Is it even a role I WANT to play?" When we do this we really don't have to change anything. An honest evaluation will be responded to by consciousness, any needed correction will occur.

Idea: The purpose of living is to gain pleasure, attention, approval, appreciation, a feeling of importance and to avoid pain, being ignored, being rejected, feeling inferior or worthless.

Idea: Ensuring the above will keep me non-disturbed.

Idea: Complaining is an effective way of making the environment realign itself to my desires.

Idea: I have inviolable rights to pleasure on all levels and not to hurt on any level.

Idea: Pretending to be nice will effectively ensure my happiness.

Idea: Other people and institutions know much better than I do what I should do.

Idea: I am the cause of all discomfort in my life; if I change I will be comfortable.

Idea: Other people, things and events are responsible for my comfort.

When we shine a light on these ideas we see first of all that they don't really make any sense. Even worse than that is they conflict with each other. We can also see a huge Life Script written and "funded" with ALL our resources to produce a play all about misery and warfare, with me as the star of this tragedy.

If it weren't so boring, we could sit down and write a very predictable play around each idea.

Unconscious roles based on the above erroneous ideas are all "victim" and "tyrant," which, of course, depend on each other. We invest our lives in these, at a very great expense. This play is a flop!

After we have determined what roles we have developed, and re-evaluated them, then we can choose any other role in the world to play, and go for it. ANY role is available to us, we need just rough out a script and start acting. If we don't know which new role to pick, a good exercise might be to try the other side of the one we used to play. If you play Precious Little Girl who always needs "support," maybe you could play Confident Woman. "Just Poor Folks" might play the role of Wealth Unlimited for a week. Little Sickie can play Picture of Health, even if she has to fake it for a day or so. The Critic can try "Live and Let Live." Sounds fun, doesn't it? Break a leg!

## The Four Forces

*The Universal Law that Governs all Scripts*

**According to the neophyte screenwriter's bibles, Syd Field's books, a script must have (1) Set-up; (2) Confrontation; and (3) Resolution. This fits in nicely with Universal Law, how about that.**

Universal Law governs Plays (the whole Event of our Life) like this:

(1) The IDEA behind our sojourn here on planet Earth. In other words, "What is my purpose here?" When this question is answered, it will define the "Idea of you." All of Life is ACTION, MOVEMENT. We "move" through Life by our actions. So the IDEA, the Purpose of Living, sets off to manifest itself and is met with:

(2) CONFRONTATION. Something arises in the way of the IDEA. It may be physical circumstances like weather or lack of time or money, or distance between where we are and where we want to go. It may be a confrontation between the Plot of our purpose and that of another person's, in the same place at the same time as we are. Maybe his plot opposes ours. If we think the IDEA of our life is to gain pleasures and escape pains of all kinds, we will be met with unresolvable Confrontation to this all the time, because constant pleasure and complete freedom from pain are not the nature of planet Earth, nor our physical vehicles, our bodies.

If we have an erroneous (impossible) Idea of living, for instance the above "gain-all-pleasure/escape-all-pain," the

(3) RESOLUTION will be disintegration. The whole play will eventually—later if not sooner—fall apart. If our Idea is tenable, it will survive the Confrontation and produce The Event of our Life, a "Form" created here by our active presence. What Mr. Field left out of his equation, because it was assumed obvious, was:

(4) RESULT of the Play in which we write, star, present to the world. The Result will be its effect on us, a life well-lived, or maybe a life wasted, a contribution in any case. Even a wasted life is a contribution to others if it gives them an opportunity to see what happens when one wastes one's life. While the results of a "successful" screenplay are fame and fortune, any real Student of Life is seeking something quite different: The inherent value in being an expression of the Creative Force.

What's really fun about writing one's script and playing out a role of one's choice rather than those thrust on us by conditioning and fundamentally wrong ideas, is that while we are consciously playing out the new role, there is no space for the old deleterious ones. We don't need to "stop being a victim." We can, today, start playing "a winner," and because we do one thing at a time, the "winner" takes all. (Continued on Page 12)

*From Claudia L., Fountain Valley, California*

**Hi Christine, I have some very strong impressions, feelings and thoughts about what I am sending you. I know how blessed we the travelers of "The Way" are. I know our tasks can be difficult. Bob completed the step he came here to do. I am sure many walked with him and made the step with him. Now it is our turn. We as a family of Light working together and separately are ready to see the next step and take it. We are to build on what Bob did—both in word and deed. The step is the same as Bob's, yet different because we come after what he did.**

**I extend my hand to you in joyous friendship and love. I deem it a great honor to talk together and walk this path of Divine Expression.**

**After you read this please feel free to give me a call or save your dime and I'll call you in a day or so.**

**Take care dear one. Joy to you.**

*Love, Claudia*

Thanx for your beautiful thoughts and your beautiful essay (next page). I couldn't add a thing to what you say... you are right.

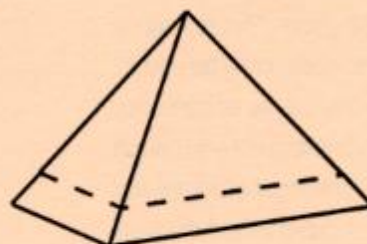
A few weeks ago I saw the most wonderful example of part of your idea on a television show about ancient Egypt. Archaeologists have found that apparently the first pyramid wasn't a pyramid at all... records show that someone built a beautiful monument in the shape of a huge square slab with slanting walls. It was "complete" for the time, place and circumstances and people found it useful... it wasn't clear if it was a temple or exactly what, but it served the populace.

Some many, many years later, someone came along and "saw" the "rest" of the structure and carried the lines already established to both a new height and into a new design. The foundation for his creativity was laid for him... ready and waiting.

I was absolutely astounded as I watched this. I was also quite taken with the particular design illustrating the principle of building on another's sound foundation... although the idea could have manifested in any number of structures,

the square slab with its four sides working together to make the whole reminded me so much of Rhondell's Four Forces, Four Dual Basic Urges, Four Questions, Fourth Way. And I had a personal response to all this, much like you have had with your own inspiration that we will, indeed, stand upon the shoulders of those who traveled the Path before us.

Thank you precious friend. Your continuing contributions to Life are a joy to observe... and to use.



## *Reaching the In-between*

by Claudia

**Many years ago I embarked upon a journey of discovery. The outcome of this adventure was unknown. The harshness of some of the passages were unknown (this is a good thing or the journey may have been shielded away from). The increasing moments of bliss to be experienced as a direct outcome of this journey was unknown. What was present prior to departure was a longing, calling, feeling and thought that something needed to be changed. Fortunately, my inner questioning led me to a teacher of "the way." I was given an inner road map and spiritual discipline based in objectivity. This teaching wrapped my weary heart and searching eyes with an unexplainable comfort. Awareness was consciously given the job of being an "objective observer" to watch and report the conditioned state of man. Slowly, yet intently, I began to hone the skills of objectivity.**

As I write this I am filled with the knowing that I was not alone. Across this land and around the world, others were walking the path of enlightenment. Some used the same material I was working with, while others worked with material in which the language looked and sounded different, but was a path of enlightenment just the same. Many were working, questioning, cursing and giving up, as I did, only to start again stronger, more determined and wiser for the bout with darkness—asleepness. So now I stand to acknowledge that my efforts, our efforts, are paying off. What was a very dark and oppressive cloud has lightened, somewhat. There is now a crack, a crevasse in conditioning that is widening. There is a spiritually discernible space between fighting or running, needing to please others or have my way, trying to change the outer or the inner to gain pleasure and escape pain, needing to prove my point or cave in to another's viewpoint. This space between is now visible. In fact, the space between is pulsating with the power and force of the Divine.

It is time to change our focus and start to use the sharpened vision our chosen spiritual discipline has given us. We begin by watching for the space, the crack or crevasse, consciously avoiding (or fasting from) the temptation to say yea or nay, good or bad, while we take our stand IN-BETWEEN. Wait, watch and be ready for the power of universal Creation to carry each of us into Its bosom—the seat or center of secret thoughts and emotions, into the dwelling place of Peace, Harmony and the Flow of Life.

Each time this space is entered, the width, breadth and depth of the experience expands. The bliss that fills the heart, mind and body reveals the truth and glory of all beingness. This revelation broadens the crevasse making it easier to see, easier to be within. We stand on the threshold of flying en masse as enlightened awareness into the crevasse between the conditioned and blindly accepted viewpoints of this world's society. This flight of awareness will allow the wisdom and power of Light to explode and dissipate the "death star" of conditioning, releasing conditioning's treach-

erous hold.

It is time to come forward in our daily lives as beings of Light; not by prodamation but by example. Consciously choosing to embrace all human beings with Agape—the love of wisdom and understanding. Within this stance we can rest in the assurance that enlightened action will be made known to us in all circumstances. The Light of Peace will flow into and through our hearts first and then our minds, thoughts and bodies.

This business of awakening is individual and collective. A major part of the work of human awakening has been successfully traversed. Now we are strong both in number and in spiritual strength. The Universe is extending a hand to all fellow travelers and friends of "the way," as we begin to see and take our next step together. As carriers of the Light we are in readiness to join forces, to open wide our personal inner window of Heaven and allow the Light of glory to flow through us, touching and lifting every living thing. If you are not fully ready to see the in-between space and be a window of Heaven, simply decide to get ready. Many have walked and blazed the trail before us leaving a blessing of safe passage to accompany us and buoy us up. It is time. Let's rejoice in "the work"! This is the job we came to do.

*"I hear and I forget.  
I see and I remember.  
I DO and I understand."*

~Chinese proverb  
sent in by Georgia H., Chattanooga

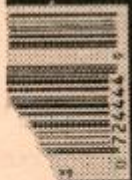
DECEMBER 1990 \$2.95

# LIFE

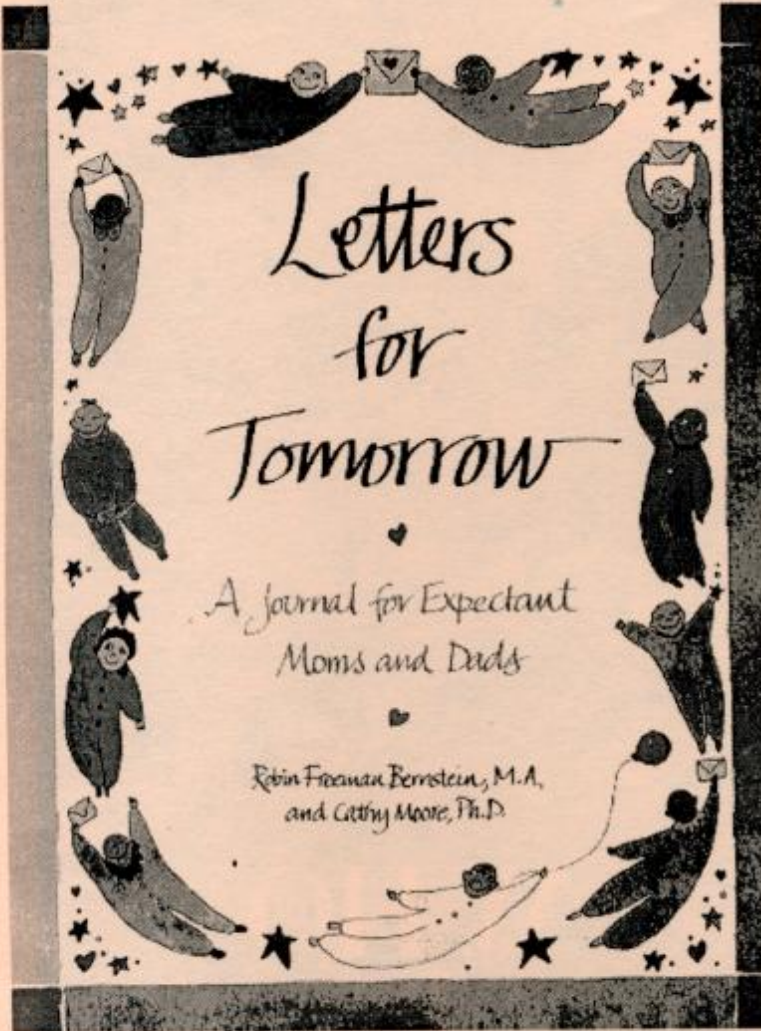


# WHO IS GOD?

For Paul A.  
In response to your phone message about an appropriate "name" for God... I've had this magazine cover on my closet door for a few years. You will notice I have embellished it a bit with white tape.



*Your Friends' Talents in USE*



**Robin Freeman** and her friend Cathy Moore have created a journal for expectant parents. Robin's sister Lisa did the adorable artwork. This is a perfect present for anyone newly pregnant—Robin gently guides her to put her thoughts and feelings down in a way that is both intimate and "sharable." There is space to record events and to mount photos. Very thoughtfully produced, this book is leaps and bounds ahead of the typical "baby book." It is published by Doubleday and is in bookstores now or can be ordered from any bookstore.

*"Attitude Adjustments"*

**Marsha Summers** in Florida has played the keyboards and sung for years. She has recently made a tape, as well as started a newsletter about her career for people who have followed her, or might like to. Her purpose is to raise the mood with her music. The tape has these songs: Ice Cream Sodas, Sweet Georgia Brown, Out Behind the Barn, The Boogie Woogie, Miss Celie's Blues, Radio, What I did For Love, Red Hot Mama of the 90s, Could I have This Dance, Boogie Woogie Bugle Boy, Second Hand Rose, Last Date, I wanna Be Loved By You. Reach Marsha at [MARSHASUMMERS.COM](mailto:MARSHASUMMERS.COM) "Attitude Adjustments" is \$11.50, which includes shipping; her newsletter is free.



**Marsha**

*Experience is a hard teacher because she gives the test first, the lesson afterwards.*

*Vernon Law, Pitcher, Pittsburgh Pirates*

**Joe Bankhead** has been studying various teachings for years, including the Science of Man, and travels around the Southwest chatting with people. He writes an interesting newsletter (beautifully put-together without the aid of "Desktop Publishing"!) about his experiences and has asked me to mention it here. Write Joe at [3359 S. MAIN #118 SALT LAKE CITY UT 84115](mailto:3359.S.MAIN.#118.SALT.LAKE.CITY.UT.84115)



*From Rick L., Jackson, California*

**I've been working with some ideas recently that I'd like to share with you and my fellow AJ readers. For discussion purposes, I'll call this THE CHAIN OF COMMAND.**

At the bottom of the chain is the PLANE OF EXPERIENCE/EVENTS. In the case of general humanity, things pretty much stay on this level; ordinary man is a captive... that is to say that as events occur, he simply and automatically reacts according to his personal set of conditioning, total under the influence of the arc-swings of the chain. At this level, the "swing movements" are much wider and more radical than the increased stability that one finds at higher positions on the chain.

Occasionally, one who is sick of being buffeted about by these wide swings that are characteristic of this level of being, may make a conscious effort not to react in the usual mechanical way to his experiences. This raises him (temporarily) to intersection point A on the chain. Conscious effort has been made to choose a different

method of responding to this experience (ACTION) and this is a positive first step. As I said, this higher state of being is only temporary, however, as little has been substantially changed.

If we then begin to work at interception point B, we find that if we develop a new ATTITUDE towards the events we encounter, the ACTION we take will also be different. The higher commands the lower; a new attitude produces a new action... one that I suggest will be more in harmony with the laws of God and Life.

Even this, however, probably is still connected with either "self improvement" or the Four Dual Basic Urges... to either escape something painful or gain something perceived as pleasurable or "good." For REAL change, we must work at intersection point C where we truly "see" differently.

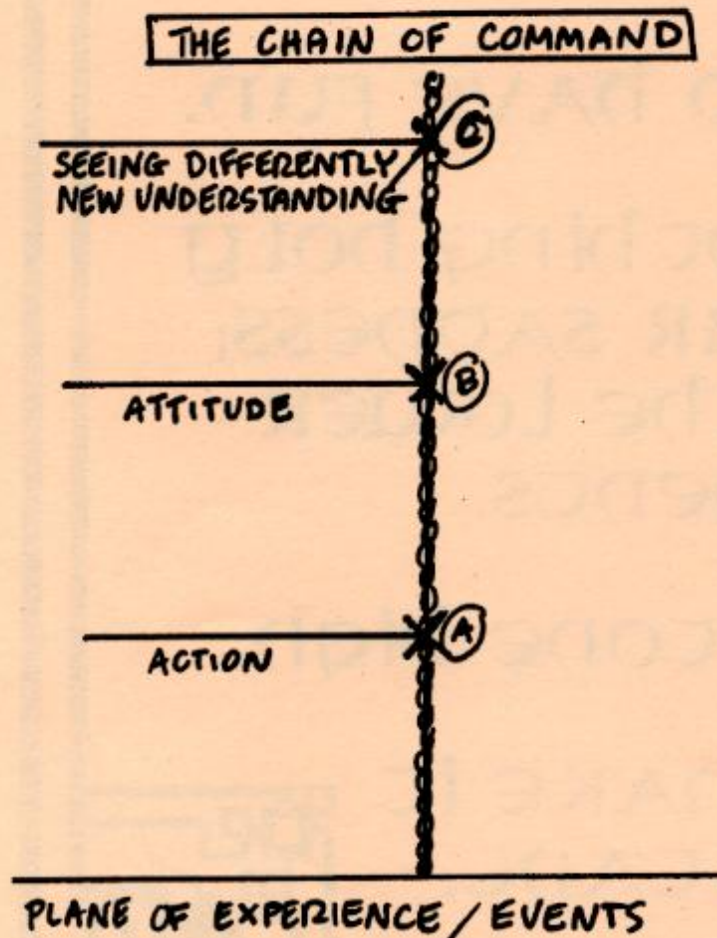
When we reside at this spot on the chain, our understanding is different. We do not need to change a thing, because we see that all is perfect and that everything has value to those who have the eyes to see. With this new SEEING, the Chain of Command is transformed all the way down... the ATTITUDE and ACTION, being subject to the higher SEEING, now reflect the peaceful and loving attributes of a higher level of being.

Is this easy? Not at all. Simple, perhaps, but not easy. But as it is with all things in the Work, the more it's practiced, the easier it comes.

In the late stages of his tenure here on earth, Rhondell would often capsule the Teachings with the following statement: "Don't make anything important, keep your mood up, and make a contribution." On the Chain of Command this translates as:

DON'T MAKE ANYTHING IMPORTANT = SEEING DIFFERENTLY  
KEEP YOUR MOOD UP = ATTITUDE  
MAKE A CONTRIBUTION = ACTION

As we are now, so many things are "important." That is to say, our happiness depends on it, and so we are anxious. If we can SEE that nothing need be made "important," everything else will be taken care of by the Host on down the chain. And who can say what might come after that... perhaps even marvelous works and wonders.



*Gifts from the Magi August 1995*



REMEMBER:



YOU ARE HERE IN DISGUISE.

YOU HAVE A ROLE TO PLAY  
TO FULFILL YOUR PURPOSE.

PLAY IT AND HAVE FUN.

THERE IS NOTHING HOLY  
ABOUT YOUR SADNESS;  
IT FEEDS THE LOWER  
ELEMENTS.

KEEP THE TONE HIGH.



DON'T MAKE IT  
IMPORTANT.



## From Bob T., East Hampton, NY

**Dearest, After we spoke of [a certain best-selling book] I reflected on what I read and what the author was selling.**

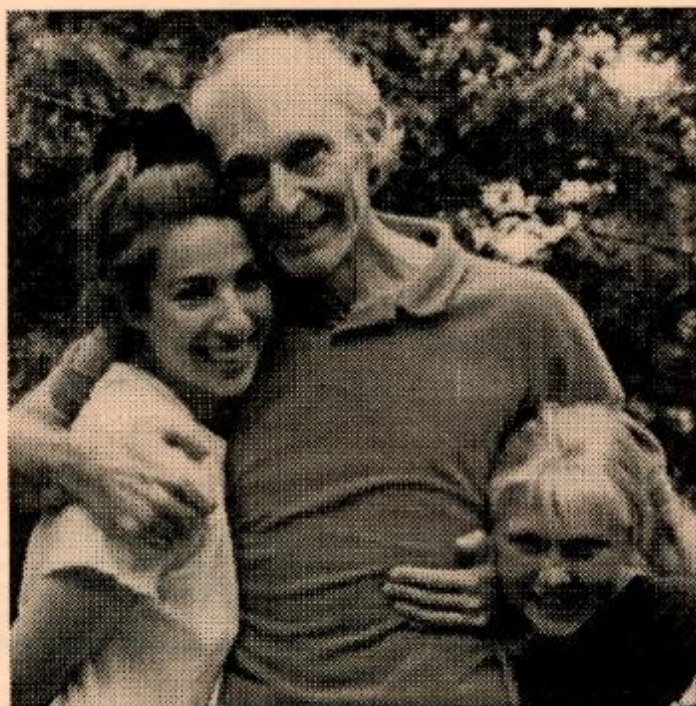
1. Sensations of a new, better and different nature.
2. An easy way to an awareness of the universe (as he was told).
3. A utopian ideal of removing second force by getting everyone ELSE in his prescribed state.
4. Self-improvement through certain diets.
5. Appealing emotionally to the desire to attain the DBUs by some small effort of observing what was called the control drama.

Big payoffs for very little "Work" and as you mentioned in our phone chat—no gratitude for all the kindness he received. I never noticed that till you brought it to light. Thank you. [Your welcome; it was my biggest beef with the book... the "hero" was the continual recipient of incredible hospitality (food, shelter, clothing AND transportation) and the only "thank you" in all those pages was one line where he and a pal left the old monk washing up their dirty dishes and muttered "... thanks as we left."

I've been seeing uncertainty as a state of mind necessary to the idea of experimenting. Conditioning doesn't operate very well in the "Let's wait and see what happens" mode.

If I have an intention to do something like plant a garden, there's a period of uncertainty as to what will grow. All kinds of things emerge from the soil beside what I planted. This uncertain period offers a great opportunity to observe the results developing.

**Tanya, Bob and Raina**



At some point a use appears to offer itself for a response like a vegetable to be eaten or a flower to behold or to be cut and brought into the house to beautify one's room.

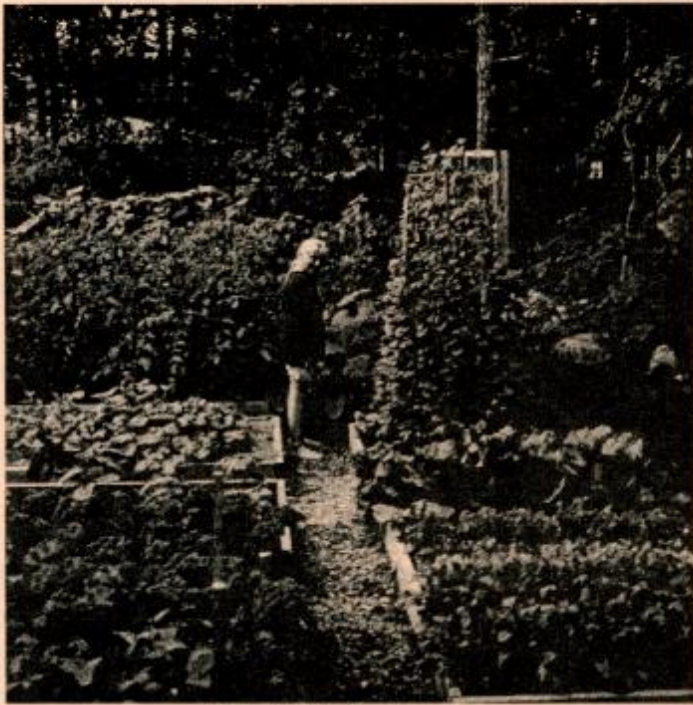
The nature of uncertainty is to continue to look. Not to conclude or end and say this is this and that's that. It could quite possibly be to see the ever-changing moment in all its beauty without desire to define or halt the flow.

R. is here visiting from Hawaii. When I spoke to her mom I mentioned I couldn't get enough of R., it was so long since I saw her last. I wanted the visit to go on forever. Her mom said to stay in the present. Her wisdom set me to look again at what was going on. Greed says I want what I want and I want it now. Well I have it now and if I let greed be the state of being I experience these precious few weeks in that state. I'll have let the gift slip though my fingers without knowing the joy of sharing the time we have. Thank God for other classmates who share their thoughts in a loving and honest way.

I was interested in RF's letter in the last AJ on groups. I've been thinking of what a COMFORT it is to have other interested people in one's proximity or at least available by phone. Of course there is the possibility that there are many interested people available to all of us if we make a conscious effort to see them as they pass by on the sea of life. Or maybe there's not so many. Sounds like an experiment is in order? could this be the experiment "Our Beloved Friend" was running, among many others? [You got it. ~c.]

Tonight is a beautiful night. Fourth of July weekend is here and fireworks are scheduled for tomorrow. I went fishing with a friend under a starry sky and could see the Milky Way. I thought of "Shikasta" [An excellent Teaching story, a novel, by Doris Lessing. You can pick up a paperback at a good used bookstore. ~c.] and the many stars around which planets could exist. I thought for a moment about the wonder of it all. It occurred to me that once I wondered how it all happened. After a limited amount of work with Four Forces experiments I know that however it happened it was an idea or intent first. Just as we are the idea of some greater Intelligence. One's evolution in the Teaching is reflected in all one sees.

When I picked up this pen to write I experienced a desire to be able to call my friend Bob. Our friend Bob. THE friend Bob! I often rerun calls I made and conversations we had. These moments, although hardly noticeable, were one to overhear them as they



*Raina in the Garden*

were, mostly short and simple in language, left an imprint on my consciousness that unfolds still long after the actual doing.

I was thinking of Buddha lately as well. If there's a way I can contribute any artwork to your project on this great Teacher please let me know? [Thank you, will do. -c.] I just rented "Little Buddha" and enjoyed it a great deal. It was filmed beautifully.

I would like to say "Hello!" to all of you who write to AJ and thank you for sharing your thoughts and responses to the Teaching, so precious to us all. And special thanks to you Dearest for facilitating this wonder of consideration and love. [It's my pleasure and my privilege. Thank YOU for receiving it. -c.] Yours in X, *Bob*

P.S. How's your garden? [Coming along.] Ours is (Tanya's is, as I mostly was a laborer with shovel and observer of the parable) remarkable. A point of interest: If vegetable plants are watered too much they drop their flowers and bear little fruit. Thirst is the second force that brings about their bounty through deep root growth in search of the precious fluid we all depend on. These letters are written over a period of time in order to express things of interest as they appear in the daily travels. Love, *Bob*. P.P.S. The photo of Tanya, Raina and Bob in the last AJ was really Grace, Raina and Bob. [Is MY face red!!! Sorry...] Here's a current photo and some others for your enjoyment. Loving you as always, *Bob*

## *The Four Forces* (Continued from Page 4)

As always with the Work, start small. You needn't strive for an Oscar. Practice could be as simple as three hours at the next family gathering: Instead of the usual role of Doting Daughter or Black Sheep or Earth Mother or Scared Son of the Scion, pick some other altogether different role and play it to the hilt. You could play "Guest" instead of family member, or play "Elder" instead of youngster, whatever. Any role will do, but I suggest one that is fun (why not?).

If you want to get really "into" this, you might even pick up one of Syd Field's books (I see them all the time at used bookstores) and outline specifically the Plot of your Life, the way you want to form your character, the way you want to respond to the Confrontation. He's mapped it all out for you.

If anyone wants to carry this out and report back to us, I'm sure I'm not the only one who would be interested to hear about it. And while you're at it, send a Press Photo (I) because AJ readers tell me they really enjoying seeing them.

## *The (Really) Big Boys*

Remember when the Pope visited Denver? They picked him up at the airport in a big gorgeous white limo, all chrome-plated, darkened windows, and powerful as a tank. His Holiness noticed how friendly Americans are... and the machine was a dilly. He had always wanted to drive such a vehicle, in fact it was a desire since he was a kid in Poland. He asked if he could drive and they said, "Sure." So HH gets in, a nice low whistle, guns it and takes off. He is in Pig Heaven, careening around Denver, happy as a lark, speeding as though it were a Maserati. Of course the limo gets stopped. The officer is quite startled to see the Pope driving, says, "Uh, excuse me a minute your highness, uh..." and goes back to his patrol car to call his commanding officer. "Hey, I don't know what to do... I stopped a limo going 85 miles an hour and ... well, I just don't know what to do, it's really somebody BIG." His boss says, "Well, what do you mean somebody BIG? Who is it?" "Well," says John Law, "I really don't know." "Whadaya mean you don't know? Who's in the car?" "I'm telling you, I don't know. I'm afraid to ask. But it's somebody REALLY BIG. I mean, the Pope is his chauffeur!!!"

## *The Four Dual Basic Urges*

LEVEL  
PHYSICAL  
MENTAL  
EMOTIONAL  
TRANSCENDENTAL

GAIN  
*Comfort, pleasure*  
Attention  
Approval  
Feeling needed,  
important, appreciated

ESCAPE  
*Pain, Discomfort*  
Being ignored; Rejection  
Disapproval  
Feeling inferior, useless,  
unappreciated

**The 4DBUs are experienced by all humanity; they are not wrong or bad, they are simply not the Purpose of Living. They are SIDE-EFFECTS or BY-PRODUCTS of living in this realm. We cannot stop them but we can be aware of them. Freely experiencing 4DBUs results in transcending them.**

## Books

### **New Rumi Book "Say I am You—Rumi" Poetry Interspersed with Stories of Rumi and Shams**

Translated by John Moyné, Coleman Barks

In addition to the exquisitely beautiful and vibrant poetry of Barks' translations, there are short anecdotes about Rumi's Teacher and beloved Friend, Shams. The book groups loved it. Harmony Workshop is trying to arrange to carry all Coleman Barks' books (as well as Marion Woodman's), but has not been able to quite finalize this yet; I hope that a new catalog of these will go out with the next issue of Awareness Journal.

### **A woman's Book of Grieving**

by Nessa Rapoport, William Morrow and Company

The Teaching is that grief is illusion... it is a human reaction to the pain of change... meantime, we do grieve... don't we. The Teaching also is to acknowledge these human emotions, in fact that is the only way to transcend them. This magnificent little book is full of little paragraphs about loss and love that will touch you, help you to acknowledge your feelings, honor your spiritual self in all its human frailties, and even make you smile. I am sending it instead of flowers to sisters who just lost both parents, married 64 years. I think it will comfort them. If you need comforting, please treat yourself to this little gem.

### **How to Argue and Win Every Time**

by Gerry Spence, St. Martin's Press

A survey of some of my friends reveals a 180° range of opinion about this guy... everything from the Absolute Sleaziest of Sleazy Lawyers to He Walks on Water. (If you're into "The Trial" you'll know who he is.) I find him fascinating because he thinks before he speaks. I hadn't intended to buy his book, I have zero interest in "arguing." But I was glancing at it in the bookstore and got hooked. This book is all about doing what's to your advantage despite conditioning. Mr. Spence feels human beings are mere shadows of what they could be, because they are completely conditioned, react to this conditioning constantly, and seldom if ever get to do what they want to do because of this. Not only THAT, but here is one lawyer who actually feels that there is a Divine Law above what he gets paid to practice.

### **The Immune Power Personality**

by Henry Dreher, Dutton

What a fun book this is. The author has categorized traits that healthy people share, as well as documented the changes that

occur when sick people adopt these traits. He backs it all up with countless little scientific studies, some extremely interesting. A great book for those who feel their bodies control them... it shows how we can take charge.

### **Illuminata**

by Marianne Williamson

People are always asking me "how" to report to Spirit. The answer is, of course, you "feel," based on your evaluations. Feeling is the medium of communication with Spirit. But we are modern people, literate, identified with the brain, which among other things, is fond of a constant flow of words. The student wants to make her words align with feeling. I think this book can help. While I don't agree with all the author's sentiments, I think she has done a fine job of showing how to describe accurately what is, how you feel, what's appropriate. This is really quite a lovely little prayerbook.

### **Wherever You Go There You Are**

by Jon Kabat-Zinn, Hyperion

THE best book on meditation I've ever read. Full of wisdom, how-to, and delightful anecdotes.

### **Rhondell Books and Tapes**

Please call or write Robin Pihl-Gibson at (415) 459-2951 or 862 Sir Francis Drake Blvd., #305, San Anselmo, CA 94960 for a new catalog if you did not receive one. She is now selling some tapes we haven't sold in a long time, as well as making a big effort to retrieve any "lost" materials that may be around, which she will let you know about if you get on her mailing list.

By The Way Books has moved. They sell Fourth Way and other esoteric books and their service is excellent. Recommended highly. Catalogs issued. New address: P.O. Box 1240, Penn Valley CA 95946. Phone (916) 432-4442, FAX (916) 432-4949 e-mail [Byway-books@aol.com](mailto:Byway-books@aol.com).

#### **© Copyright Notice**

Awareness Journal is published quarterly by Harmony Workshop, Inc., a California nonprofit educational foundation, Christine Thompson, editor. Signed articles are copyright © 1995 by the authors, unsigned articles copyright © 1995 by Harmony Workshop, Inc., and are not to be copied without permission from the publisher. Subscriptions \$25 a year. All renewals begin with Winter 1995 issue. Individual issues available for \$7 each. All back issues available, \$25 each volume. Harmony Workshop is supported by the contributions of time and money by people who value the material, which is based on Rhondell's Science of Man and used with permission.

*Written by Linda Joyce Solomon, Los Angeles CA*

*This one touches that one,  
A leaf stirs on a motionless hillside—  
A breeze comes after it.  
A seed is blown from Africa to Asia  
And a tree grows, a fruit falls,  
And a seed is blown in a wind from Asia.*

*A hand clasps another hand  
And a love is formed that reaches across  
a thousand miles.*

*There is nothing here but little things  
That change whole landscapes.*



*Beauty exists.  
I don't know why.  
It is more real,  
More tangible,  
More present than  
all of the fakes combined.  
Each one of us is  
Here, in part, because of Beauty's  
factual activity.*

*Our eyes sparkle  
With the jewels unearthed in Her caves.*

## Mail Box

**Dear Christine, It's Apple Juice time again (In reference to Bob T's comment about Awareness Journal). Last week I took a break from coffee and drank a gallon of unfiltered natural apple juice. To clean out the system and experience "change." I would take a little sip and swirl it around in my mouth for about a minute then swallow. Kind of like I do with AJ. Read a little story then swirl it around in mind for awhile before "swallowing."**

**It is a "pleasure" to read the stories of others and see my own experiences written on paper. I've even bet myself on the color of paper you will use next month.**

**While taking the "I" exam, "not-I" kept looking for the box that says "all of the above." "I" could have marked that one every time. At some point in time Parry has experienced all of the "multiple choices." After looking at the "exam" again I saw where you allowed for "all of the above." (Choose as many as apply). Of course after a third look (so I am slow to catch on) I do understand that what one's purpose is, will determine what one is, where one is, what is going on, and what one can do, and all of this shows one that all there is is "change."**

**I was watching a fly hop around on my leg one day, it could not decide which sweaty part was the best. If I had a magnifying glass I might find out not all of those little brown spots are freckles. The "I" exam is kind of like that little fly, jumping around trying to decide which most suits one's mood at the moment. Instead one could "have the mood" as purpose and experience what is. My friends criticize me for having an "up mood" when they are in the pits. I "see" other options and express them and usually one of the options is what really is. I am thankful for these friends as they unknowingly help me to stay awake.**

**Enclosed you'll find a little apple juice contribution. Thank you so much for the great AJs.**

**Love, Parry**

Thank you dear for receiving it. And for your continued generosity. Love you.

**Many remembrances of gratitude and tribute to a**

**wonderful man have been given and received by your readers.**

**I suddenly realized after reading them all that hardly anyone touched on what I will always flash back to when I hear his name or see a photo or listen to a tape. Humor, laughter, lightness, and a constant twinkle in his eyes.**

**In my case, the serious moments around Bob were few and short-lived. His ability to lift through laughter was unparalleled.**

**Anecdotes credited to "Mom" fit any situation. Politics, weather, traffic, aliens, AMA, you name it, and somehow it would apply to the situation of the moment and turn serious to light-heartedness, with laughter and a new focus.**

**What a gift was given through laughter. I'm sure if the thousands of folks that crossed his path gave only two of their "laughing" remembrances to print, it would be a best seller.**

**I'll start with two of the many thousands from joyful moments being in his sphere:**

**1. If you walk softly, you won't need the proverbial big stick as 99.9% of the people you meet will be so involved with themselves they won't even notice you.**

**2. "Mama" used to say: If we all kept the "gentle" in "Gentleman" we'd put the news services, the AMA, TV and the scandal sheets all out of business.**

**Keep smiling. Thanks! El Rojo**

Oh, Red, I agree with you so much... we all were in a state of shock when the memorial booklet was put together, and your reminder really hit home to me—we "forgot" to mention one of Robert's chiefest of features, his fabulous sense of humor. I will add my bit to this now, though it will seem to some a bit off the wall: I was visiting with a friend the other day who is a medium, among other things. We were having a very "heavy" discussion. Suddenly she blurted out, "Robert's here and he told me to tell you this: 'I told you so.'" I laughed and cried... it was just like him to interrupt a "serious" situation with a smart-aleck remark, and he did LOVE to say, "I told you so." Whether "he" was there or not I don't know and it is irrelevant—his humor was, creating the exact effect you cite, "turn serious to light-heartedness."

Thanks so much for writing about this, Red. I invite everyone who wants to to send in their remembrances of how Bob raised

the mood with his humor. I will publish it. Thank you, thank you.

**Hi Christine, Thanks for all you do and for writing so that we can all know we're not alone in our efforts to wake up and stay awake, live an example, and drop the ever incessant Not-I's. I also loved the Master V with the Not-I's all boxed at the bottom. I used that a lot this last week. They felt like maggots all squirming around at the base of the thinking just ready to come out and do some hurting—in fact, they did get out once and really embarrassed me and the people around. I felt bad, but some communication did come from it and some understanding of behaviors.**

You're welcome; my Work is my privilege and pleasure. I kind of like the idea of putting the Not-I's in a box, too! (Though the drawing you mention happened because I ran out of space!) Reminds me of the story of Pandora's Box. Thanks for writing.

**Dear Christine, I look forward to each Awareness Journal. Thank you so much for helping us to use the Teachings.**

**Recently, I heard Depok Chopra say (on tape) there were other words for Prahna; Chi in the Eastern religions and other names in Christianity and Sufism. I guess Spirit or Holy Spirit is the Christian, but what would it be in Sufism? We usually say the life force. Is there some other term for energy like Chi? Love, Phyllis**

You're very welcome. I am not an expert in Sufi terminology—or any terminology other than the Science of Man, for that matter, so I'm not the one to ask. I've read that Sufis use the word "Hu" said in a certain way. Check out "The Sufis" by Idries Shah. It's in print, I think, but you can probably find a used copy in a large used book store.

**I was at a function at my little boy's new school, listening to the staff talk to the children. I could not believe the suggestion that was used—lots of threats and promises. It got me thinking about the tremendous value of the particular Teaching that we are all subject to suggestion 100% of the time... It is everywhere, and so we get constant opportunities to wake up and Work. It occurred to me that this principle is so valuable that if we Worked just on this one with all our effort, it might be all we need!** Robin

Amen! A real effort to use any one principle (just listen for suggestion, or watch any one Not-I, or identify Second Force for what it is, for instance) will result in an utter transformation—that's

how they are designed. Brilliant, isn't it?

**I heard a long time ago that students of the Work must do whatever they are asked. Is that true?** L.R.

I wouldn't say "must." Students of the Work are willing to do whatever is asked of them (legal) because it is Life asking.

**Am looking for another book, a Bible, that was Rhondell's favorite and I forgot who it is by. It is out of print. Would you know?**

**The Book of Matthew is all about the Picture Of Man as he is in conditioned state. Mark is picture of man-made world. Luke is Ideals and what ought to be and John is Picture of Man as he can be without conditioning. And I'm interested in reading it all.** Ed

Rhondell's favorite version of the Bible is the Douay-Confraternity version. It is out of print and hard to find but I have found several copies in used book stores and have never paid more than \$2 for them (Bibles are not valued much). He told me he liked that translation best. Years ago he gave me his own copy, full of his notes made while putting together the Science of Man. This is the most precious material gift I could ever have received and I treasure it, to say the least. My favorite translation is the King James version, though I have about fifteen different translations and enjoy looking up the same passages in each of them to compare. I am always amazed that so many people who profess to be students of the Science of Man are completely unfamiliar with the Bible, especially when Rhondell used it so extensively in his two master works, Headlines and the 48 lessons. I agree it is a bit opaque for modern students, but contains a wealth of information, not only in the Teaching parables of the gospels, but in the processes described. Your thumb-nail description of the four books is interesting, I will check it out by reading straight through rather than my usual piecemeal way.

**Hello, Christine, A little footnote to the reference in AJ about Buddhism. There is a translation of the Dhammapada entitled: Dhammapada—The Path of Truth by Ananda Maltreya. It will be released in September and available at the Bodhi Tree Bookstore in Los Angeles. I've looked at most of the translations of the Dhammapada—words attributed to the Buddha—on the shelf at the store and this particular one works good. Here's a sampling:**

**—Avoid attachment to what is pleasant and unpleasant. Losing the pleasant causes grief. Dwelling on the unpleasant also causes grief.**



**—Do not cling to the pleasant. Let It pass. So that the separation will not diminish you.**

**—Animosity does not eradicate animosity. Only by loving kindness is animosity dissolved. This law is ancient and eternal.**

**I now have the pamphlet\* you suggested and it's amazing how well it described Buddhism in such short form. Additionally, the book most often recommended over the years by the practicing Buddhists of the various denominations at the bookstore to those generally interested is entitled "What the Buddha Taught," by Rahula. It is currently available in quality paperback at \$9.95. Light You, J.**

My good pal James works at the Bodhi Tree, the biggest esoteric bookstore in Los Angeles (actually West Hollywood). He'd be happy to find and ship books to you. The store also has a used book department. Jim and all the staff are quite knowledgeable. (310) 659-1733 \*The pamphlet referred to: High Speed Travel on a Wobbly Wheel—A look at the nature of suffering and the laws of liberation. (\$2 from Perfect Circle, 11956 Bernardo Plaza Dr., Suite 216, San Diego CA 92128)

**Dearest Christine, Lots of change, lots of movement, lots of being free to experience the moment in all its joy and pain and awe. ... [A Friend] leaves, later another friend leaves. [She] alone again in this cycle of Life and seeing these losses, feeling this pain with thankfulness for the blessings. Not running away from the discomfort but open, sometimes wide-eyed like an expectant child. I feel the wheel turning. More profoundly, more intensely than ever I can recall. I am IN this movement, sometimes afraid but more often, aware that I have stepped into the flow. And if I just let go, I will be moved along... into the arms of The Beloved. It is terrifying and thrilling, humiliating and strengthening. And along the Way, it is Christmas every few days... presents ripped open with wonder, presents left by [my friend]. Ever more presents. And others, too. Those that "left," those that reject, those that wound, those that heal. All bring Gold, Frankincense and Myrrh.**

How nicely you've described the Process. Thank you.

**Christine, The only reason for happiness is to exchange for the suffering of others. [The GOOD Guest]. Contributions to the party. God knows there's plenty of opportunity, huh!**

**I've been being aware of a (for lack of a better word) Sanctuary in my head lately. It's like a place—of comfort where it's very like the most wonderful experience one's had. It's very familiar, it's like a glow. It's like a space. It feels like it's growing. It's like a happening. It appears. Do you think it is related [to a dream I had]? B.**

You have described your Soul. A beautiful haven for Spirit to romp around in (hence a "container" in a way) in the manifestation that is you on planet Earth. The dream could be related, but the "place" you describe is Real, regardless of the dream. It is a result of Work, which you know has been assisted by your Friend, as shown in the dream; and you will find eventually that it is not a place separate from you, it will overtake you if you let it. Thank you for writing this. Love you.

**Sweet One, I'm in love with Life and you are probably the only one I know who knows from what I write! However today is but special, as all days should be if one's perception is raised to higher ground. I'm into reading "Mysticism" by Evelyn Underhill and I'm finally at home with understanding that all I felt was so secret and special just to my self has been shared by many and for a long, long time. Anyway, none of it was possible without the ol' boy's help so if you get a chance say thanks for me also. Love and all else, Paul**

You can thank him yourself (check it out!). The Circle of Friends is vast, but I agree with you it certainly is easy to forget this!

### **An Angel**

I was amazed at the patience  
of an angel I found at the DMV.  
Her understanding filled me with joy.  
She was a precious gift you see.  
The DMV always seemed like hell  
with its crowds and their three requirements.  
You have to pass to make it through—  
Now our energy is completely spent.  
Who needs that, the way of men  
Nails you to the cross in their foolish way—  
The many laws to make you free,  
They claim, if you listen to what they say.  
I found an angel at the DMV,  
A joy to behold in that she frees  
As she listens and works with you.  
A gift of an angel unaware who really sees.

**Written by April**

**Hi Chris! Hope all is well... Enclosed is an interesting article I thought you'd like [about the Oklahoma City bombing and dealing with the grief it caused. It quotes a minister:] "God doesn't protect us from evil always. There's a lot I don't understand. If we get to a time here or hereafter where we can ask those questions of the Almighty, by then, the answers won't matter." Why not?**

**I've asked the same question a hundred times throughout my life: How could God let this happen?**

**Last month a group of teenage boys were driving (and drinking) in the desert. [My stepson] had played baseball against some of them. The van hit a dirt berm, rolled over. Four dead, two critically injured. When I heard this on the news, I broke down and cried. I didn't even know these people. The next day I hugged [my stepson] and told him I love him. I told him this incident really bothered me.**

**I understand a MAJOR difference here. These kids MADE A CHOICE. The people in Oklahoma City were going about day-to-day life. I understand we all will die someday. But why some so violently? I know I'm biased—what about the poor souls in Bosnia? I sometimes pray for them but I must admit I don't lose any sleep over it. Faith—the older I get, the less I understand. Love ya, [a relative]**

My relative hasn't a clue, really, what I do or what the Work is about, but somehow thought to send his questions this way. I will endeavor to shine some light. Faithful readers of Awareness Journal will recognize that some form of this question comes up every now and then, even among people who have heard of the Work.

First, allow me to respectfully point out some misconceptions in your questions... that may be why the answers are so elusive: the questions assume things that aren't quite accurate.

The difference between the choices made by the kids out joyriding and the people going to work is MINOR, not major. It is only a matter of degree. The REAL choice we all made and make every day is this: To be here at ALL on planet Earth amidst all its various forms of resistance, which is often violent. If we choose to stay here, we will be subject to the violence all over the place, violence of every form, physical, mental, emotional, transcendental. The choice is the same, the degree can be different. There is a risk of violence in joyriding, especially when drunk, and a risk in going out in public every day. Any person who doesn't commit suicide has agreed to take on a degree of risk, and the choice is how much. (And suicide has its own risks, doesn't it?) I remember calculating at the time that the OC bombing was roughly equivalent to a jumbo jet crash: approximate same loss of life, approximate same dollar loss of property. The difference was that instead of an "accident" (someone somewhere not paying attention), it was "deliberate." And so imbued with an additional element of evil, defined in Place of Language in the Teaching: Evil—As an event, producing or threatening sorrow, distress or calamity. As a personal trait: depraved, inclined to sensuality. So one can see that a plane crash or a bombing, as events, are equal in that they both produce sorrow, distress, calamity. And the media see to it that this is spread beyond those directly concerned.

So what? you say? What is, is this: We live in a realm of violence, we can call it evil, or accidents, Mother Nature or Second Force. Truly accepting that that IS the way it IS will go along way to

dissipating anger over it.

Evil as defined above can be sensed, perceived. It has a vibration (and remember, the idea of the event, the intent, occurred before the event). Awareness can pick it up, report it, the appropriate action to preserve one's purpose of living will be supplied. I will let you extrapolate that remark for yourself in regard to the bombing. And that is the answer to the inaccurate question, "Why?" doesn't God protect us from evil. God will, if we keep up our end of the responsibility: paying attention.

Inherent in your letter is the very popular question, Why does God let bad things happen to good people? The question is erroneous. But don't take my word for it, please, check this idea out: Is it within the realm of possibility that the essential spirit that is you came here to this physical realm specifically to learn about death? To taste loss in order to more fully be able to evaluate joy? Is it possible that you are here to see what happens when you are subjected to resistance? To see how you adapt, how strong you can get? Might some of these resistances be scary? Evil people, a raging Mother Nature, the unknown of the darkness? You have on countless occasions mastered some of these situations, have found a light at the end of the tunnel, have grown and developed and matured and let me ask you this: Would you give back one bit of your strength or what you have learned for safety or comfort?

If, indeed, you have been asking these deep questions all your life, may I make a suggestion that might enable you to finally get a little peace about it? My suggestion is this: Just for a little while, forget all about satisfying answers. For just a little while, a day or a week, start examining the questions. Do it this way: Write the question, then right below write the belief inherent in the question. Then go check out how sound the belief underlying your question is. For instance: If God loved us (or if God were God) He would keep us comfortable. What is the assumption there? What Truth is the assumption based on—or is it? Please keep in touch, we can hash this out any time you wish! Love ya right back.

## Words of Wisdom

By being with yourself ... by watching yourself in your daily life with alert interest, with the intention to understand rather than to judge, in full acceptance of whatever may emerge, because it is there, you encourage the deep to come to the surface and enrich your life and consciousness with its captive energies. This is the great work of awareness; it removes obstacles and releases energies by understanding the nature of life and mind. Intelligence is the door to freedom and alert attention is the mother of intelligence.

Nisargadatta Maharaj,  
I Am That

Analysis is paralysis  
Gil Perez

The elusive nature of a concrete, permanent, unchanging self is quite a hopeful observation. It means that you can stop taking yourself so damn seriously and get out from under the pressures of having the details of your

personal life be central to the operating of the universe.

Jon Kabat-Zinn, *Wherever You Go There You Are*

Do you have the patience to wait till your mud settles and the water is clear? Can you remain unmoving till the right action arises by itself?

Lao-Tzu, *Tao-re-Ching*

I exist as I am, that is enough. If no other in the world be aware I sit content, And if each and all be aware I sit content.

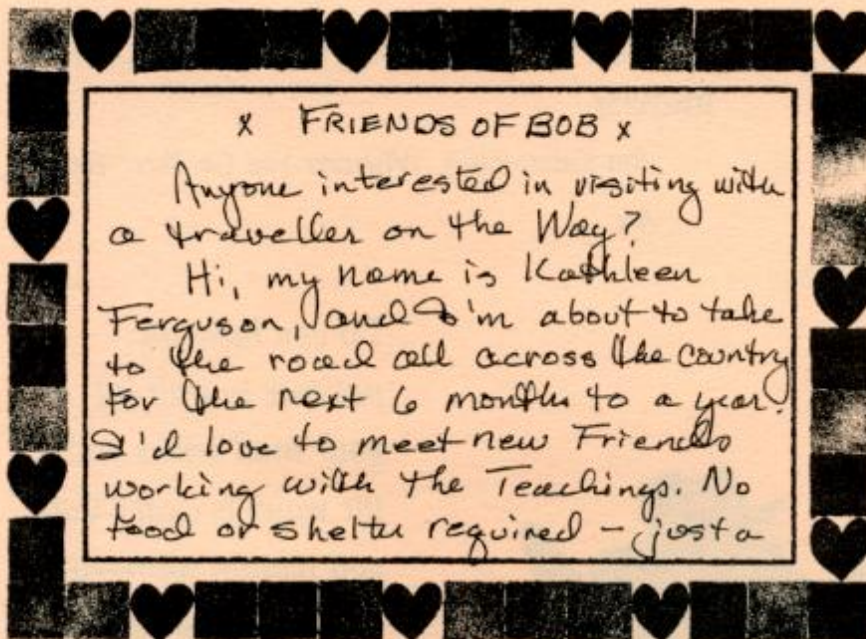
One world is aware, and by far the largest to me, and that is myself, and whether I come to my own to-

day or in ten thousand or ten million years, I can cheerfully take it now, or with equal cheerfulness, I can wait.

Walt Whitman, *Leaves of Grass*



## Bulletin Board



X FRIENDS OF BOB X

Anyone interested in visiting with a traveller on the way?

Hi, my name is Kathleen Ferguson, and I'm about to take to the road all across the country for the next 6 months to a year. I'd love to meet new Friends working with the Teachings. No food or shelter required - just a

little good-hearted companionship.

Thank to Christine for inviting me to post this notice!

*Kathleen Ferguson*  
*Kathleen Ferguson*

24-hour toll free voice mail

### Time Out

In order to complete some things I have been working on for some time, I'm going to take some time out from hanging on the phone and hanging out at the pubs and the hotel; I'm also traveling quite a bit. Please continue to send material you might wish to see in AJ—next issue due late fall. And if you need to talk to me, leave a message if you can't find me. Book groups canceled till next year. AJ and Sophia will continue as usual. I intend to "re-emerge" around the holidays, or as soon as I finish up my work.

### E-mail

Marsha Summers suggested that those who wish include their e-mails addresses so students can correspond. Marsha's address is 102142.344COMPUSERVE.COM; Paulette Fox PJFx@aol.com; Dixie Anderson VideoDixie@aol.com. If you want your address published here, e-mail to me at 72263.2460COMPUSERVE.COM

### Renewal Time

If you wish to continue receiving Awareness Journal, please fill in the renewal form and send your check for \$25 for the next four issues (it really helps me out if you send the form rather than your request in a letter, which gets put in another pile). You might have noticed this issue is dated "Summer/Fall 1995" in order to get caught up. Next issue (Volume IV No.1) will come out mid- or late fall. I really appreciate all your nice comments about AJ, and especially your letters—other readers enjoy them very much. If you send something to include here, please consider sending a photo, too. Readers tell me they feel like they are getting to know each other, an essential ingredient for our little "mail order school" ThanX!! To the right is a snapshot taken of yours truly on my birthday this past June—half a century done, wow.

