



A Newsletter For Women (and Interested Others)

Published by Harmony Workshop, Inc. A Non-profit Educational Foundation

⊗ Volume I Nos. 10 & 11

Surrender

A friend called the other day and described his difficulty surrendering to his guru. He is under the impression this is an essential tenet of the Teaching (his guru's brand, anyway). It is likely that this is an inappropriate method for Westerners (in some Eastern cultures it is part of discipleship). We all know of instances where this has ended in disaster, although a disastrous end does not necessarily negate the idea, as we simply don't hear much about the successful instances. Most of us are not disciples of any person, we are students of the Teaching.

While FTE would not generally advocate surrendering to an individual, certainly the idea of surrender is a worthy one — and in fact, is a part of the Work.

To surrender is to Experience Freely, that's all. Our lives are full of events, many of which we would rather avoid; but to accept them for what they are — challenges to my taste, challenges to my wants and desires, the collapse of my ideals — and to give up trying to change the situation, to *accept* it as it is, is to Experience *Freely*, to surrender.

Surrender always has an object, the ideal. If one has no interest either way in say, Alpine yodeling, or no conflict with say, the relationship with the next door neighbor, one hardly has any surrendering to do about this. We are faced with the concept of surrendering only when we are struggling toward an ideal of some kind. Maybe I want to be the perfect student, or even a good student, and find I just "can't." This is only the struggle between a voice inside which says "I should be better than I am," and another voice which says "The work places more burdens on me than I can bear." To surrender here would be to ignore the voices, *to feel* "This is how it is, this is what I am, today." And really accept yourself for what you are, right now, today, adapted to the time, place and circumstance with the light that you have at the moment, perhaps not "ideal." Or you might ponder, Just What Am I, really?

A woman very close to me feels short-shrifted at having been born female, it seems to her males have more privileges

and she has gone so far as to convince herself they have more "Spiritual privileges" also. She saw one day that it was only the false self that cared about this, whether it be true or not (she is finally relieved of having to prove her theory; it simply doesn't matter). She surrendered to the fact that she is what she is, *and* the female form, and Freely accepted this. Though the false self will complain about this (and any) circumstance, Spirit doesn't care what role It plays, or where or when or through whom.

Another woman was very happily married when she became introduced to the Teaching. She felt she had been looking for just this all her life and was overjoyed at last. When she tried to share it with her up-until-that-point beloved husband, she was devastated that he did not share her interest. She eventually dealt with this consciously, i.e., freely accepted him for what he is, one to whom the Teaching does not appeal, and surrendered her ideal that they "should" be deeply involved with it together. It turns out that she has evolved and he has too, because she responds instead of reacts; and, though to date he still has not read a single piece of Teaching material, he is her staunch supporter.

What we really surrender to is the uncomfortable feeling of not possessing an ideal. We may need to surrender to pain, or we may need to surrender to the fact that this place where we live will eventually expose us to some pain. Some people cannot surrender to pleasure; they cannot receive pleasure without a feeling of guilt, or a feeling of obligation of some kind. Surrendering is hard Work, and it may take a lifetime to completely surrender. But in the end, surrender we will. Let's get a head start on it, and practice every day. (Sufis say "Die before you die," and "Die every day.")

So while some schools may require surrender to the guru, our version of the Work affirms surrender to reality, i.e., that what is, is okay, that our ideals are illusions, and achieving them is not the purpose of living, nor even necessary for happiness. ⊗

The Picture of Man

We received a note from a woman who did not fully understand Rhondell's Picture of Man, which appears in every issue of FTE. A mutual friend who knows it well clarified it to her, and she was kind enough to let us know of her trouble with it. She said she had not realized the two pictures are really one.

The Picture of Man, *without* the Master Decision to gain and escape and without the six henchmen – three (the A-side) which try to use the methods of complaining, demanding and blaming, and three (the B-side) which use the methods of pleasing, obeying and self-improving (feeling guilty) to accomplish the Master decision (which can also be stated, “it is vital to have my way”) – shows how we were designed to function.

Impressions from the entire environment (inner and outer) are received by the Physical Body (motor function) and by the Awareness function. The Awareness evaluates these impressions, with feeling.

To evaluate is to assess the advantage of. The Awareness is in intimate relationship with (it is a Function of) the Biological Function, Life, Intelligence, Spirit (called “X” in the Science of Man because in science “X” represents something that is known to exist, although the observer might not know *what* it is). This intimate relationship consists of “X” responding appropriately *always* to the evaluation of Awareness.

Please note that “X” does not necessarily respond correctly, it always responds *appropriately to the information (evaluation) given with feeling*. Understanding this is a crucial factor in understanding any and every living event.

It responds by carrying out the action, through the physical body, that it deemed appropriate for the information received.

A simple example would be thirst. The physical body has sensed a shortage of its water supply. This sensation is interpreted by the Awareness as vital, and is instantly communicated (without thought in this case) to “X.” “X” moves the physical body toward water, it drinks, balance is restored.

Maintaining balance to the physical body is common to all life, and goes on automatically unless interfered with.

Of course countless other impressions enter the Awareness as well, all of them relationships of one kind or another to the person. (Not just people relationships. Yesterday I was in intimate relationship with an earthquake.) It is the function of the Awareness (it's job, it's duty, it's purpose) to evaluate these impressions *accurately*, “X” feels this evaluation and responds appropriately. I don't know what is simpler and yet more profound than the Picture of Man.

The above describes somewhat the first picture. The second picture shows the contaminated Awareness. The dictionaries define contamination as pollution, and “to soil,

or infect by contact or association.” The infant Awareness mistakenly associates the pleasures and pains of the physical body with its purpose of existence. It feels that gaining more pleasure and less (or no) pain is its job. More dramatic infants feel that their survival depends on more pleasure and no pain.

As the infant Awareness gains experience in time, it expands the categories of pleasure and pain to include attention and approval, and eventually a feeling of usefulness; and being ignored, rejected, disapproved of and worthless. Thus the infection spreads.

This is completely incorrect, inaccurate, and the whole purpose of teaching the Work is to give *those who want it* an opportunity to correct this mistaken idea, not to improve anyone, nor to make good people out of “bad” ones.

Pain and pleasure in all their myriad levels are *side effects* of Living, they are not the purpose. The Purpose is for you to see, we are not here to tell you what to live for. But one cannot act on a new Purpose of existence unless she first has seen her original one.

As the infant expands her categories of pleasure and pain, she also expands the methods used to implement her purpose to gain and escape:

(1-A) Complain. This is done from day one, and works for a little while. The infant body has sensed the need for more fuel, for instance, and can communicate only by crying that it is time for more. Past a certain stage, this is really not necessary, nor effective, but remains with the person *until consciously reevaluated*.

(2-A) Demand. The little one feels she is taken for granted, or being ignored when complaining doesn't work immediately. She starts sticking up for her rights. This, too, may work for a year or so, and thus is firmly established as a method of getting her way. This method will remain, long past the time when it is effective, unless consciously reevaluated.

(3-B) Please. Eventually her world expands and she becomes aware that others respond lovingly (sometimes) when she does. Clever little girl realizes that she often can get her way more easily by being pleasant. But being pleasant takes some effort when one is uncomfortable, and the first two decisions are firmly established. Here is where conflict begins. (This decision like all the rest remains as a method to use until reevaluated.)

Conflict creates deadly interference with the process of communication between Awareness and “X”.

(4-B) Obey. As her world expands she realizes some people have power over her actions. She learns that to obey (and quote) these “authorities” can give her pleasure (approval) and more often, obeying helps her avoid pain. She →

Picture of Man (Continued)

may want to exercise this decision to be obedient and gain the pleasure of approval while at the same time want to avoid the pain of not doing what she wants to do. More conflict.

(5-B) Guilt. As she gets older, one day she becomes introspective. Most important to her is to gain pleasure and to escape pain, and instead she feels conflict (the ultimate misery). She blames herself, "If I were different, circumstances would be better for me." She tries to change her actions, or she suffers horrible inferiority because she thinks she can't change, and finds neither helps much, to get her way.

(6-A) She blames everyone and everything else. If other people and circumstances changed then she would be happy.

These six conflicting decisions about how to deal with Life contaminate her Awareness of what is really to her advantage. Pain may be necessary, certainly it is here sometimes, and perhaps cannot be escaped. Pleasure is not always at hand. If she has valued these as of prime importance, and tries to use the six conflicting decisions to gain what is important to her, she will be constantly thwarted, not to mention misinformed, inaccurately assessing what is of real value.

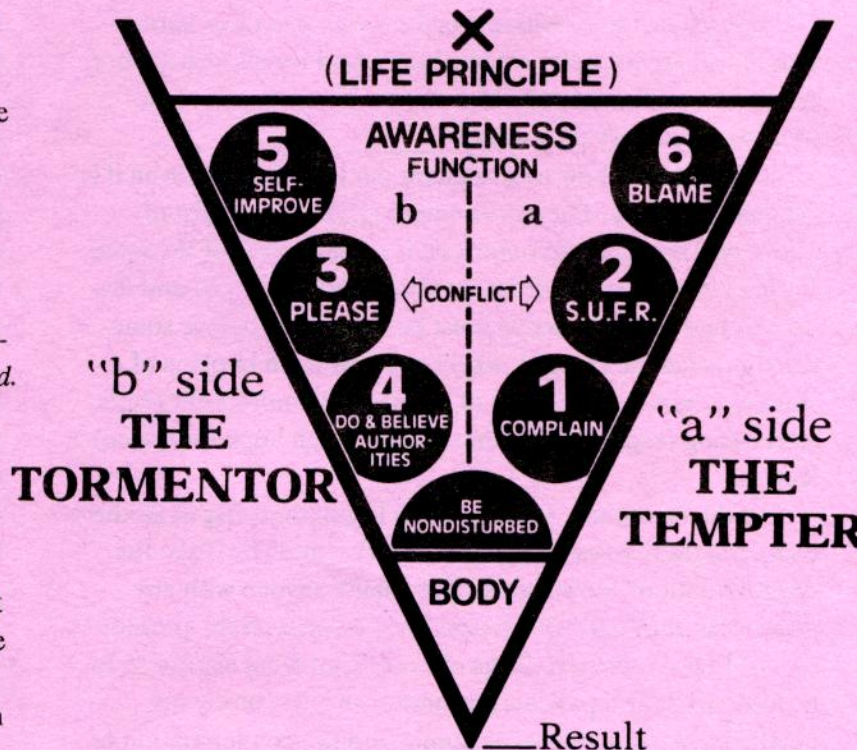
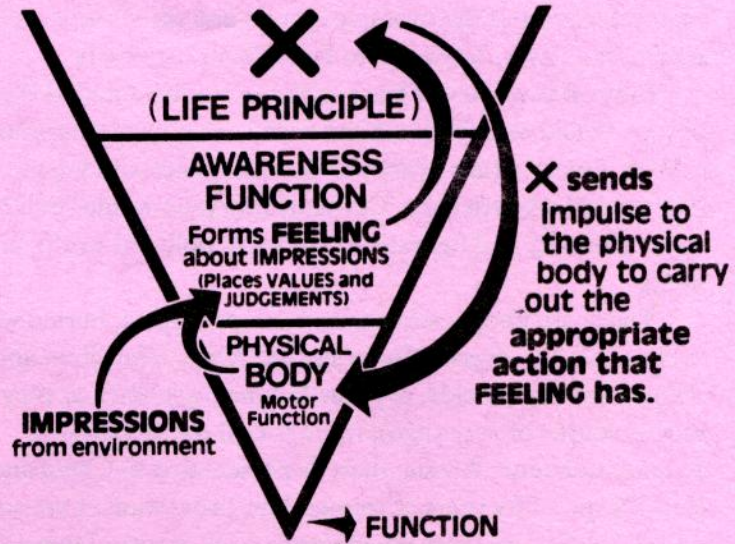
The conflict inherent in an incorrect purpose of living prevents her accurate communication with "X". If she thinks her survival depends on getting pleasure and avoiding pain, she will be in a constant state of emergency as these threaten her. She communicates with feeling this state of emergency (and no matter how calm she may pretend to act, or to say she feels, "X" responds to the *real* feeling of emergency). It delivers extra energy to the physical body to cope with the emergency at hand. There is no real emergency, of course, lack of pleasure never killed anyone and pain itself never did either, and won't. This extra energy is the appropriate response to the information received, but not accurate for the true situation.

The immobilized energy, made available as response to what really is a lie, will eventually be used, it has to go somewhere. It will result in deterioration of the physical body and/or unusual behavior as a way of using it up.

Conflict prevents accurate communication between Awareness and Spirit and results in death if purpose is not reevaluated.

Conflict is *always* a message to wake up and take notice of what is really going on, to *reevaluate*. The second Picture of Man maps this out and is well worth our study. It can be checked out immediately, take some simple event and apply the Principles to see for yourself.

My personal opinion is that the Picture of Man is *the* gift to our era. Understanding and using it certainly saved my life and made it worth living. It's a wonderful Spiritual paradox, utterly simple yet deeply profound. I see new levels to it even still. Work with it and prosper. And please feel free to communicate your thoughts about it and questions if they arise. ⊗



An Ideal World?

A three-year-old sits in the back of a huge Studebaker on the way to get her father from work and watches all the ugly buildings and signs and wires strung everywhere in an industrial slum. She is convinced that someday (soon) it will all be torn down and only the beautiful will remain. About forty years later most of the industry is gone and the slum remains, seedier than ever. We begin to form ideals very early.

Each of us probably has a vague or maybe detailed idea of what would constitute a nicer world, what would improve it. Miss America (any year) wants world peace and I agree that would be worthwhile. Certainly everyone would breathe easier (literally and figuratively) in a less polluted world, and so on.

There are people starving in Ethiopia (again; buried way back in the *Los Angeles Times* last week was a tiny item about the problems, genocide, not true famine, right back as they were a couple of years ago); there is civil war in Ethiopia, Ireland, Lebanon, Russia; there is persecution in China and Iran. Despite fifty years of tremendous promotion of the so-called "health" industry people are as sick as ever. Depending on one's source of information, one is led to believe that many or most people are strung out on drugs, or might be (and let's check to be sure). This is blamed for the increase everywhere of crime, which affects every one of us, both as recipients of the violence, and by the resulting increase of the size and scope of the police (and military), i.e., I have recently been stopped by police three times leaving the office with demands to know what I was doing and why I was working so late, etc.

It is absurd to continue this list, every one of us knows that things are in pretty rough shape. And we all wish it were otherwise, and perhaps hold a picture in our heads of an ideal world, if only they would _____.

I don't know how to straighten out the world, or even if it "should be" done. The environment (all the things listed above and more) is the outer and is symptomatic of the inner. Perhaps it has earned disintegration. Always the old and the useless and the destructive must be torn down before something new can be created, whether a new town in place of a slum or a new Soul in place of greed. Until more individuals start taking responsibility, there is not much hope for the collective.

In the meantime, is there a way to put meaning to all this chaos? Is there *something* I can do? Yes, and yes. Take the drug "situation" for instance. Eventually anyone with any awareness at all will have to see the hypocrisy in the promotion of FDA-approved drugs of every kind from aspirin to Interferon to banish pain and promote — what — surely not health, but feeling better, or numb, and the condemnation of non-FDA-approved drugs, used to banish pain and promote

a feeling. What ever is the difference in the two (except that one they can control and one they cannot)? The FDA says a person may take a drug (their drug) for depression but another person may not, if he doesn't play the game right. *This is not to condone street drugs*, it is to say that an official permission to avoid pain and confronting its source, or to gain an artificial feeling, is no more valid than an illegal exercise of the same desire.

If pornography has caused a young man to feel, "There *must* be more to it than this," it may have served a useful purpose. If personal and corporate bankruptcy, or flagrant con games such as the Drexel case and the national debt make people look both at the larger picture, inevitable large-scale bankruptcy looming in the future somewhere, and the smaller, internal bankruptcy of one's own life if lived in greed to gain and escape, never putting energy outward, they can have some purpose. (This is not at all a political statement, it is a law of physics. More energy cannot be consumed than is available. Sooner or later the resultant vacuum *will* be filled — by *someone* — the piper will be paid.)

All these big pictures are macrocosms of the microcosm, individuals. What is the difference between civil war in a country and the civil war in the head of the individual, but scale? Both result in misery and death. In both cases there is a conflicting purpose trying to be defended, or won, resulting in strife. Energy is used to destroy, not construct. The babies starving in Ethiopia while plenty of food rots in port and in depots and is burned on the way to reach them is the same picture of the baby Soul trying to be born within each one of us, and the Not-I's with their violent ways trying to prevent us from Working (our food is the Work) at every turn.

What better picture of the Master Decision to live a life of gaining pleasure and escaping pain than a crazed drug addict? When the pleasure is gone and the pain begins, he will do *anything* to regain and avoid. This is the perfect place for anyone to stop and ask What's going on here? Do we stop, regardless of the pain, and ask What's to my advantage? Or do we go crashing around looking for the next fix?

So whether our ideals of a better world are valid or not, I honestly don't know. Certainly an ideal is not valid, but I can see everywhere the unused potential for wonderful creativity, that Earth could be a fun place with lots of challenges that could lead to true progress, evolvment. But it isn't going to happen this afternoon; things may even get worse before — or if — they get better. In the meantime we can make good use of what we do see, we can take the pain we feel at the decay and chaos and make it of value, use pain to wake up; we can look at what is going on and say, What does this mean? Is this a picture of something going on inside of me? If so, that *is* something I can work on. ⊗

Positive Thinking and the Four Forces

The physical universe is ruled by four factors: Initiative, Resistance, Form and Result. (Worldly thinking commonly says such a thing as cause-and-effect exists, which is another way of saying when something happens I don't like, there is something to look for to blame.) Understanding the four factors of creation and observing them constantly will go a long way toward liberation of the human being.

- **First Force: INITIATIVE.** Life, Spirit, Consciousness, an Idea, Love.
- **Second Force: RESISTANCE.** Gravity, weather, inertia, other physical phenomena; other people; sleep; Not-I's.
- **Third: FORM.** Product of the interaction of the first two.
- **Fourth: RESULT.** What is done with Three.

In this world of suggestion where most people's motive for everything they do is to gain or escape a feeling, Third, the Form, usually results in Suggestion, which is often reacted to, thus setting into motion another event which is not Initiated but which is just a reaction.

The Four Factors of Creation can be checked out immediately with anything at hand, even this newsletter.

Many, many people are involved in what is loosely termed "mental science" or "positive thinking." This is the foundation for much "New Age" stuff. FTE is not "New Age" or in any way interested in so-called positive thinking.

There is a great contradiction between taking "steps" to think (or wish) away challenges, or to ask someone to remove them for you, and being Free To Experience whatever arises in your way today.

People are always talking how they used "woo-woo" to change a situation, to make someone do their bidding, or otherwise escape what is or gain what is not. I hear it every day. People like to think they are magicians and have control over things. They think this proves they are powerful.

What it proves is that they are not Free To Experience what is.

Real power is generated by the tension between Initiative and Resistance. One makes up the mind to do a thing and makes up the mind Freely To Experience the doing of it, *which will always contain resistance*. This is meeting challenge and is what creation or creativity – and *power* (which is different from control) – is all about.

Should you think you create anything by having the resistance removed you are mistaken. The resistance "goes" somewhere – did you ever wonder where?

A Real "magician" does *seem* to make Second Force disappear for you, but what he does is Initiate power equal to it, *and thus allows the creative process to take place*. It is not really magic at all, and the mind games people play at best occasionally move resistance out of your way, into someone else's way. Please don't confuse this with doing the Work. ⊗

"Why Don't People DO IT?"

A friend of mine told me he once asked a Wise Old Man a why question and got an answer. He asked why people who have been exposed to the Work go only so far and then stop, why don't they DO it? He was told, "Because they haven't got the guts."

I wasn't in on this discussion so I am only presuming that the wise old man meant they were afraid, and/or they had not built up their strength.

I would like to be so bold as to expand on the answer. I think people don't "do it" because THEY DON'T SEE THERE IS NOTHING ELSE TO DO.

I don't believe that human beings are inherently suicidal, and yet a life of greed for the Four Dual Basic Urges is slow suicide. Just look around and see the source of all misery. The only possible answer to this contradiction is that they don't see what they are doing. They don't see that living to gain and escape doesn't work. It could be they are successful by worldly standards and thus their necessity has not been increased. More likely is that they have given the false self so much attention that it has become far stronger than essence and absolutely prevents them from seeing the Truth, that *there is nothing else to do but the Work*.

This is why I also do not believe for a minute that those who do "do it" are in any way heroes. They are merely people who have seen that there is no other way than The Way, i.e., to observe self, examine purpose, and do what's to one's advantage.

If you are on a boat that's sinking, you jump out and swim. You can't swim? You learn quick, or die – you "do it." The Teaching is your swimming lesson, but you have to practice. If you don't see the boat is sinking, you might not bother.

The boat IS sinking, *and there's nothing else to do, but "DO IT."* ⊗



Double Issue

You might have noticed that this is Vol.I Nos.10 & 11 of FTE, or that there are extra pages. Included this time are some poems and articles written by friends, on the center page. The next issue will be the last in this Volume, and the following, our one-year birthday issue, will have a slightly new format and be in a smaller booklet form. ⊗

Noblesse Oblige

A good friend who has worked for “liberal” causes was uncomfortable when the thought came to her that the Work might be elitist, and she asked with a little trepidation if it were. The answer is: yes. And no.

Paradox is not uncommon to the Real World and this is a prime example. I don’t know Why, but observation over many years has demonstrated to me that the Teaching only appeals to some, although available to anyone. Perfectly nice, bright, loving individuals can hear the Word and reject it outright, or ignore it or otherwise reveal that they have no interest whatsoever in the Work. This is their choice, and one who disagrees with their point of view cannot both do the Work and find fault with them. But certainly it is not for everyone.

And those who do see the value in the Teaching, those who do see the advantage in Working, *always* feel very privileged that they have been exposed to it. Not a single one of my friends who has Worked even a little while has not told me at least once how privileged and grateful he or she feels about having met up with the Work.

Two dictionaries I have at hand at the moment both describe “elite” as a superior group. A third does not use the word superior at all and gives several synonyms, among them nobility, choice, select, privileged. While no one in the Work considers himself or herself superior to anyone else (it is even a specific tenet of certain Middle Eastern schools that students are equal to Teachers), certainly we all feel as though we have been chosen somehow, selected, to receive a very noble privilege.

The privilege is the gift of a method of evolving beyond our inherited conditioned state into a creative being, capable of understanding that she is an aspect of Spirit, capable of experiencing all the freedom this implies, and willing to do what she does responsibly. And she knows the gift is the method, which she must execute by and for herself, and the help that seems to come along when she needs it most.

Yes, this is certainly a description of a member of an elite group, as we all are aware that few people take advantage of this opportunity.

And this is where *noblesse oblige*: Those who do not accept the Teaching are in no way inferior, and they are not to be treated as such, and are not to be badgered. A good friend of mine talks constantly of the “idiots” who have not heard the Word as she has, and asks every time I see her why some people don’t “get it.” This is, of course, another of those questions that have two answers (1) I don’t know and (2) it’s none of our business. It is what is.

I know many people who want their family and others they love (and maybe everyone else) to see what they see, to value what they value, to do the Work. Some force it on them (I did this myself), and are always rejected, and disappointed.

Others leave material around and hint at it all the time; this is okay, and occasionally works, but usually is fruitless.

The best (and possibly the only) way to really make an impact on someone as to the value of the Teaching is to *demonstrate* it by our actions, by our daily lives. If someone you live with or near does not wish to read your material, or listen to what you have to say about the Teaching, let it be. As your own Work progresses, as your own evolvment ensues, they will, if they are potentially a member of the elite, take notice. If they don’t, it’s okay, really. ⊗

It Balances

FTE (Free To Experience) started out as (and still is) an experiment. Among other things, it is an effort to find a way to put the Teaching both into another appealing form and another which can be *used*. All the articles are based on experience of myself and others, as well as associations made with interesting things going on.

Its slant toward women is a little misleading – almost all the material pertains to anyone, and we have many men in our circle who are avid fans. As possibly the laziest person you know, I felt it was easier to write FTE “for women,” but certainly no slight is intended of interested others! “My” men are very much appreciated, and I know they see through the pseudo-sexist overtones.

Many of you have given me the nicest thoughts of your appreciation for FTE. It is very kind of you, and I am grateful for this and any and all feedback. While this is a place where I have chosen to express my opinions and knowledge, it is my wish to make it stimulating and interesting to you.

Lest anyone think I am just basking in devotion, I thought you might be interested to know that FTE, and I personally, have our share of detractors, as well. To name just some (and only those I know about; who knows what else?) – we have greatly insulted a group of (very modern and not homicidal, thank God) Muslims who feel no American has the right to allude to anything remotely relating to Sufis (they are correct: we don’t have the right; we consider it a great privilege). A self-styled neo-Gurdjieffian group ridiculed (and worse) every line of one issue and severely berated the innocent woman who dared to carry it in there. We have been mocked by or inadvertently offended Mormons and doctors and a lawyer as well as other people in four states that I know of. I personally have been called cold and unfeeling, a Nazi (my favorite) and completely devoid of love. I find all of this very amusing and thought you might also.

Meanwhile, FTE will continue to assist or to annoy (it all balances out), and I thank you for your support, which makes FTE possible. ⊗

The Loaves and the Fishes

By "John"

A friend says that in spiritual symbolism one's consciousness is symbolized by a garment. Our friend also says that all scripture is to be read for its interior meaning.

Consider the story of the woman in the crowd, ill for 12 years with a painful condition, who thought as Jesus passed her, If I but touch the hem of his garment, my affliction will be healed. (Mark 5:28)

Another friend has been given a diagnosis of HIV positive by his medical authorities, and told that without a miracle, or spontaneous remission, he will die.

Our friend was asked to speak about the value of that verse in relation to his continued good health years after that diagnosis. He explained the following:

Somewhere within we have the same knowledge expressed by the woman in the crowd. The challenge to this one has been to take feelings of depression, despair, and physical illness, which come with a terminal diagnosis, and touch them to the "hem of the garment" of Christ Consciousness, where they are healed. Without those feelings, physical health seems to flow unimpeded.

One night, when the suggestions of illness and death to

which this body is subject all the time were particularly strong and bothersome, the following help was given. The medical authorities tell you that you cannot survive because the AIDS virus is destroying your T cells. There aren't enough to go around to keep the body in a state of health. Consider the miracle of the loaves and the fishes. With 5,000 gathered on a mountainside, and only five loaves and two fish, consciousness, which was in Jesus, multiplied that food until all that needed to be fed were filled. Can't one T cell be enough to keep the body in balance as long as Life would live that body?

Do you have no T cells? Consider the miracle of the wedding feast at Cana, where the consciousness which was in Jesus took what was (vats of water) and changed it into what was needed (enough wine for all the guests). Don't let the medical authorities tell you you cannot live without their treatment and belief. Life is not theirs to give or take away.

The practical exercise in touching fear and death to the hem of the garment of Christ's consciousness is self-observation, the Work. It may well be that the key to spontaneous remission is removing the obstacles to spontaneous living. ⊗

Mutterings of a Journey

By a Fellow Traveller

It is increasingly wondrous to see the vast uniqueness that is displayed here. And yet because we are ONE in REALITY there is a sound of familiarity to each song. This was brought to mind as I read Loss? (from Vol.1 No.8). I'd like to share a time of loss experienced by this traveller in days gone by.

Loss

- An empty – hollow – aloneness
- Almost sick at heart –
- The loss brings the rushing TRUTH
- Of how vulnerable to suggestion we are
- Oh – the questions – a feeling comes flowing in
- Yes – there's a job – to SEE
- Filter the unanswerable questions
- Before the merry-go-round begins
- Watching emotions sweeping by
- Wanting to carry me off –
- Are they emotions or shadows
- Lifeless or their own
- Watch – Filter – Be
- Don't be afraid of feeling loss
- From the sorrow Springs Joy
- Hollow – provides room of Filling
- Where is the Loss?
- Oh! There is NONE!

Responsibility

You may or may not know that Harmony Workshop, Inc., is prohibited by law from getting politically involved. This is fine with me, I wouldn't join that cat fight for anything. One of our vice presidents, Bill Nunn, has written an interesting essay regarding the legalization of drugs. Obviously it cannot be reprinted here (if you're interested, call me and I will get you in touch with Bill), but an apolitical paragraph about abetting irresponsibility in others is interesting:

"... When one turns to drug abuse he is giving up responsibility for his own existence. Here is how it works: RESPONSIBILITY, the ability to respond to the circumstance one finds himself in. The only one who can respond to any circumstance is the self. Only I can respond for me! Only you can respond for you! It is physically impossible for me to respond for you. I can't drink water for you, I can't take vitamins for you, I can't refuse drugs for you.... Only you can respond for you and if I try to do this responding for you I am harmful to you. If an alcoholic is allowed to live 'the good life' and still behave like an alcoholic, he is being denied the possibility of becoming strong and functioning as a useful member of the race. If his 'loving' relations, family and friends, abet his addiction they are not helping him, they are aiding in his disintegration. The same is true of drug addicts. Facilities are available for help but only the addict himself can opt for their use."

To A Friend

By Carolyn F.

Until a person recognizes the path "he" allows by being obsessed with what other people think, act or feel, he will continue to hurt. He can stop it by getting the attention away from self and practicing seeing what he *can* do.

We will never know what a person really thinks or feels. We only assume from our perspective. When there is dialogue between two people maybe there can be an understanding but most people don't even know how they really "feel." People are constantly changing.

The only true relationship is with your High Power. When that is strong, then a person can begin to think about a meaningful relationship with another person. In the meantime, friendships and casual relationships are suggested.

Being preoccupied with self, i.e., how do they treat me, how do they feel about me, do they love me, do they care???, is like an ingrown toenail. We are looking for "them" to validate one's being. The fact that we are here, validates us.

I am a privileged "invited" guest.

If my "happiness" (whatever that means) depends on someone else then I'm in a world of hurt.

Blaming you, them, or _____, is disintegrating.

●

FTE

*Heaven itself is reached, you see,
With empty hands and open minds.
To live in light one is always Free,
Free to Experience that which binds.*

*To be Alive, one is Free to Experience
What comes down our road today...
We see there's no need for defense
Now we experience an alternate way.*

*The Song of Life is very bold...
When this melody is all we hear
As we take His hand to guide and hold,
It's a Journey we can walk without fear.*

*Heaven itself can be reached no bind
With empty hands and open mind
Which comes with nothing to Find...
Finds everything and claims all for Mankind.*

*To experience life... one goes within
Where the precious diamond shines so bright,
Free to Experience life is like an old violin
The forgotten song is remembered and we find the true light.*

April

Know Yourself

There is only one, which people of all times have sought in vain,
Everywhere—now in the heights, now in the very depths of the world—
But under diverse names, it concealed itself

always;

Always one sensed it further—never quite able to grasp it.

Long ago lived a man who revealed to children in

familiar myths,

Way and Key to the hidden Palace.

Though few discerned that simply cryptic watchword,

Those who did became the Masters of the Way.

Ages passed—the error sharpened our sense—

Till the myth no longer obscured

Reality.

Fortunate is the one who becomes wise, who no more upon the world
broods.

Who longs for the Stone of Eternal Knowledge within.

Only the discerning one is the true adept—he

changes

All into Life and Gold—NEEDING Elixirs no more.

In him arises the vapor of the holy Alembic—the king is in him—

Delphi too, and he finally grasps this: Know your Self.

Freiberg, May 11, 1798

●

*C—Isn't this beautiful—and he said it nearly 200 years ago
and we think we just found it!—P.*

We Get Letters

Chris—I know that you think of approval and disapproval as the same. Anyhow here is some approval from Bill... *Bill N.*

Here's some disapproval. I don't like some of the material—it hits me right where I "need it," and here's some funds to keep on doing it. *Lana N.*

●

At work the other day a debate came up due to my repeating a parable from the lessons to a friend. The debate ensued because the point, one of many I'm sure, was "The truth will set you free." It was about being helpful in the world of man instead of considerate. Well, words like Monism and Monotheism were heard and the terrible social effects of the former and so on. The next day, still not clear on what was being felt, I mentioned that an enlightened person could have a greater effect on society and the world than someone of the "Let's improve things" school of thought. Suddenly I realized I was trying to defend something. I was saying this Teaching is mine and I can prove to you that its value is to improve the world. I felt weak and didn't want to continue the speech because I woke up and saw B. sticking up for this, that and the other thing. Such debate is not in the now—in the room—it's always based on "if" and "should be" and Life is not in those places, it's HERE NOW. B.—myself—may be just a group of consulting Not-I's, but I am simply Divine Function. There was joy in seeing that and in writing it. I will continue to check it out... Your friend in love, **B.T.**

Free To Be An Idiot

A man called the other day who had heard a little bit about our work (and had heard we have a mailing list – see note next column). We had a lovely conversation, during which I expressed my opinion that all the Teaching can be boiled down to the three words Free To Experience.

He *received* what was said (the saying of it being a masculine activity, the receiving – *hearing* – of it a feminine activity). After a slight pause (feminine) to *consider* it, he said, “Well, sometimes people deeply experience things they don’t understand.” His point, of course, was that a lack of understanding of a deeply felt event might detract somewhat from the feeling of complete freedom.

I thought it was an interesting concept, surely the experience of not understanding something happens to us all, often, and in my somewhat abashed state (he is a writer and publisher whose work I have admired for years and whom I did not ever expect to be seriously chatting with) I didn’t respond as fully as I could have. (Little Not-I says, “Surely this man will think you’re an idiot.”) My answer was, “Perhaps a lack of understanding means the event was not freely experienced.” While this may sometimes be accurate, it is not at all comprehensive.

When something occurs which we don’t understand, whether it be a wild state of altered consciousness or an exchange of some kind between people, or anything in between, real freedom is to observe the event objectively and Freely admit, “I don’t understand.” Although we cannot stop the mind from using the computer to scan every nook and cranny for a pre-fab association, we can set this aside, let it be on the back burner so to speak, and accept freely the fact that understanding is not a gift we are given at the moment, despite the fact that we often feel we have a right to know, despite the fact that awareness of ignorance is uncomfortable.

This was the very first piece of Truth given to me by my Teacher many years ago. I had finally met face-to-face privately the man whom I’d been told knew it all. This “seeker” went into the interview with a list of questions she expected would be fully and logically explained, just because she wanted to know. He patiently listened to my enumerated demands to know, while fiddling with a paperclip. When I had exhausted my list of burning questions (that if I only knew the answers to I would be happy) he said only, “Go, sweet one, and be thankful for the information you already have. More might come.”

Little did I know at the time I had been freely given possibly the most valuable piece of Truth imaginable, “Be Free to be an idiot.” Surely this is the starting point for us all, since we *don’t* know it all, and just maybe we *don’t know* anything. And this may be our first really Freely Experienced act, surrendering the desire to know. ⊗

Personality UNIT?

In a crossword puzzle worked the other day the clue for the word “ego” was “personality unit.” I thought, the author of this one is a dreamer. The ego is, for our purposes here, that aspect of the false self which chooses which of its decisions, or method, to use to gain pleasure and escape pain. It calls itself “I”, and all the methods call themselves “I” as well.

And the unconscious person lets one after another of these characters call herself “I”. One of the hardest things for anyone to see is that what she thinks of as “I” is a multitude of little robots, all programmed a little differently, all in the service of a lie.

How can “I” want both to have what “I” think is rightfully “mine,” and also please the one who has it and won’t give it to “me”? How can “I” both blame an institution for wrongs “I” see and obey whatever it tells “me” to do? How can “I” blame circumstances for my predicaments and yet feel if “I” improved “myself” to some standard, “I” would be happy? “I” can’t, and Real I don’t (doesn’t?).

Conflict needs at least two sides, and the conditioned person has two camps of ideas within, creating conflict. They simply do not and cannot work together. And they hate each other. War needs an army, and it’s been said “My name is Legion, for we are many.” (*Mark 5:9*) This was the personality describing itself quite accurately.

The conditioned, contaminated, sleeping ego which says “I” has many pieces to it.

The Work endeavors to shine a light on these entities and to allow the Real facets of the human being, Spirit, Awareness, Physical Body, to function together in harmony. The various “I’s” want only to sabotage this.

This exercise of Dr. Dan’s has been printed in FTE before, but is so valuable and appropriate to this article that it merits a re-run. Observe others first, and then yourself. Listen without condemnation or justification to everything that is said and assign the number of the Not-I to it as you hear it. It takes a little practice but is very rewarding and fun for a while (until the monotony of most of what is really being said becomes boring).

The false self or ego may be the personality “unit” in a crossword puzzle, but that’s about the only place you will find it united. ⊗

Mailing List

Harmony Workshop’s mailing list is not loaned, given, sold, traded or otherwise used for any purpose except to send mailings from the foundation. If you request to be put on the list, buy a book or tape or attend a workshop, you will be included in the mailing list. ⊗

Column for Men (and Interested Others)

Two calls this morning and four last night (five of them from men) had exactly the same theme, how worthless, inferior, defective, people feel, what lousy students they think they are. How they will never, ever make it. While everyone feels this way now and then, men do dwell on it!

The prime motive of living of unconscious people is to gain pleasure, attention, approval and a feeling of importance and/or usefulness; to escape pain, disapproval, being ignored, rejected, and a feeling of uselessness. The Science of Man by Rhondell terms these the Four Dual Basic Urges.

Students Work toward observing the 4DBUs in themselves, and with even a little effort they become aware of these conflicting feelings and the actions taken to try to accommodate them. This self-observation is essential to the Work, it is the first step, nothing can be done, really, until self-observation is well-established. Self-observation is not the same as criticizing one's actions. There is no judgment or condemnation or justification, just observation, objective as possible.

Anyone really interested in Working eventually finds it pretty hard to continue to con himself into believing the 4DBUs are the purpose of Life on earth, at least the first three of them.

Somehow the fourth (called the transcendent dual basic urge), the desire to gain a feeling of importance or usefulness and to avoid a feeling of uselessness and worthlessness, gets changed into a "Spiritual goal," which of course is just another ideal. But an *important* one, right?!?

Wrong.

Before we can possibly evolve into higher human states, fully realizing our potentials, becoming free, becoming creative, we have to be Free To Experience the fact that we do live in *lower* human states, shall we say "upper mammalian"? *To see this is okay!* We must accept ourselves where we are before we could possibly take a step forward.

I know many men who greatly admire other "successful" people, and the friends I am speaking of admire what might be called "Spiritual success." At least they interpret in their awareness of some people that these are more Spiritually advanced than they are. And so they wish to be the same (or better).

The desire to self-improve Spiritually is still just desire to be more comfortable, to get rid of a feeling of worthlessness and to gain a feeling of importance. It's a trap any student may (and probably will) fall into, struggling with conflict to gain this feeling, and it is *still* the old purpose of living, it is still Not-I's talking, it is still chasing the Four Dual Basic Urges.

Don't stop working on self-observation, do stop trying to be a good student. Don't stop working on waking up, do stop trying to become "Spiritual." (We don't become Spiritual, in any case. We can become more aware of Spirit.) Don't accept defeat just because you have not been given or earned something someone else has. Suffer (allow) inferiority, it won't kill you! The *real* you is inferior to no one, it is the false self who continually makes an issue of this. Sit and freely imagine just how terribly inferior and useless and good-for-nothing you are. Let it pour all over you, this ugliness oozing from worldly standards. Take some time and really listen, freely, to every little demon who is comparing you to someone else, who has plotted out your entire empty future, your certain doom. If you really Freely Experience this, you will eventually laugh, I promise.

And let it be a reminder to you that when you believe this stuff, it is an indication that you are still lusting after the 4DBUs. ⊗

The Four Dual Basic Urges © Rhondell 1976

GAIN	← LEVEL →	ESCAPE
Pleasure	← Physical →	Pain
Attention	← Mental →	Being Ignored or Rejected
Approval	← Emotional →	Disapproval
Meaning for Existence (Importance)	← Transcendental →	Feeling of Uselessness (Inferiority)

Rhondell Workshop Schedule

Bob Gibson will be giving the following workshops this Spring:



We meet every second Sunday (not Tuesday as listed in last month's FTE) 2:00pm at Harmony Workshop's office in Lomita. If you would like to participate in person or by letter please call the office for the current title. ⊗

**I think I will get rid of this democracy in my head
and establish a monarchy.**

Ken Six

Copyright © 1990 Harmony Workshop, Inc.

All unsigned material in FTE (Free To Experience) is copyright by Harmony Workshop, Inc., a non-profit educational foundation. The Picture of Man is copyright by Rhondell. All signed material is copyright by the author. Permission is granted to copy the entire newsletter intact; permission to copy individual articles must be obtained in writing from Harmony Workshop.

FTE is free for the asking to anyone who wants it. Harmony Workshop, Inc. is supported by the contributions of money and time by persons interested in the material, and by the sale of books and tapes. Send for free catalog of available material, and/or free back issues of FTE. ⊗

The Will of God

A friend often asks what I think about the Will of God. I always answer, "God who?" I don't know the guy she speaks of, the grand puppeteer in the sky, the fellow with the long white beard who wrote the script I'd better follow or else. That chap may exist, but he hasn't rung my doorbell yet, nor even phoned.

Each of us is an *expression* of Life, a direct, *connected*, actual physical expression. God is not *there* and we *here*. To me it is ludicrous to think of "someone" somewhere else who claims to be omnipotent and at the same time is fuming over a bunch of little chess pieces down here running around not doing what he wants them to do, doing their own thing, not his thing.

The "person" who thinks it is an entity in its own right and God is somewhere else is half right: it is an entity, a bunch of energy floating around a false idea that it is Real. That is the false self talking, *and even God will listen to it!* It is our job, as the Awareness function of Life, to filter that static out of the communication between Life and Its motor function, the physical body.

I can make a case for the Will of God, however, despite the fact that I would probably not choose those words myself. The Will of God is our Purpose of Living. What we do, is what we worship — what we love, where we put our attention.

If we put our attention on gaining pleasure and escaping pain, we worship particular feelings, and our god is the flesh. We all know that the flesh is a voracious god, one never satisfied, and vengeful. If our purpose of living is to be important, just how important? Donald Trump-important? He controls lots of money, but relatively few people. How about the Pope? Is that important enough? But that job is taken.

If I live to avoid pain, does that mean all pain? Where does one draw the line? If I can see the value in the pain of, say, a broken leg (how else would I know to get it set??), why would other pain (the pain of rejection, for instance) be less valuable? Pain is pain and we make it into misery. Misery is not having everything just as we want it right now. Pain is of the nature of living in a physical body in a physical world. Misery is a false interpretation of it.

A single-minded Purpose of Living is as close to the Will of God as we can be. To make up the mind to do something, with no conflict about the resistance involved, is to exercise true Will. Few people can do this because they are double-minded, they worship a two-headed god outside themselves, instead of Spirit within.

Only when these entities are seen for what they are, liars and usurpers who speak in our name, only when we admit we have listened to them and believed them and worshiped them, can we ever get beyond them, and exercise the Will of God, the True Motive within. ⊗

Storytelling for Fun and Profit

Several people have expressed an interest in some of the Bible interpretations that have been in FTE and asked for more. We thought it might also be fun to take stories from other sources and point out that the Teaching can be found almost anywhere if you look beyond the outer shell.

Did you grow up with fairy tales? Many, many of them are Teaching parables, some of them degraded a little bit (or a lot). Snow White can be seen as the undeveloped Awareness who was hoodwinked into eating a poison apple (the Master Decision) which deprived her of her rightful inheritance. She was made a slave to seven little Not-I's, not quite real people, but with whom she lived as a family. (Modern versions which make the seven dwarves cherubic guys whom she doesn't want to leave have completely disintegrated the original idea, and in fact, may be anti-Teaching.)

She is saved from a life toiling for them, and reunited with her inheritance, represented by her marriage to the handsome prince, because the Prince (Spirit) finds her.

In *Sleeping Beauty* the whole town is cast into a deep sleep with the maiden, representing one's whole world is nothing more than a dream when under the influence of sleep. Nothing happens or changes for a hundred years, meaning nothing is created when in his state. Again, the maiden is awakened and everything begins to thrive when she is united with her lover, Spirit.

Cinderella is the orphaned Awareness cooling away in the basement, a slave to her wicked stepmother (the Master Decision) and her two quarreling stepsisters (A and B). The fairy godmother (the Teaching) gives her a new garment (a new perspective which changes her entire world). Her forgetfulness almost lost it for her. The glass slipper is her new purpose (strong and beautiful and carrying her where she is to go). Her union with the prince represents the new Soul.

Rapunzel is imprisoned in a high tower by her father who wants to keep her to himself. He represents the Patriarchy, all the institution of the ages which conditions us to be its slaves. Her hair grows long and beautiful and this represents her strength in the Work. When her hair (she) is strong enough, her true lover (Life) can use it (her strength) to unite with her, outwitting her patriarch.

In *The Princess and the Pea*, the princess demonstrates her nobility by refusing to let all the comforts possible put her to sleep—she puts her attention on the little seed down deep.

Another story familiar to almost everyone is *Gone With the Wind*. It is funny how the people in this story seem to

change as we grow older and more experienced! I used to admire Scarlett and wish I were like her, and thought Melanie was a perfect sap, as well as Ashley. Today I see Rhett and Scarlett as examples of the Master Decision in full force, with Rhett having eventually awakened and Scarlett not. Ashley is the perfect "B" who wants only to do the right thing, because he wants to be good, not because it is to his or anyone's advantage.

But Melanie, well, Melanie could represent the awakened Spirit united with Awareness, one who serves Life for the love of Life, for no other reason. Now I am referring to the movie here, not the book. I checked this out by re-reading parts of the book recently, and in the book Melanie is as driven by the "B-side" as Ashley. In the movie she seemed to be completely unselfish with her only motive to serve Life. While women continually lament the dearth of female Spiritual role models, I would say there is one in Melanie Wilkes.

In Greek myth the hero Theseus is forced to go down in the deep dark cave to confront a monster. Ariadne (the Awareness) gives him a golden thread and a sword to take with him, to face and slay the monster, and use the thread to guide his return (and marry her). The monster is the false self; the golden thread is the Principles, the sword strength gained by the use of them. Their union after this represents Spirit and Awareness in the creation of a Soul.

The baby Moses (the undeveloped Awareness) was sent away from his natural home. He was put in a basket (the physical body made of matter but which kept him safe in the alien circumstances) and watched over by his sister and eventually nursed by his mother in disguise (his kindred, the Teacher, the Teaching, Spirit). He was exposed to life in foreign surroundings and brought up to believe he was something other than he truly was (the conditioning). Events occurred which awaken him to the truth and eventually he took on a whole New Purpose other than that by which he had grown up.

The parable of Noah's Ark pertains both to the dark age in which we live and to the individual. The idea is to create something strong which contains the seed for a new beginning (a Soul; or, a vehicle for the Teaching) and will survive the chaos around it. (The next time you get despondent because *no one* around you seems to be interested in anything that has immortal value, dwell on the story of Noah's ark.)

The Teaching is all around us, all we need is the key to unlock the mysteries of parables. ⊗



Wisecracks

One of the high art forms (?) of our age is wisecracking. Millions of dollars each week are spent producing television shows and commercials that are nothing more than a few dozen wisecracks strung together with the medium of some would-be life situation. Big, big money is involved, lots of attention is spent, and it is greatly valued in society.

People who do it well are sometimes paid a lot of money, and even if they do this without pay, they are usually admired and considered very clever.

But like some other elements that society venerates, wisecracking can be a detriment to Working. What is prized at a dinner party can sabotage evolverment. A real Teacher will not respond to wisecracks when delivered while he is answering a question you have asked, and you may think him humorless. A real Teacher has a great sense of humor, it is a prerequisite; a real Teacher would not think of debasing your Work by indulging in your wisecrack at the wrong time, place and circumstance.

What exactly is the problem with this? In a Teaching situation, wisecracks are used (unconsciously, of course) to destroy the energy being provided. Wisecracks are little weapons shot off by Not-I's to prevent the intent of the communication. It is a bid to take control over a situation, a controlling mechanism (if you understand something and I don't, I will feel at a disadvantage if my purpose is to control everything; I see my ignorance as a loss of control; I try to regain it by being cleverer-than-thou and "making" you laugh). It is also used to distract. If something is going on and I can learn by paying attention, the Not-I's who don't want me to learn will interrupt with their "humor" in an effort to deflect the information from reaching essence.

A sense of humor is a great gift; this world would be bleak indeed without the ability to laugh. It is, however, not always appropriate nor to our advantage to use it indiscriminately. Wisecracks are not always wise. It is something very worthwhile to watch our wisecracking, to stand off stage while this is going on and determine its value. ⊗

All things have their season, and in their times all things pass under heaven. A time to be born and a time to die; a time to plant, and a time to pluck up that which is planted. A time to kill, and a time to heal; a time to destroy, and a time to build. A time to weep, and a time to laugh; a time to mourn and a time to dance.

... (Ecclesiastes 3:1-4)

We Get Questions

How can we tell when we are REALLY looking in the dark corners of the cellar? Is it when we discover something in the self that is unpleasant to see? Is looking in the mirror always painful?

While we may make discoveries all the time that are not at all unpleasant, looking at the false self is always unpleasant – who finds pleasure in having been conned? The only way to answer the first question is to say, if one has to ask, one hasn't done it. There is an unmistakable quality to awakened seeing and accepting of a thing that cannot be put into words. We can feel the difference between listening to the #5 Not-I and really seeing the false self.

Looking in the mirror is the epitome of pain and pleasure, together, a paradox. When the false self is exposed as having had great power, we are then liberated from that lie. This is why I always say there is no real humiliation in doing the Work. To me it is far more humiliating to be under the spell of a false idea than to see what is going on.

When the false self is exposed, piece by piece, something quite wonderful emerges.

None of the above has any real meaning unless one experiences it.

Now that I see what you say about reading books, I feel guilty about reading them.

For heaven's sake, we sell books to help support the foundation, so we hardly think reading is a capital offense. This question was reprinted here to show how easily we let the Not-I's completely change what was said into something that will accommodate their motive to make us feel miserable.

We state over and over that reading and intellectualizing about the Teaching is one thing, *doing the Work is another*, and that it would behoove us to make the distinction.

I read books, I collect books, I write books, I sell books, I love books. I also Work. The former has little to do with the latter, and neither is good or bad, right or wrong. Most especially FTE is trying to get across the idea that the Teaching must be LIVED to be of any value whatsoever, and that voracious seeking through study *without acting on it*, is nothing but greed. We seldom otherwise comment on the publishing industry. ⊗

Of making many books there is
no end; and much study
is an affliction of the flesh.

(Ecclesiastes 12:12)

New Books

Harmony Workshop has available two new book of interest.

THE WAY OF THE LOVER by Robert Augustus Masters (\$15.00)

Not for sissies, this book confronts the false self head-on and doesn't miss a thing in doing so. It is a wonderfully iconoclastic look at everything about our lives and all the games people play to keep themselves from seeing What Is. The chapters about sex are the best information on the subject that I have seen published. See Part II: Releasing Sex (and Everything Else) from the Obligation to Make Us Feel Better. Warning: *The Way of the Lover* is full of profanity *and* profundity. Don't bother with this book unless you are sincere about looking in the mirror. Some excerpts:

The lover is not within, nor without, but simply here, living as the very core of each moment, existing in essence as a quality, a condition, a choice, that cries out for complete incarnation. As such, the lover is but a potentiality awaiting animation, a fluxing latticework of encoded desire asking to be fleshed out and fully lived.

The lover looks not for refuge (inwardly or outwardly), but for revelation.

Blame contracts us; responsibility expands us. Blame is a collapse of being; responsibility is commitment to being. Blame teaches submission; responsibility teaches surrender, its surrender being a dynamic receptivity, a potent availability to the needs of the moment, a deep and graceful coordination of both the male and the female within us, luminous with center.

This self-generated bondage is perhaps most commonly seen in our sexual intent and action. Far too often, we use sex to feel happy/whole, instead of doing what we need to do in order to feel, prior to sex, already happy/whole, so that sex is a sharing of our happiness, a juicy celebration of our wholeness, a gift of overflow, a deeply nourishing and rejuvenating giving and receiving. Using sex to make ourselves feel better only unnecessarily burdens our sexuality, knotting it up with the job of easing our distress and tension. ... To the point: If we pay conscious attention to ourselves and our partner in the midst of sex (which does not mean thinking about what's going on!), we will gradually see the underpinnings of our suffering with remarkable clarity, as well as our craving to escape from that suffering.

You Are Being Tested, Now ... Our testing is not being administered by some omnipresent Somebody, but is spontaneously generated by what we are doing with our true needs — our very actions and reactions keep setting in motion corresponding forces that both reflect and exaggerate our current condition.

THE RAVAGED BRIDEGROOM Masculinity in Women by Marion Woodman (\$18.00)

Marion Woodman continues explaining just how the particular conditioning gets established, and how one can learn to respond rather than react to it, by understanding it. She uses myth and poetry and dreams as well as her own good sense and experience to work with the infant Soul.

Add \$1 for each book for mailing. UPS add \$2 for the first book, \$1 each additional and include a street address, not a P.O.Box. California residents please add 6.75% sales tax. Please put your full address on your order, not just the envelope. Thanks.