

A
NEWSLETTER
FOR AWARENESS

F T E

FULFILLMENT IS WITHIN

A recently shown *Twilight Zone* episode was a good Teaching tool. In a take-off of Scheherazade, the "life" of a feeble 140-year-old man (who does nothing but stay in bed day and night) is sustained by his little orphaned great-great-grandson who reads him half a story each night. The boy stops reading when the anticipation is high and the old man lives through the night existing until tomorrow for the denouement.

The next night the previous story is finished and a new one again read half-way. Of course the boy is detained one night, but someone else fills in. The episode ends with the implication that the young boy, now all grown up (middle-aged), is still racing around with his enormous responsibility to reach the old man in time each night and tell half a story, so that the old gent can continue to "live."

The old man wasn't "living" a life at all. 23 and a half hours a day were spent sleeping—and waiting. And his existence depended upon someone else giving him what he wanted (some heavy burden to put on another, hmm?). This

is a caricature of many, many people who think that someone else is going to come along and make their lives complete. Anyone who thinks that if they just find the right companion, *then* they will be happy, *then* they will be fulfilled, is exactly like the old man sleeping and waiting—not living at all, albeit they may be breathing.

Your heart's desire is *within*, its true relationship to anyone outside is only in its love and service *toward* them, in true recognition of what they—and you—really are, not in what you can get *from* them. No person on earth is your other half. Your other half is within, obscured by a false sense of "I" maintained by opinions, beliefs, tastes, ideals, and especially, by greed.

Certainly popular "culture" (if you could call it that) continually reinforces the idea that there is some soul-mate out there you need to find to be fulfilled. It is deeply ingrained in nearly everyone. Might does not make right, majority opinion does not equate to Truth. The only real union is the union within of Spirit and Awareness. Outer manifestations of the idea → (Page 7)



FREE TO EXPERIENCE

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FREE

Tension between the first two factors of creation, Initiative and Resistance in approximately equal strength, produces the third, Form, and fourth, the Result. Tension (in our use) means more than just pulling, it is the interaction between the first two forces, and may be pulling, pushing or more accurately a dance containing both.

Conscious tension transforms the two into something new, it creates. Without tension, nothing happens. Examples abound.

A seedling pushes up against the ground, and is pulled by the light. Its little roots push down against damp earth. In the right proportions this creates strength and evolvment of a seed into a plant occurs. Children on a see-saw demonstrate the principle (what is created is an event).

A woman read a convincing excerpt from an article at our Book Group which stated *conflict* was necessary for creation, and of course the word was a red flag for her. Upon a full reading of the article it was obvious that the author did, indeed, understand the principle of tension and only used the word conflict to describe it.

Conflict *stops* creation. Creation implies a purpose, the idea that is to be brought into manifestation. A single-minded purpose strong as the natural resistance that arises will, indeed, create the form. Conflict will stop it in its tracks. Conflict is always an indication that there is a dual purpose, two purposes which will not because they cannot work together.

If I want to, say, start a business, BUT I don't want to do all the research involved in starting it, conflict ensues, be-

cause I want both, to gain the benefits of a business and to escape the work necessary to make it happen. If I live by this dual and mutually exclusive purpose, to gain and escape at the same time, conflict and chaos is all that happens, no creation.

If I look at the situation as a challenge, the will (not just the want) to do the thing and the desire to not put forth effort creates a tension which is not conflict, if I am single-minded in doing it, I will do it, and tension is put to use, i.e., to create the energy to get the job done.

Conflict is always based on an incorrect purpose, a dual, mutually exclusive idea of what I want. Conflict prevents creation. Tension is necessary and something which I can work with.

When I make an attempt to do something (Initiative) I can always expect Resistance — it is my partner in the dance of creation of anything. If I recognize this and accept it, I can perform. ⊗

THE FOUR FORCES

INITIATIVE — Life, Will, Intention

RESISTANCE — Opposing force
which forms, shapes, molds

FORM — What is created from the interaction of Initiative and Resistance

RESULT — What is done with the Form

A FABLE

Once upon a time the Chairman of the most powerful family-run corporation ever sent down an executive order. In essence, it stated that the company needed a fresh approach and an expansion of its perspective. It was realized that the upper management had become stultified—rigid in maintaining the status quo, losing sight of the purpose of the corporation. The Ways and Means committee came upon a plan to implement the executive order: it would send volunteers to its far-away and wild outpost to bring back the experience of meeting challenge there, in hopes this would strengthen the corporation because of the growth and development that would occur among its membership under these hard circumstances. The one drawback to the plan was that the volunteers would have to undergo the humiliating experience of being disguised as cannibals in order to get around the outpost.

The head of the Education committee, an extremely learned and dignified intellectual, and in fact one of only two trusted progeny even allowed direct access to the Chairman, opposed the idea from the start. In fact, he was aghast. He argued that it was just too degrading for such elite members of the most powerful corporation ever to have to exist within the fleshy disguise of dirty can-

nibals, that it was unthinkable demeaning. Pretty soon this debate between the two committees took on the character of a brawl—a most unusual state for any of these elegant people.

Eventually the Chairman, who had never been disagreed with before, tired of the conflict and issued an ultimatum.

“My trusted head of Ways and Means has my complete support in his approach to my order. Your reaction to it is exactly what is wrong with this company. Change your tune or this dissention of yours will be dealt with by having you and your whole committee accompany the volunteers!”

The head of Education would not change his tune, not now or ever. And grumbling and groaning and bellowing



he accompanied the volunteers to the far-away outpost. “I’ll *prove* I am right! I will show you all that this degrading circumstance of dwelling with cannibals will degenerate our trusted elite. I will prove that not they nor anyone of our

family can withstand such degradation!”

And off he went with the rest, fuming and plotting and scheming his own ways and means to demonstrate his brilliance and his opinion that the method to implement the executive order would be catastrophic.

The trip was a tremendous shock to everyone. This outpost (Continued) ⇒

was so far away and so unlike their home office and their disguises so heavy, that they became delirious by the time they arrived. The head of Education, however, remained alert. And had no trouble stirring up some bit of loyalty in his own team.

Upon arrival at the desolate outpost, the volunteers were in sad shape, in fact nearly helpless. And the head of Education went right to work, "helping" them — to prove he was right, that the whole project should not have been undertaken. He devised a plan to keep the volunteers helpless (be promising rewards for cannibalism and threatening doom should they shun it), rather than allowing them to awaken from their ordeal and get on with business.

Time passed, and eventually the whole purpose of the expedition was all but forgotten, except by the head of Education and his henchmen, who hit upon the very effective scheme of inducing the native cannibals to assist them! This was very effective and soon the volunteers lived a peculiar idea. While very proud of the fact they were superior to the cannibals, they lived just like them! They said and thought one thing, that they were elite, and acted out something quite different, very akin to acting like Educated cannibals.

Very soon our volunteers were severely outnumbered by those loyal to the head of Education and all his agents. The head of Education got a very good foundation laid to all but insure that he would be proven right.

The whole expedition was constantly in contact with headquarters, and when it seemed the enterprise was all but doomed, the Chairman sent his other trusted executive, Education's brother Ways & Means, to see what he

could salvage of the volunteers. He made a great effort and considerable headway. Eventually, though, as time passed, the impact he made began to abate, and again the head of Education held sway. (Practicing cannibalism was a lot easier than what they volunteered to do).



Meanwhile, some volunteers have remembered Ways & Means and rededicated themselves to the original aim of the expedition and are trying to notify their companions that they are all the agents of the Chairman, in a distant and dangerous and peculiar outpost structured for the cannibals who populated it, where their original intent has been usurped by Education's desire to save face, and that they were sent to do a job for the enrichment of the company. And the head of Education is exactly at this minute hatching even a new scheme to prove himself right. ⊗

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THE MUNDANE AND THE DIVINE

Are you under the impression that the Spiritual world is somewhere else—out “there?” Do you think that exotic states of Awareness are necessary for Spiritual experience?

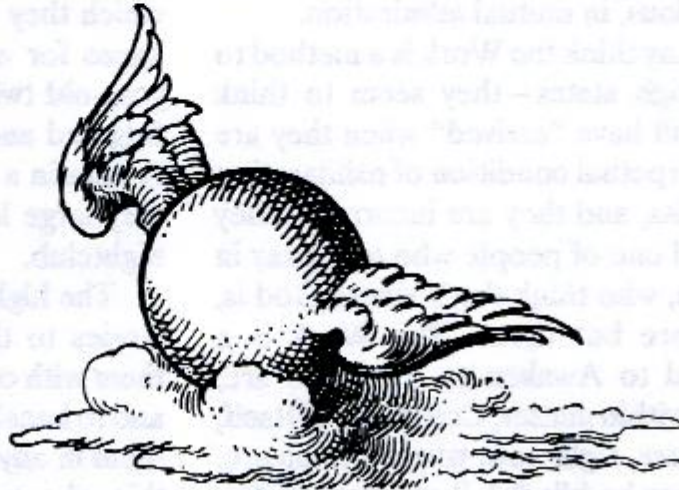
We live in an amazing world. The recent television show about Joe and Rose Kennedy showed the remarkable transition within their lifetime—before they were even old—of horse and buggy to jet planes. Just now as I was working on the typesetting of this newsletter I was marvelling at the ease with which I can change typestyles and layout and so on, when just a few years ago this was all done tediously by hand (and suddenly old-fashioned hand typesetters, highly skilled and essential for hundreds of years, are a dying breed and their “mundane” work and equipment will be shown in museums as artifacts in another generation).

Countless examples could be given of the every-day miracles of modern living. And we have become blase', not only taking it all for granted, but constantly looking for more and better and different stimulation.

We are talking about feeling here. And most people when not in apathy or fear or anger are bored. Many so-called seekers are merely seeking a more elaborate sensation. The world around you may be mundane but it is enlivened by the Divine, it is the manifestation of Spirit. Granted, much of it is distorted or perverted or otherwise disguised from heavenly ideas, but Spirit is *here*.

Every action of your life can be con-

sciously Spiritual. The exhilarating blissful states of high vibrational Love come and go. In between these states we can take the Love we experience “up there” and imbue everything we do “down here” with it. Don't let the Not-I's cook dinner—Spirit cooks dinner, be Aware of It. Handle the food with respect; it is a gift. Prepare it with vital



interest—make the meal you cook a gift of Love for your family.

If traffic in your neighborhood is anything like it is in L.A. you have lots of opportunities to enhance the mundane. You and your car can be a growing center of serenity, right in the middle of a traffic jam. Make eye contact with other drivers—you might even smile at some! Are you in sales? Do you see each customer or client as a conquest to be made? Are you into controlling them and every aspect of the situation? This is one way to play the game. However, if you are interested in the Spiritual, you may wish to treat them with respect instead, as equals, not to be controlled but to be served. You can conquer your clients or you can serve them—you can live in the mundane unconsciously or you can see Spirit talking with and serving Spirit in a mundane situation.

(Continued Page 7) ⇒

THE TEMPLE

What is a church or temple? Made of brick and stone and glass and other variations of matter, its purpose is to contain Spirit, to provide a place to symbolize Spirit uniting with the worldly and raising it up. This description of a temple can apply to the physical body as well—matter wherein Spirit dwells, when Conscious, in mutual admiration.

Many think the Work is a method to gain high states—they seem to think they will have “arrived” when they are in a perpetual condition of exhilaration and bliss, and they are incorrect. They remind one of people who only pray in church, who think *that’s* where God is, not here but there. The Work is a method to Awaken to what you are, Spirit within matter, Conscious of Itself, right here, right now, wherever you are. This may be blissful, it may be painful, and countless feelings in between, it is a state of Free Experience of What Is, and pleasure and pain are seen as side-effects.

The physical body is a temple containing all of this, and expressing it, living it. When Conscious. What about when not Conscious? A Good Friday service at a local church was a perfect symbol of the unconscious, contaminated and completely unproductive temple that people usually are.

In the back sat the ushers. One might assume that the ushers are the lower echelon of Servants representing the function of the temple. One would assume, in the example, wrongly. The ushers, old men, sat and talked in loud voices throughout the service. They seated no one, despite numerous families coming into the crowd looking for somewhere to sit. They were not aware

of the need at hand, they sat and talked. When a woman just in front of them turned and “shushed” them they became indignant, and continued talking. This lower echelon of Servant did not serve; they did, however, finally shut up, arise and collect money at the appointed time.

Two high-school girls in denim shorts shared a bottle of hand lotion which they applied to their thighs and knees for much of the service. Eight-year-old twins talked and laughed and fidgeted and moved around the place. A man in a blue tee-shirt advertised in very large letters a notorious Tiajuana nightclub.

The higher echelon of Servant read stories to the people and punctuated them with commands to stand and to sit and to kneel and to sing. If he instructed them in anything at all it was missed by this observer. He did, however, do everything possible to keep them hypnotized, to keep them asleep, and did this innocently enough, it seemed, as he was as deeply under as they—one could hear this in his voice.

This picture of pre-programmed and careless sleeping people within the neighborhood temple was a perfect picture of conditioned man. A magnificent structure obviously imbued with Spirit—matter *enLIVEd*—contaminated with noisy, disrespectful Not-I’s, not paying attention except to themselves, interested only in what they could have (softer skin, money, social intercourse with their neighbor, attention for hip places they inhabit) and what they could sell, rather than communion.

Standing matter does not a temple make. The individual Works toward communion by acting out his relationship with Spirit, (Continued next page) ➤

by making her life a moment-to-moment prayer, by fostering Consciousness, waking up.

The purpose of this neighborhood symbolic temple was obviously to abet a false purpose, not the one it purports to symbolize at all. Although I'm sure the good father would disagree with me (except for the duty part), its purpose seems to be to provide a place where people go in a misguided sense of duty, to gain and escape certain sensations and feelings, to take orders unthinkingly, to mumble and waste time, to insure their continued sleep.

The purpose of the real temple is to express Life, the Conscious coming together of Spirit and matter, to be Aware of what you are and to live It.

You are a temple. Your life can be an act of worship. Throw those rowdy Not-I's out of your temple. ⊗

You can live in Awareness of the Divine, if you really want to. When you get up in the morning you can appreciate your coffee, you can say a little prayer that you remember your purpose all day. You can dress in a mood of adorning a temple, your body. You can silently bless everyone you see, or at least be on the lookout for those who need it. Your entire day in the mundane world can be a continuous prayer of appreciation and Love. You can be thankful for all the little challenges that arise, because they give you the opportunity to Wake Up and create a Soul.

We do live in a mundane world, punctuated now and then by Divine experiences. This may be what happens to us — we can *make* our world Divine by consciously performing every little action with Love. This is the Spiritual Life on Earth. ⊗

And Jesus entered the temple of God, and cast out all those who were selling and buying in the temple, and he overturned the tables of the money-changers and the seats of those who sold the doves. And he said to them, 'It is written, My house shall be called a house of prayer; but you have made it a den of thieves.' [Matthew 21:12]

FULFILLMENT (Continued 1)

are merely symbols. Symbols can be used to illustrate an inner principle, and that is the validity of outer demonstrations of union everywhere.

It would behoove us to rise from our lovesick-bed, stop waiting for another to come along and get us through the night, and really begin to Live. ⊗



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WE GET QUESTIONS



*When I want to explain
some Teaching principle
to another to enlighten
them and they disagree
and I work to get them to
see my point, is this an example of Initia-
tive and Resistance?*

No. Initiative and Resistance work
together to create. All purpose is not
creative. Initiative as Purpose is single-
minded. Wanting to feel important,
avoid rejection, "convince" another of
anything, is double-minded, to gain and
escape is the purpose, not to create.

When the false self is involved in
sustaining (and increasing) itself, this is
not a creative mode. (Although if there
is a spark of Consciousness within, this
effort of the false self is indeed Resis-
tance to the Consciousness and may be
used to create a Soul.)

If someone asks you a question, by
all means answer it if you can. Running
around proposing the Teaching to
people, and defending it when they dis-
agree, is not Initiative and is not the
Work. The Teaching needs no
defense – the listener is free to receive
or reject it, it is entirely up to her. Real
"I" is not validated by agreement, which
is what this is all about. If Real "I" exists,
It doesn't care if others know about this,
or if they recognize It. Only the false self
is seeking validation by recognition and
agreement.

The Resistance of one Not-I seeking
validation and the Resistance of
another Not-I rejecting combine
together only to consume, not to create.
It reminds one of a homosexual en-
counter – of the senses, impotent. (In-
itiative is masculine, i.e., penetrating,
inseminating, and Resistance is
feminine, i.e., receiving, molding, form-
ing; two of a kind do not create.) ⊗



It is obvious with even a little observation that the major religion of this era is Science. A dictionary defines it as systematic study and method; this is accurate but as practiced only a narrow view, i.e., if something cannot be seen or measured somehow, it does not exist "scientifically." The standards of measurement of Science are inadequate and limiting.

As children of this Scientific age, we are very much aligned with its limitations, both the above and many others. Our acceptance of these limitations not only hinders the Work, but observing the limitations (among other things) is the Work.

One of the sub-branches of Science is so-called high technology which has permeated nearly every aspect of our lives, including our perception. One of the chief features of high-tech is the concept of on/off, yes/no, either/or. There is no room for paradox here, or when it does make itself apparent, it is considered news, quite extraordinary, and must be explained.

Listening to people is a wonderful occupation. Careful listening will reveal that most people's thinking is caught up in this either/or mode of perception, which excludes for them an enormous area of "something else" which, only because the either/or mode exists in the first place, is considered paradox.

A friend calls twice a week and invariably insists, "Either a person doesn't age or they're not doing the Work." Another says, as often, "Either my wife changes, or I'm not going to be happy." Another, "Either I will be symptom-free or I will die." And so on and on.

Either/or applied to Life is far more often than not merely a reflection of an erroneous and conflicting purpose of living (perspective).

Paradox is Truth which falls outside of the either/or system (and nothing is "wrong" with the either/or system when it is used appropriately, i.e., regarding machines). Because we are so conditioned by our high-tech world to ignore paradox, or even allow for it (and Science of this kind is *ignorant*), we get ourselves caught in conflict where none really exists. In fact, conflict is the essence of either/or staring paradox in the face.

Youngsters often, consciously or not, play the part of announcing the emperor has no clothes, of pointing out accepted falsehood. The pseudo-androgyny of many of today's kids could be a way of making fun of this either/or concept as a high priest of the state religion. (Although most of them are unconscious of what they are demonstrating, mostly it is just rebellion but at what they aren't quite sure.) Unisex seems neuter, not androgynous, it seems sexless rather than the integrated functioning of both masculine (Living, penetrating) and feminine (receptive and molding).

Androgyny is a good example of paradox. Although it is unlikely you ever have seen an androgynous human form, you can observe androgynous events all the time.

Either/or always implies both a conclusion and an exclusion. This is narrow-minded perception and it would be advantageous for anyone Working on correcting and expanding Awareness to watch how many times in a day one uses the phrase "... either ... or ..." to pertain to Life. ⊗

LOSS AND TIME

People fear loss, and letting go is traumatic. Loss of a job, or money, or most especially a relationship with another, can be terrifying. Yet, as we all know, loss is part of the experience of Living. Perhaps a broader perspective can abate the fear somewhat, give some understanding.

You are a manifestation of Spirit, with some extra baggage. Occasionally we drop the baggage and are beyond the head and acutely Aware of our Spiritual essence. In these (passing) moments we have a feeling of *complete* well-being—we know that we *are*, the concept of loss is utterly unknown. The connectedness of everything is apparent. These instances where the baggage has fallen away are timeless. Maybe an hour has passed and it seems five seconds, maybe the other way around. Time has no meaning in these high states (though another observer will have seen your physical form pass through time).

When we are back in the mundane we again are aware of time. This transition implies that time is a “thing” or an invention or at least an accommodation of some kind, that it is part of the physical world but non-existent in the Real World (a paradox, since both worlds are *right here*).

Time and loss go together. Time is the medium of activity in the physical world. Activity is sequential. Events in the physical world have a progression—the unified state of all-is-one has descended into I and thou. I and thou implies a distance, distance takes time to cover. Initiative is I, Resistance is thou, getting them together, so intimately close that they merge into

something new, a form, takes TIME. The transformation of Initiative and Resistance into Form, then Result, is the divine activity *in time* of separation, union, creation, and result.

When the form emerges, Initiative and Resistance are gone—they let go, that are “lost.” And the show goes on, the process occurs all over again in response to form, the result.

If Life on Earth is a manifestation—a show—of Spirit, of the heavenly realm, separation is an integral part of the show.

One might say it all *starts* with loss of unity (separation), and *then* the separate forces unite—so our fear of loss is the usual Not-I inversion of a Real idea. (Worrying that we “have” and will “lose” is backwards to creation.)

“Loss” is only a perception—not accurate in the Real World at all. It is an illusion of the gimmick called Time which allows

the whole spectacle of manifestation of Spirit to occur.

Next time you feel that quivering jelly-bowl in your solar plexus because the mind is dwelling on potential loss, stop for a moment and realize this is just a misunderstanding of the sequential activity of Spirit in the physical world. In the Real World you have it all! And sometimes you know this; when you don’t “know” it, remember when you did.

In order to participate in the great spectacle we *pretend* we are separate and all the implied attendant “loss” is only the Real World manifesting itself in an illusion of separation in the pleasant/unpleasant medium of Time, purely an invention so Life can play. ⊗

**TIME is the
m→e→d→i→u→m
of earthly
experience.**

THE FOUNDATION

The human being is a four-part manifestation of Life. The Picture of Man diagram by Rhondell spells it out in simple terms. X* represents the Biological aspect (1). This is Life—you recognize it when its present in man, animal and plant, and recognize when it is not.

The Awareness function (2) (sometimes thought of as the mind but in a developed human being is far more than mind) takes impressions, both inner and outer, evaluates them, and “reports” with feeling this information to X. (Feeling is the medium of communication). X responds appropriately to the information received and the response (4) is carried out through (3) the Physical Body.

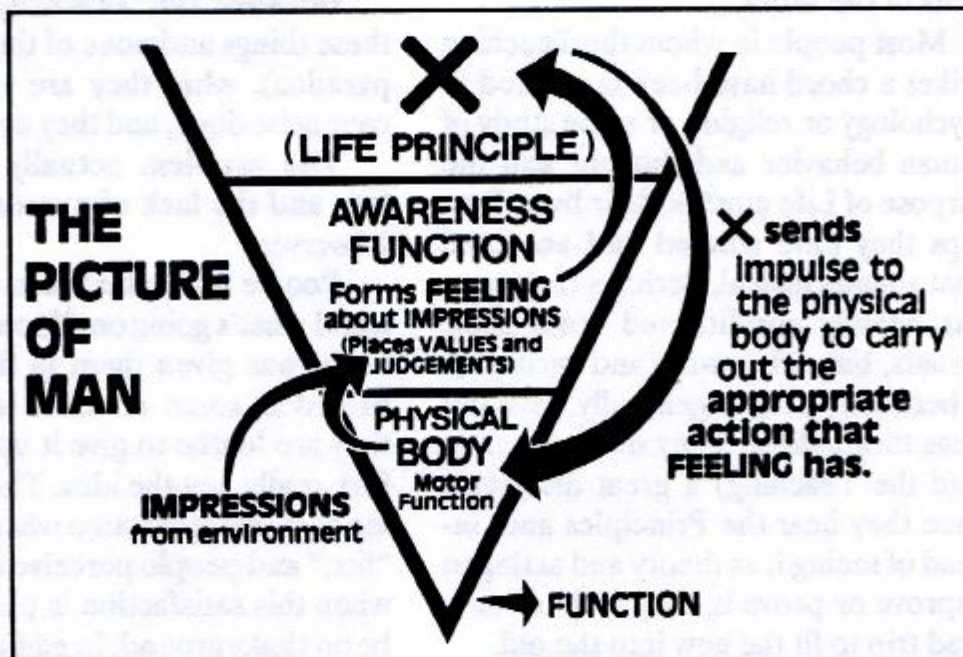
The four parts correctly working together will experience Life accurately. When Awareness function is clouded with misinformation (assumptions, ideals, conditioning, beliefs, suggestion) it is not serving its purpose. It evaluates incorrectly. This incorrect evaluation, reported with feeling, will be responded to by X appropriately for the information received, but not necessarily appropriately to what is actually going on. Chaos ensues, both internal and external.

The purpose of the Work is to exam-

ine our assumptions, ideals, conditioning, beliefs and be aware of suggestion, and to see that these things are effective only because Awareness is not serving its purpose—it has some other purpose not really its own as a fundamental.

When the Awareness is cleared of this debris, the person is transformed into a properly functioning human being, Free To Experience Life.

**The Science of Man uses the letter X to represent Life because, as in algebra, one is aware something exists in a place even though one cannot yet define it. ⊗*



(1) X, Life, Spirit, “Higher Power,” Intelligence, Initiative, Masculine. In constant communication with

(2) Awareness, Feminine, which takes in impressions, evaluates them with feeling and communicates this to X which

(4) Responds appropriately through

(3) The Physical Body.

A conflicting Purpose of Living sabotages the whole process. ⊗

PUTTING A NEW PATCH ON AN OLD GARMENT

And he spoke a para-ble also to them. "No one puts a patch from a new garment on an old garment; else not only does he tear the new one, but the patch from the new garment does not match the old. ..." (Luke 5:36)

Would you even think of cutting a piece of cloth from your new dress and using it to mend your old one? What seems so obvious—neither dress would be any good—is ignored every day by people who consider themselves students of the Work.

Most people in whom the Teaching strikes a chord have been interested in psychology or religion or some study of human behavior and thought and the purpose of Life most of their lives. Perhaps they have studied and accepted what sounds logical, perhaps they were just heavily conditioned from their parents, but either way (and variations in between) people generally have pet ideas they *believe*. They do themselves (and the Teaching) a great disservice when they hear the Principles and, instead of seeing it as theory and acting to disprove or prove it, they embark on a head trip to fit the new into the old.

A prerequisite for real Work is that the student agree *not* to do this. Impossible, you say? It is difficult not to make associations—the brain is accustomed to doing so, that's the way it works. But we want to go beyond the brain, which is a library of past ideas, remembrances of pleasure and pain, beliefs, fixed patterns of repeated reactions, a record of one's history.

Yes, associations *will* occur, and what the real student agrees to do is to observe these associations objectively. That is, when an association occurs, *the*

Observer notes that association is occurring and looks beyond it.

People call every week who are in conflict about a Principle they have heard that won't fit with Christian Science, Roman Catholicism, Mormonism, Freudianism, Jungianism, Judaism, assertiveness training, what they "learned" to get their PhD in Sociology, scientific "law" (what's been *measured* so far), "the way I was raised," democracy, etc., etc., etc. (No one is being picked on—I know two or more in each category and it may *not* be you!)

Because the Teaching covers all these things and none of these things (a paradox), what they are trying to do cannot be done, and they are in conflict.

The problem actually is twofold, fear and the lack of a strong objective Observer.

People feel safer when they understand what's going on. If some system or belief was given them in the past that provided some comfort in this area, they are loathe to give it up—the comfort, really, not the idea. There is a feeling of great satisfaction when something "fits," and people perceive it as a threat when this satisfaction is pointed out to be on shaky ground. In addition they are lazy—they have not established and *maintained* the objective Observer.

It is a fact that today the Teaching is available to any and all—quite different than in the (not-so-distant) past when it was secret and exposure to it had to be earned.

This is another paradox—both a blessing and a curse. The Teaching is seen, at first, as just another theory of humanity and people feel free to debate it, compare it to anything and everything, and take bits and pieces that appeal and reject Or (Continued on Page 13) ➤

ignore the rest. This is not the Work — it is anti-Work.

It is unlikely you will stop the brain from making an association between words and ideas that are part of your history. But a sincere student will recognize this as a pitfall, observe it and ignore it. The Teaching is always presented with an admonition *not* to believe it but to check it out by acting on it. The sincere student will do this with every bit of the Principles, no matter how simple or unsophisticated it might seem. If you were raised and conditioned to believe that sickness is error or does not exist and the Teaching comes into your life and says that Spirit adapts the physical body to circumstances (nutrition, physical activity, environment and especially inner feeling) and one day you find yourself with a high fever and a runny nose, you can see this as an emergency because your beliefs have been threatened by something that otherwise appealed to you, or

you can sit quietly and say, "What exactly is going on here?" with an open mind, i.e., ignore all the rattling in the head and take charge of observing, check out what you have heard about the adaptability of Life.

Were you conditioned to believe that doctors heal? Doctors *don't* heal — Life heals the body. But you will never know this unless you check it out by acting on it. To ask someone who knows that Life heals to assist and also to ask the doctor who thinks he and his drugs heal to work on you, too, is to put a new patch on an old garment.

The old garment is the old purpose of living to gain and escape and all the methods devised to try to do this, and all the beliefs given to you and taken by you which has formed the false self. The new garment is a new purpose which is not grafted onto the old — it is complete in its own right and will never work if imposed upon the old. ⊗

Not-I's



What is a Not-I? Is it the brain? No, it uses the brain. Is it a demon? Yes. It is energy and consumes energy, it pretends to be Life but is not Life. Is it a thought? It is a derogatory thought (*not* all thoughts are Not-I).

I have been told that a virus mimics Life in some ways but is not really Life, that it is a crystal that can reproduce and consume — and for the most part its function is to destroy. Not being a physician or scientist I cannot fully check this out (I have had experience with viruses!), but it seems a good anal-

ogy to a Not-I and so let's use it. The analogy of virus has been used by computer people, too, to describe something not Living at all but acting as though it were (it grows) and whose sole function is to destroy.

So the concept of a virus is used to describe something that enters into alien territory, i.e., where it does not belong, and exists only to destroy. This is a Not-I — partially. There is another very important factor: It is a lie.

While Life can adapt to viruses that it can recognize, It has a hard time with those Not-I viruses which we let speak to It in our name, because Life ⇒

believes everything Awareness tells It with feeling.

If Awareness is infected with Not-I's, they do the reporting to Life, and they lie. So the response, while appropriate for the message received, is inaccurate because the message was a lie.

The master decision that the purpose of living is to gain pleasure, attention, approval, a feeling of usefulness and to escape pain, rejection, being ignored and a feeling of worthlessness spawns six major Not-I's, who each have their own little legion of henchman.

It is worth noting here that there is nothing wrong with experiencing pleasure and preferring to avoid pain. It is not wrong, and equally it is not the purpose of living. Pain and pleasure are experienced by all to some degree—it is part of life on planet Earth. Part of Life, not the purpose of Life.

The Work is done to become Free To Experience painful situations, and Free To Experience a lack of pleasure.

The first Not-I hatched by the Master Decision to gain and escape is the Complainer. The Not-I tells the little person that complaining will gain pleasure and escape pain for him. And because it does work for a little while, in infancy, the decision to complain gets firmly established. If, like me, you find this the hardest one to banish, remember it's been with you from the day you were born.

When complaining fails to work, or to work fast enough, the little guy begins sticking up for his rights. This works for a little while, too, and also gets firmly established. We all know of people who have made a celebrity status for themselves as professional stickers-up-for-rights.

Every time complaining and demanding occur, those Not-I's are fed and they grow. The little Awareness is infected.

Eventually complaining and demanding wear thin with Mama (she learns to identify and ignore these cries), and little bit becomes cuter. She coos and Daddy coos back, she smiles and everyone smiles. It doesn't take long for her to catch on that she often gets her way by this behavior, and the pleaser is born, and the Not-I viruses get to feast because conflict occurs. When the little one wants to complain *but* knows she might have a better chance of getting her way by pleasing and doesn't feel like pleasing, it's conflict time.

So now the situation is this: All three Not-I's dine when they get to express themselves, and they feast when they fight with each other over which conflicting Not-I gets to hold sway. It's chaos all over the place, and can you see this is all a lie? The child will be fed, nobody's going to let him starve, but he wants to eat *right now!* The Not-I is telling the child he will never eat again, scream loud now. Another Not-I jumps up and says, no, smile now, that will get you your way. The child was never in danger of starving, and certainly he would be given dinner whether he was cute or not.

Pretty soon he finds that he better mind, or else pain. Another Not-I, the Believe-and-do-as-told-by-your-authorities Not-I. And while this is accurate for a little one (who might run into the street if not scolded about this), because this decision was made with feeling the first time he got spanked, it remains with him throughout life until examined and consciously un-made. (Did you know that rebelliousness, ⇒

the seemingly care-free attitude that the world be damned, I'm going to do what I want to do, is just the flip side of the Obey Not-I? Rebels aren't free, they are just as enslaved as their counterpart who is terrified of all authority. It's all still just reflex.)

As the child grows a little older, eventually she becomes introspective. Because the infection has spread so thoroughly throughout her life, she looks for a solution to the conflict, which is the ultimate pain. (The self-critic is born.) She thinks that if she were different, then she would be happy. That it's all her fault. What she doesn't know is that SHE is sound asleep, it is all the Not-I's carrying on that creates all the conflict and chaos. And they tell her she is bad and ugly and stupid and worthless and if she would only improve herself, everything would be okay. This is designed by them to keep her in misery, feeding them on command. This particular Not-I is the slickest liar of them all, because it is reinforced constantly—everyone else thinks she is the cause of their misery, and advertising, theology, government and the AMA tell her every time she turns around that she is not living up to their standards.

One day she rejects this and projects the blame for her misery outwardly. If *they* would change, or if circumstances would change, *then* she would be happy. This is another lie—she can be serene immediately regardless of what anyone

else is doing, regardless of any circumstance (but she doesn't know this).

Now there are as many variations of Not-I as there are people on earth, yet they all come from the Master Decision to gain and escape and its six helpers. These guys feed on human misery. They lie. The more misery in a person, the greater the feeding frenzy; so they continue to lie and they even become subtle in their mimicry of adaptation. It is energy they are feeding on—energy that would otherwise be available to you to use to create. Creation is anathema to them—their sole purpose is to destroy.

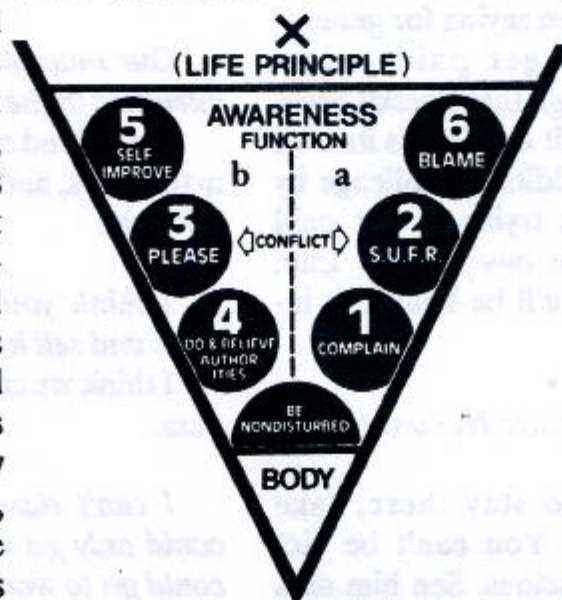
Whenever you find yourself in conflict about ANYTHING, no matter how seemingly insignificant, you're feeding Not-I's who only want to destroy you. Sound like slow suicide?

The way out is to first recognize them, secondly just objectively observe them when they act

up (don't criticize yourself when you see one speaking in your name, this just feeds another one!), and let go of them by ignoring them. They will scream and holler about this—let them. These screams are their death throes, let it be.

If you are new at this, it might be easier for a few days to observe the Not-I's in others—again, without condemning or justifying. Just listen to what is talking.

The way to eradicate this virus is with strength. Recognizing, observing, ignoring will build your strength, little by little. This is the Work. ⊗



QUICKIES

I think I am living in an asylum with the weird extended family running around here.

You can create a sphere of serenity around you that they will tiptoe around. (Forget trying to change them, you're in charge of only yourself.)

I have read a lot about laws of money—give it away and it will come back to you. It's not working for me.

That's because you blab about it. Wise men have been saying for generations you don't get paid twice. Generosity (although that doesn't seem to be your motive, it applies) is its own reward. Getting additional mileage by talking about it is trying to get paid twice—instead you owe one to Life. Keep it up and you'll be bankrupt instead of rich.

My boss is a monster. He controls me. I can't stand it.

If you want to stay there, take charge, wake up. You can't be victimized when conscious. See him as a Nazi. When he starts in on you, imagine the uniform, the Hitler mustache, etc. (This is a method to use to wake up, nothing more.)

I just can't do the Work.

Yes, you can. You just don't want to. Everyone of us has free choice and we do what we want to do. You don't see the value in the Work or you would do it, simple as that.

My anger is justified.

Your anger is killing you. (And poisoning everything around you, including food.)

I just can't let go.

Then don't. You are creating more conflict for yourself. Be Free To Experience slavery, it's okay, and essential before liberation, anyway.

I've read a lot that we should befriend the Not-I's (called the shadow by some) and use their energy.

Yeah, and invite a vampire to dinner while you're at it. The only useful energy in this case is what you summon up to ignore the Not-I's.

Our mutual friend should be more interested in the Work.

Our friend could be more interested in the work, and we could mind our own business.

I think you should promote FTE more and sell it and make some money.

I think we could mind our own business.

I can't stand these symptoms. If I could only get rid of these symptoms, I could get to work.

Show me someone who never has symptoms and I'll show you a Stepford Wife.

People keep taking advantage of me. No they're not. You are trying to control them by pleasing. This is greed.

Help, I'm feeling empty.

Only an empty cup can be filled. ☒

BOOK CLUB

Due to Mother's Day, we are meeting May 20 at 2:00pm. Call for current title.