

Sophia

Creating
a Soul

Wise Woman's JOURNAL



Volume One Number Five

Fall/Winter 1995

Five Dollars

Thrifty

**Rose
Food**

For Wise Women

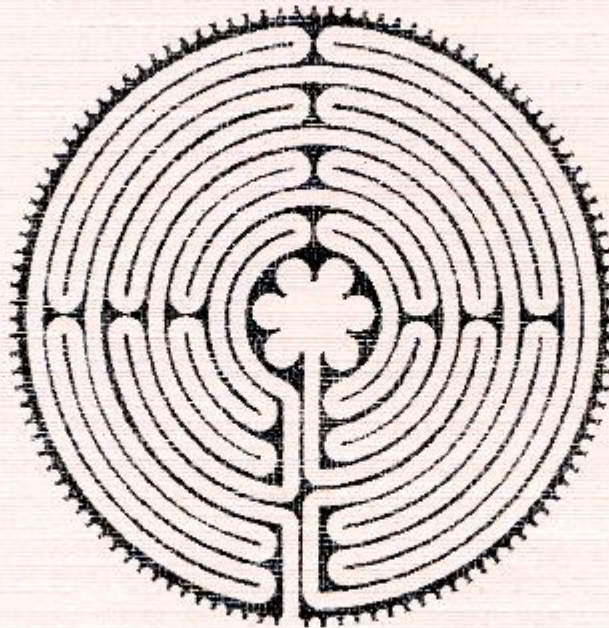
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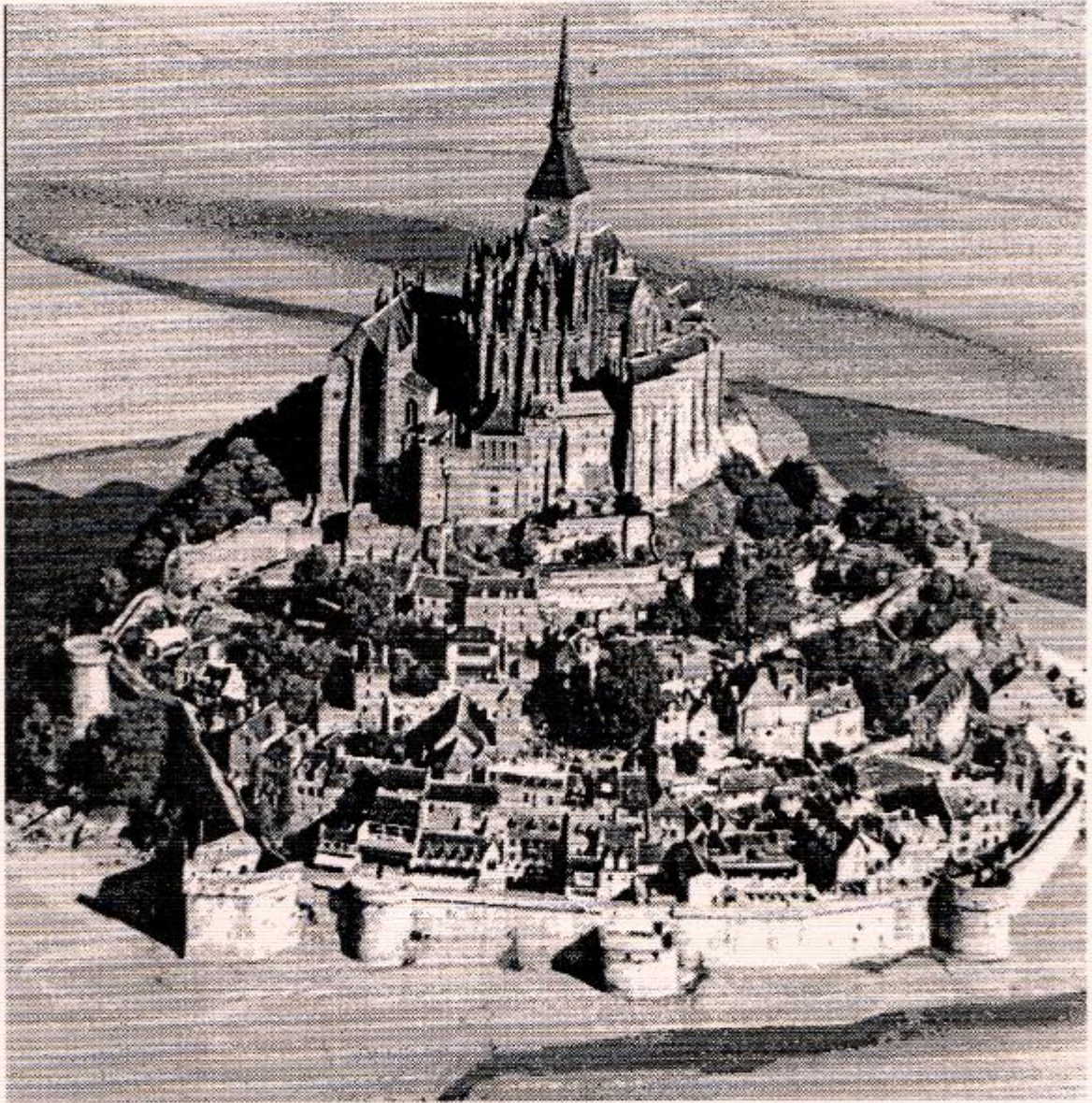
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Process

My friend Eileen and I were talking about the challenges of modern life, with its million-and-one things that “need” to get done and never seem to, the so-called “information” glut (much of it lies, propaganda of various kinds), and the fact that time really seems to have speeded up in the last few years. She is concerned that people never get a chance (or think they don’t) to make a space for themselves, to bask in some silence. Silence may not even exist around us, certainly not in the city until the wee hours. We have to make our own. I agree with her wholeheartedly, and see an even bigger misfortune in all this: we are immersed in so much busy-ness and even chaos that who ever stands back to observe *the process*?

Indeed, how many are even aware that all one’s life is a process? All the events we experience are part of the process. Our lives are, if nothing else, series of events—WE are an event! Each of us is an event of Spirit having a human experience. And the human experience can be described as a process, and as a journey. The spiritual part of us is Initiative, which runs headlong into the human part: the physical body, the mind, the manmade world and everyone in it—Resistance. There comes a Form in the interaction of the spiritual and human, and eventually a Result. The student wants to know what’s going on, where she fits in the scheme of things, what she can do. She wants to be keenly aware, to remember the nature of Resistance—that it exists for her growth. The Teaching sometimes refers to this as the 9-Step Journey, the theme of this issue of *Sophia*. Happy Trails to you!





The Map

Did you once think a long time ago (say, when you first heard the Teaching) that you were at Point A, would just apply the Principles, march to their tune in a nice straight line, and soon find yourself snugly at Point B—transformed, happy... and non-disturbed, of course?

We tend automatically to think in terms of efficiency and straight lines, "Things are best accomplished by traversing the shortest distance between two points." A sound principle of mechanical engineering, but not applicable to the unfolding of human potential. If you've Worked for any time at all, you know it doesn't apply much to your Journey—the Work is on a path that is *anything* but direct or efficient.

It is rather like a maze, isn't it? We seem to be going around in circles sometimes, but then one day we see the advantages of this. For instance the comfort in realizing "I have been this way before—and *survived*—thus I probably will make the same kind of headway this time." And, since we have been around this bend before, we will notice, if we pay attention, there are reliable guideposts, recurring types of events, maybe we noticed them the first time around or maybe not, but we can find them this *this* time with a little effort, and take satisfaction that I am NOT lost, this is familiar territory, I WILL accomplish it.

I like to symbolize our Journey as climbing a mountain in a somewhat spiral trek (though not a smooth, "perfect" spiral, but with many backrackings). And one of the compensations for the seemingly steeper incline toward the higher levels is that the breadth of the cycle is shorter. (For instance, it probably took 30 years to cover the first lap, and you know you have since covered many more laps in far less time).

The Teaching has given us a simple map for the Journey, and it is very helpful for some to actually plot out their movement on it. The Map reads like this:

Step 1. In the world: chaos, conflict, seeking to gain and escape the Four Dual Basic Urges.

Step 2. A major challenge from Life—a big disappointment or loss, or a severe illness, or realization that something (or everything) is not as I thought and felt and *believed* it was.

Step 3. Surrendering to this, letting go, asking for guidance.

Step 4. Guidance appears in the form of a Teaching to know oneself, and if this is recognized, valued and applied, one begins to see one's conditioning, one's values, knowing what one is and what one isn't.

Step 5. Self-observation. A deeper practice of disidentifying from the mechanical self and watching, watching, watching, without judgment:

praise or condemnation.

Step 6. Initiation. Only after the preparation of the first five steps does a real Initiation appear, and an Initiation is an invitation from Life to proceed. We don't always recognize Initiation for what it really is, it is usually seen as a new challenge, usually contains a "shock" of some kind, and can throw us right back into the early steps, but this time we have tools with us to help us climb. The essence of Initiation is to find oneself in a school, or, to realize that one has always been in a school, but now one knows it, can observe self and others.

Step 7. Dedication, making a new purpose: re-evaluating, accepting the School, appreciating its value, making up the mind to be a student rather than a victim.

Step 8. Actualization: After some time living and re-living the first seven steps, one changes thoroughly, transforms. The self we once were is dead, a new one has emerged. With this comes new talents, evidence of Wisdom.

Step 9 Service. The New Self realizes its purpose is to serve Life. That means other students, even those who are not students at all but are rather seen as obstacles. It is an understanding that one's purpose is to make the Journey itself consciously and to do what one can to assist this unfolding in others.

And then it starts all over, but on a new level, higher up the mountain, maybe, even steeper terrain, but circles of less breadth, because we know we have been this way before. It must be noted, too, though it probably is obvious to you... often we start out and get to Step 3 or Step 4 and go right back to Square One, we never get past the early stages.

If you want to plot your own journey, you will see that you have been through at least some of the Steps several times. Sometimes you accomplished all nine and in any case, you found yourself back at the beginning, either on the same lesson or level, or on a new lesson or level.

The Map of the 9-Step Journey is a lovely gift, in a way answering for us the Four Questions, What am I? Where am I? What's Going On Here? and What Can I Do? We can see what the answers are today, what they might be tomorrow.

You might wish to photocopy it and put different events from your life in Step 2, and see just where you went with them. I did this and noticed similarities that had not occurred to me before, as well as where I am most likely to get bogged down.



The Secret to Living:
Keep the Mood Up and Don't Make Anything Important

The 9-Step Journey

You may wish to plot your own Journey. You might make photocopies of this and put several different levels or events you have experienced.

1. THE WORLD Chaos, conflict, trying to gain and escape the 4DBUs

2. MAJOR CHALLENGE FROM LIFE Disappointment, loss, illness, shattering of belief

3. SURRENDER Asking right "What is going on with ME?"

4. SELF-KNOWING The Picture of Man, the Four Questions the 4DBUs, the Four Forces, the Four Ways

5. SELF-REMEMBERING An effort to watch conditioning, effort to stay awake

6. INITIATION Finding oneself in School

7. DEDICATION Making up the mind to be a Student, not a victim

8. ACTUALIZATION Transformation—Wisdom manifest in new abilities.

9. SERVICE I know What I am—Where I am—What's going on—What I can do & do it.

The Four Dual Basic Urges

LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, pleasure	Pain, discomfort
MENTAL	Attention	Being ignored, rejected
EMOTIONAL	Approval	Disapproval
TRANSCENDENTAL	Feeling needed, important, appreciated	Feeling inferior, useless unappreciated

The Four Questions

What am I?
 Where am I?
 What's going on here?
 What can I do?

The Four Forces

INITIATIVE	Idea, Potency, Will, Penetrating, always met by:
RESISTANCE	Opposer (as in a game), shapes, forms, producing
FORM	Manifested object or event, producing
RESULT	Response to the above.

The Four Ways

THE WAY OF THE JUNGLE: Eliminate whatever is in my way.

THE WAY OF THE LAW: "An eye for an eye," instead of "Your life for my eye."

THE WAY OF LOVE: Each person at the time of doing anything is felt to be right, proper, or justified at the time of doing, with the light that they have.

THE WAY OF INTELLIGENCE: The 9-Step Journey

Mail Box

Dearest, I was just reading Sophia. 'Reality' was a beautiful revealing story. I'm glad and sad you wrote it. Glad is the feeling of quickening of my heart I felt, to hear such an intimate moment expressed so beautifully. Sadness came for a time as I realized for the first time in deep feeling how it was for you that night. To see a body empty of a *Dear Friend's* spirit is a shocking and remarkable experience. Those dark days of grief had so many lessons and heavenly lights shining through the dim world of illusion. This loss of a friend was experienced by many, in many ways. I know now how you experienced it and for this I thank you Sister. I love you. Bob T.

I received many lovely comments regarding the last issue of *Sophia*, which was, rather obviously, a catharsis of sorts, quite easy to do. Or, the writing of it was, not necessarily the publishing of my deep feelings... in fact, this is always difficult for me, though I have been doing it for ten years now. It is quite uncomfortable to "put my heart on the street," as I have often said, especially since I never know where stray copies of my work end up... certainly my friends have been nothing but kind and approving and loving toward my efforts, and I appreciate it immensely. I mention this only because I do understand all of you who have declined my request to write a little something because "it's too personal," or "I'm too shy," and so on. I understand completely how you feel, and hope someday you will be free to take the risk. You were asked only because I knew you could do it and do it well.

There was a huge response to "Mary's Journal." It seemed to have touched a chord with many, and I would like to take this opportunity both to thank you for your kind reception of that little creation Mary (you read only a short excerpt), and to point out that, although most everyone seemed to think I had written it, in response to a Friend's death, it was written several years ago, after reconciling and integrating a different sort of loss. I tell you this only because it demonstrates nicely that "process is process." Loss is loss. It's all the same. Whenever we are attached to someone or something, we will grieve over its loss, it is part of the Human Process. Once we learn to recognize the process for what it is, we will find any loss so much easier to bear.

Thank you dear pal Bob T. for expressing yourself so generously. I am touched.

Hi Christine, I really am enjoying the *Sophia*. I'm carrying it around with me and reading it when the challenges get too great or I have time. I loved the article about looking for Christ in people. It at least got me looking into the eyes of people that I was silently judging. I don't know if it brought about any difference [It did. ~C.] but I'll keep working at it. Three or more times I had to read "To listen another's soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performs for

another." I can remember when it happened going both ways. [Real listening—*hearing*—always goes both ways.] It is a wonderful time. Thanks for the reminder that this can happen. And also thank you for the thoughts on separation from those we love. All of those are worth reading and rereading periodically. Thank you. *Marsha*

You're welcome. Thank you for hearing me.

Dearest Christine... What follows is "my" interpretation and experience. Mary was "chosen" to bear Jesus because she kept her purity (awareness) intact. Simple people (the usual religious—not to be interpreted as stupid, simply unconscious) call this her "virginity," but those who "know" understand that to be pure means to be free from conditioning Not-I's. To flow with each moment (observe, report, and disidentify from the Not-I's). To be like a running stream cascading from the waters of Life Itself. To be "purified" is not only to be freed of the Not-I's but "pure" is to "carry the message," to spread joy over a dry and thirsty land, and joy is the unfoldment of the knowledge of the perfection of Life. The "work" that we are "doing" is the searching for and throwing out the things that pollute the temple/body/awareness of Mary! Throwing out the "money-changers." This work is only possible through and because of the quickening of the Spirit of God and the Spirit of God is the Christ which comes each moment to redeem the world-born [to] the union of a purified awareness and Spirit! The eternal messenger is always within, waiting to unfold this moment through the Word, and one day when Mary is recognized (re-cog-nized) again, there will be a reappearance of the Christ, manifested in the outer world. Perhaps the "Real World" can then manifest in this world of illusion. We understand the "body" to be the container (Yod) in Hebrew—in which the possibility of the Christ can be born and manifest in this world. We understand that Mary is the awareness purified from Not-I's—a Virgin. We understand until this purification takes place there can be no birth of Christ. We understand that to "melt" into Mary is to "report" accurately, to disidentify from conditioning. And in this "alchemy" of "melting" we are honoring Mary who can carry the "child" (Christ) to full term only through a purified and virgin awareness. So we learn to honor the awareness (Mary) by consciously selecting only the purest "food." Love of God, *Barbara*

Thank you for these lovely images, excerpted from your much longer letter. I especially enjoyed "re-cog-nized," known *again*.

Dear Life, The blessing of a healthy day is delicious in this moment, I am in awe. Laughter is at home. Thank you for lifting me from a world of shadows and cobwebs, for restoring a clear mind, good cheer, and energy. Thank you for the rare understanding of women who have been to these far borders and returned with the wisdom I'm not losing my mind. This gift of recognition—"Oh yes, I know exactly what you mean!"—is balm to the soul. I am deeply grateful. This moment, these kindnesses are precious and deserving of remem-

brance. Your Servant, Kathleen. Dear Christine, Thank you, too, for listening patiently. Although what I describe falls outside your experience, please share it to comfort women distraught at losing their mental and emotional bearing [during menopause]. It's alarming, especially when we automatically assume hormone replacement therapy should make us feel better, not worse in a completely unexpected way. And it's unfortunate that this particularly bewildering menopausal phenomenon tends to invite skepticism. If it weren't for other women sharing their stories, I'd be quite isolated, half-convinced I was drifting into senility. No one scoffs at hot flashes, headaches, or hemorrhaging. So, while I remain puzzled how to "take charge" under such circumstances, I can say this to encourage those in need: 1. You're not alone. 2. You're not crazy even though you may feel like it, and 3. The confusion, disorientation and depression which constitute such a strange fog can literally lift overnight. Spread the Word, angel that you are. Love, K.

Your beautiful thanksgiving prayer to Life was your response to my suggestion that you truly act on a celebration of a very "good" day you experienced sans all your unusual sensations. You and several others have asked me to write about menopause from a Spiritual point of view... I can tell you that my perspective is quite unpopular, as I learned from response to articles I did on PMS some years ago.

The fact is, women have been misled into believing that any discomfort is abnormal, bad, to be done away with a.s.a.p. The fact is, it sometimes hurts to be human, it often hurts *a lot* to be female human, and it is not abnormal. Letting go, on many levels an essential lesson of the human experience, does sometimes hurt, and pain can be physical, mental, emotional, transcendental.

I detect something in your letter which may be based on a misconception... regarding your plea to be able to "take charge." Does this mean to you (as to most intelligent modern women) to get in there and *fix it now!*—? If so, "taking charge" may mean to you self-improvement, or an "intelligent" way of gaining the 4DBUs. Taking charge in the face of pain may mean simply this: Just let it be. Perhaps the pain does *not* go away by this tack, but I guarantee it changes its quality enormously... you will see that it is bearable, that you *are* strong enough to endure, that this too shall pass. Thank you so much for your beautiful card and thoughts.

Can you please do another article full of little exercises to keep awake? I found it most useful. M

Well... the best exercise I can give you is this: Make up your own exercises. The spiritual school is nothing like other schools you are used to. There you are required to memorize a bunch of stuff someone else said is important. There you are spoon-fed. The spiritual school is altogether different. Information is given to check out. First we are shown that we can become passive to all the resistance around us, then that we can initiate your own life. A perfect exercise with this in mind is to sit down and decide on what little reminders would be appropriate for you, not necessarily for anyone else, to wake up.

Think freely. Smile often. Tell
those you love that you do.
Rediscover old friends. Make
new ones. Hope. Grow. Give.
Give in.

Be Pick some
daisies. Share
them. Keep a
promise. Laugh
heartily.

Reach out. Let
someone in.
Hug a kid.
Slow down.

Alive

See a sunrise. Listen to
rain. Trust life. Have faith.
Enjoy. Make some mistakes.
Learn from them. Explore the
unknown. Celebrate life!

Card sent by Kathleen F.

Eve's Apple

Once upon a time... Adam and Eve ate the apple and the human race was doomed. Half the world knows this story yet how many understand it? The fruit of the Tree of Knowledge of Good and Evil was said to be poison and maybe some proof to that is the devil's own shorthand which has abbreviated the tree's name to just "tree of knowledge," thoroughly confusing everyone, disgusting many. What kind of parent banishes his children for wanting to taste Life? To increase knowledge? It doesn't make sense...

Banishment from Paradise was as much protection as it was punishment: protection from eating the fruit of the Tree of Life while in a poisoned condition, thus perpetuating contamination. What on Earth can this all mean?

Knowledge in its own right is seldom "evil," but certainly misinformation or so-called knowledge based on falsehood is dangerous, even deadly. Eve—representing Awareness, as virtually all the women cited in the Bible—has been poisoned by a lie. "Poisoned" means that her "system" is contaminated and thus cannot function properly. Because Awareness is toxic, her function is hampered, diseased, blocked, doomed. Her "reports" to her husband are contaminated by the fundamental misconception that evaluating everything—her job and her privilege—depends on whether it "tastes good" or not, instead of whether it is to the couple's advantage.

An apple may have been a pretty good symbol of something that appeals to the senses but has little value in sustaining Life. In itself it may be harmless, even nice, but who could live on merely apples? Apples alone is a diet that would kill you!

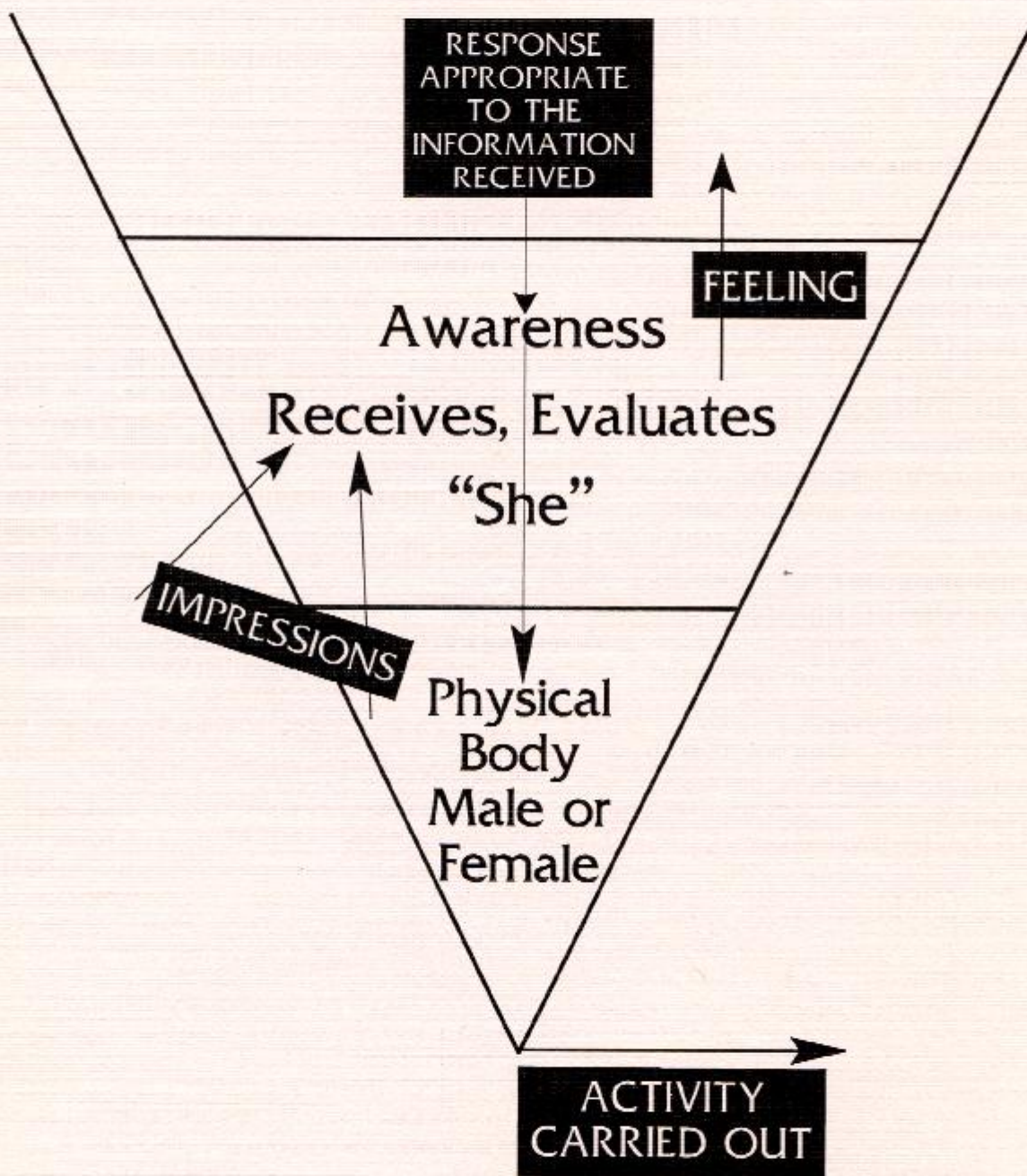
The Tree of Knowledge of Good and Evil represents "opposites," based on taste, reinforced by genetic imprinting and conditioning. The poison of opposites is to think—to evaluate—in opposites, a deadly game, put more clearly in modern language as The Four Dual Basic Urges. Eve looks at every person, place, thing, and event and feels, "I like it" or "I don't like it," based on taste and/or on what someone else told her (whomever she believes, is an authority). It gives pleasure and thus is good or it is painful and so, "bad." She then gorges on "good" stuff and is afraid of "bad" stuff and has missed the point entirely—she has let the reptilian brain usurp her privilege of seeing what IS and what she and her husband can DO about it. Thus they spend their miserable days seeking and avoiding and missing out on experiencing the Reality of the fruit of the Tree of Life.

First let's describe the Tree of Life, how Spirit and Awareness work together through the Physical Body to accomplish anything, to experience Life:

The Tree of Life

X—Spirit, Intelligence, Potency

“He”

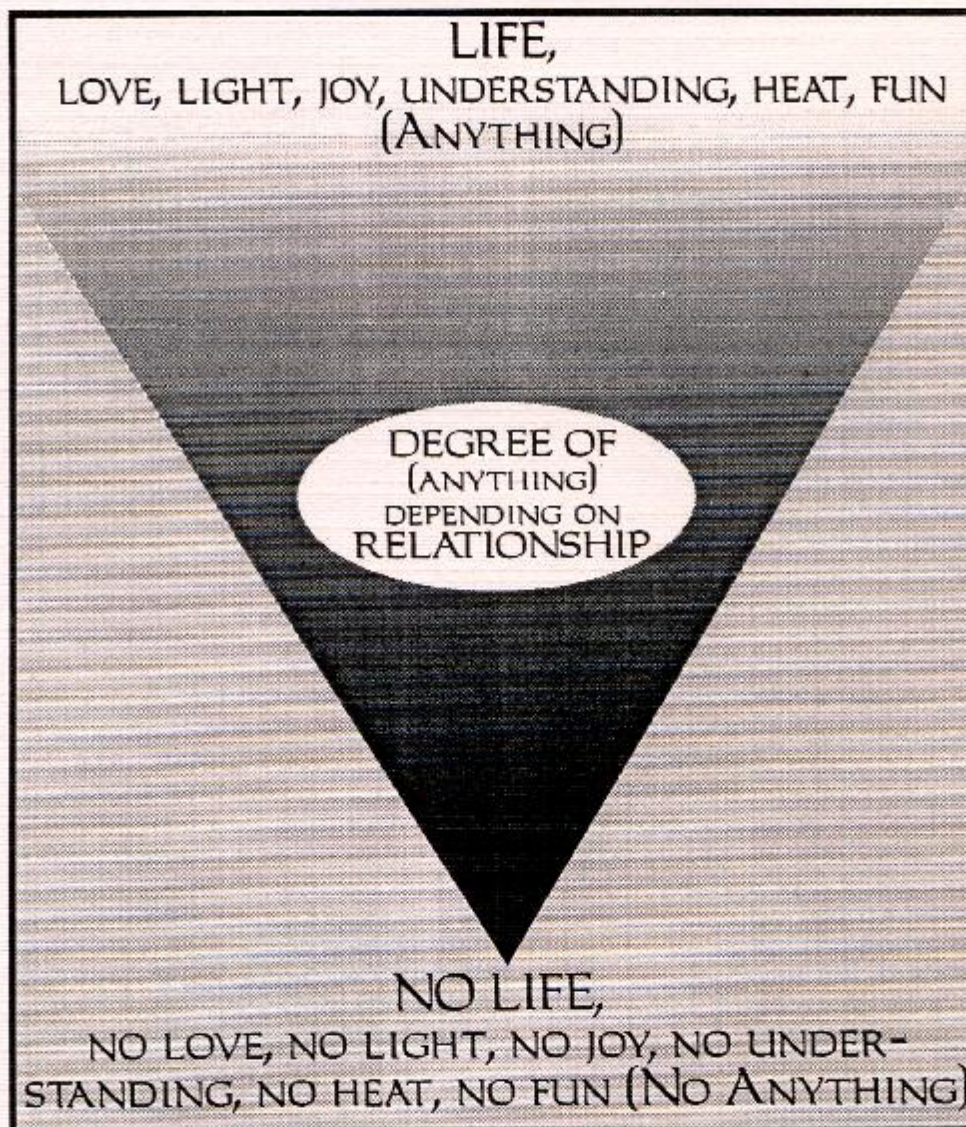


Another way of looking at the Tree of Life is to see everything in "degrees of" rather than in opposites, which is poison. My readers have heard this from me a dozen times, but my favorite example of this, because it is so simple and obvious, is Idries Shah's question about "hot and cold," (so-called opposites): Is the breath that warms your hands and cools your soup hot or cold? Of course, it all depends. As does everything, it *depends*, based on the relationships involved.

TREE OF LIFE

UNDERSTANDING THAT ALL THINGS ARE
 "DEGREES OF"
 DEPENDING ON THEIR
 RELATIONSHIP
 BOTH TO EACH OTHER AND TO OBSERVER*

FOR INSTANCE:



*OBSERVER'S PURPOSE OF LIVING WILL DETERMINE
 HOW SHE SEES AND INTERPRETS RELATIONSHIPS.



Wisdom (Sophia) speaks in Proverbs 8: "Then I was by him, as one brought up with him." (Detail of *The Creation of Adam* by Michelangelo; Vatican, Sistine Chapel)

If she is,

Lace is not what a woman is.

She is not fine clothes and perfume;

She is not a pretty animal lying in
the sun on the beach;

She is not a political cause or mascot
or any.

If she is anything.

She is softness and kindness in places
where they are not mentioned.

She is light and beauty

In the face of lunacy and despair.

She is silence and joy

Not waiting for the wars to end.

She whispers, understanding the soreness
of her own heart.

She is a rose,

Of such strength,

To balm the fury of a wounded and savage beast.

by Linda Joyce Solomon
August 1995



What is "She"?

Sophia, *Wise Woman's Journal* is all about creating a soul, a conscious Awareness function, often referred to as "the feminine principle" because the Soul is receptive, contains, shapes and molds, gives birth. I was so taken with Linda's poem about what a woman is. Her illustration applies not only to a Real Woman, but to the feminine principle, Awareness, whether embodied in a female or a male.

Linda aptly described what the feminine principle, or Awareness, is, in part by saying what she is not. I would like to add to what she is not. A conscious Soul is not distracted, seeking greedy pleasures and avoiding experience because it might be painful. When pain does touch her, she allows it to be, knowing in her wisdom that it is part and parcel of living in a body on planet Earth. She does not escape the world by enshrouding herself in "lace," wispy ethereal clouds of fantasy, no matter how lovely, or approach it with rigid intellectual constructs that dim her view of what is going on around her. Especially she does not do this in the name of "spirituality."

A Soul is not proud... she knows she is the Handmaid of the Lord, which is to say, she is a servant of Life, as well as Its privileged Beloved. Someone once asked me how one could be so beloved by Life and be considered Its servant. I knew this person had never been in love, had never really Loved... When you adore someone, there is nothing more you wish to do than to serve them, to do what's to their advantage, what is to the advantage of the relationship.

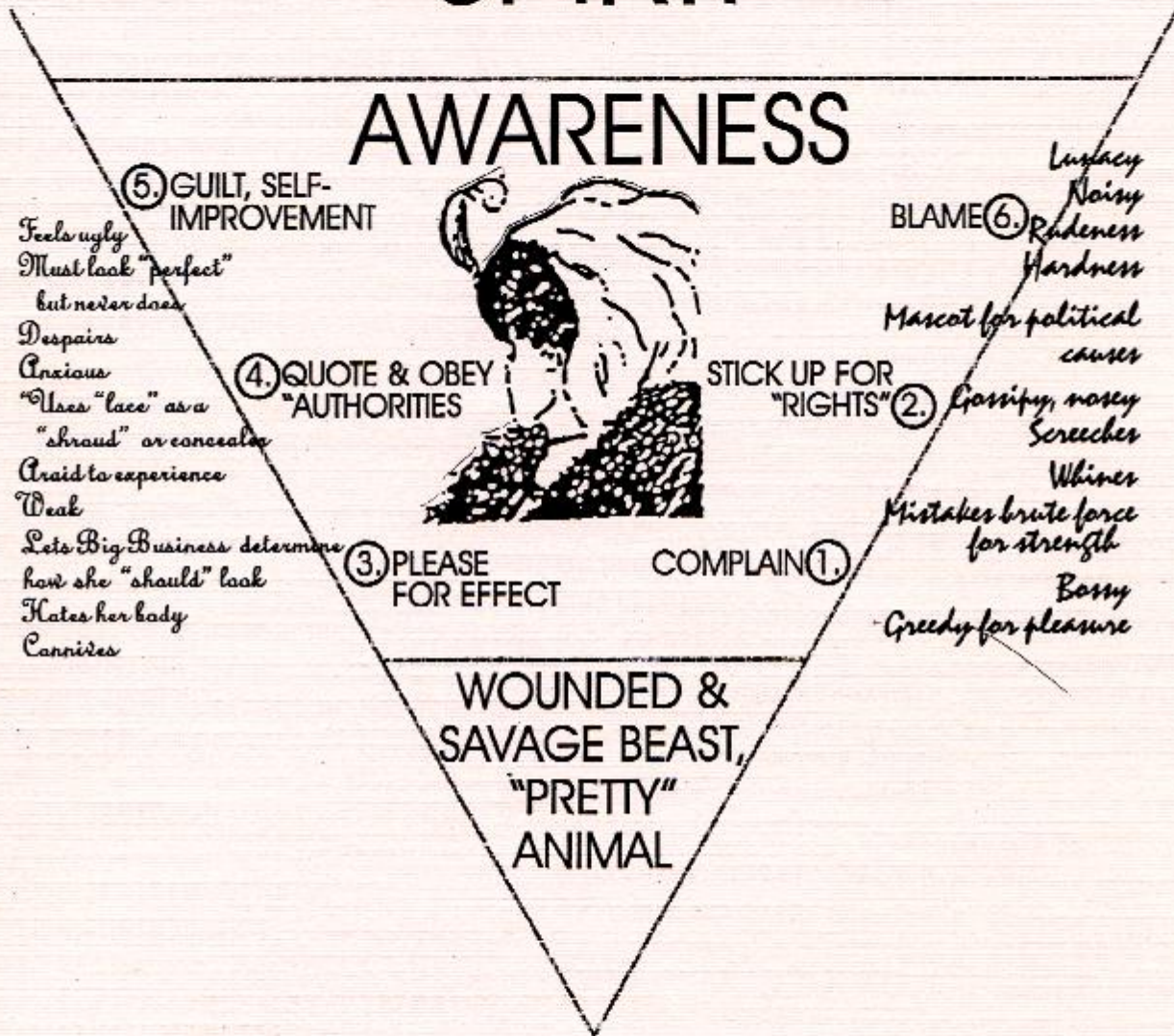
With apologies to Linda—because analysis is the antithesis of the message of her fine poetry—I want to present the Picture of Conditioned Man in terms of her description.

"Original Missing-the Mark"

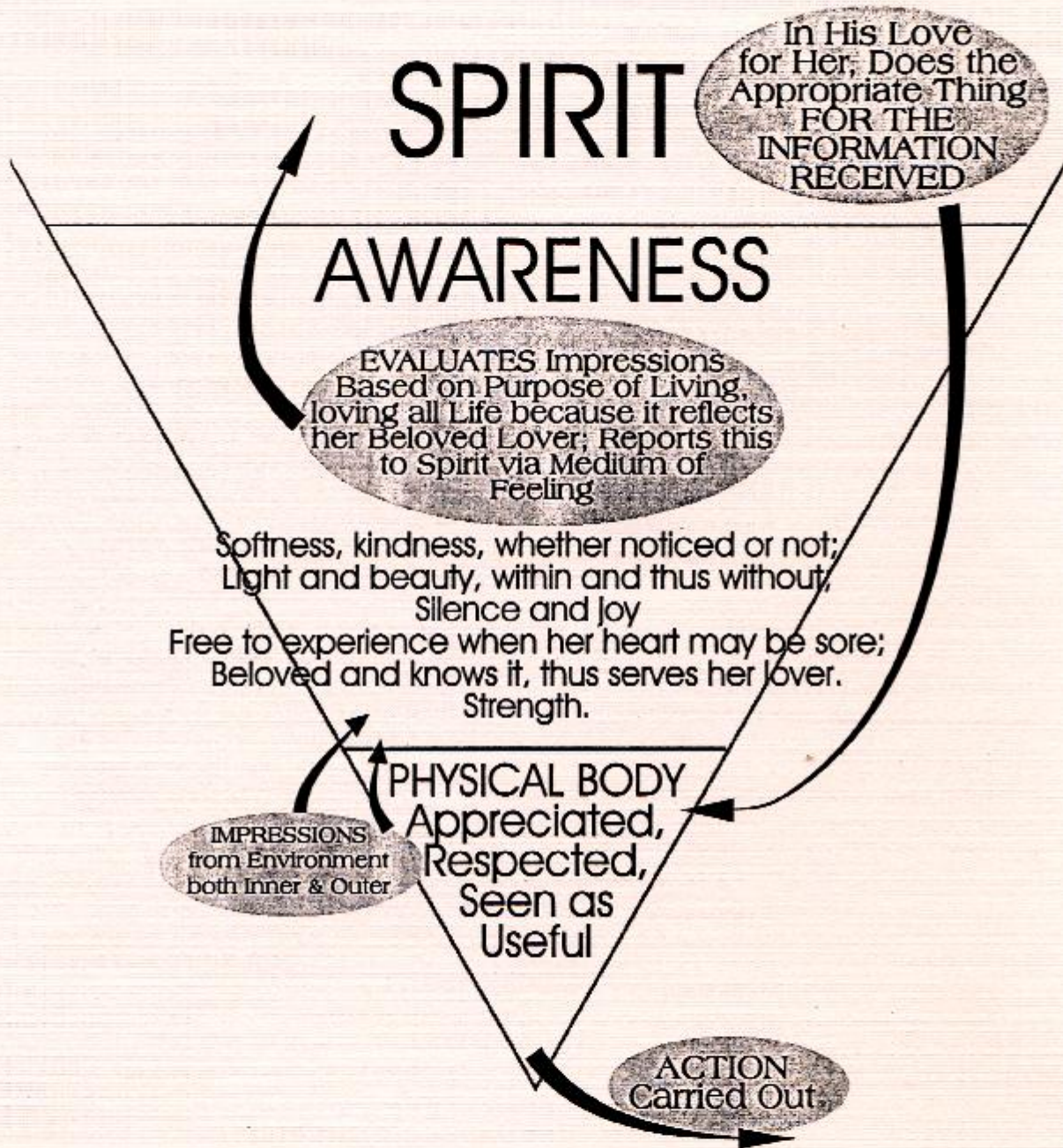
An infant dies to the womb and is born into a realm of disturbance. Awareness decides with strong feeling that the whole purpose of living is to regain the non-disturbed state. Eventually the child makes additional decisions to help facilitate its original, wrong decision about the purpose of living: (1) I want my way right now and the way to get it is to complain; (2) I have rights and will yell to get them. This works for an infant, but is never changed until re-evaluated with feeling. Parents put up with (1) and (2) from an infant for a while, then the child realizes non-disturbance is sometimes gained by (3) pleasing for effect and (4) obedience to "authorities." Careful attention shows that (1) and (2) conflict with (3) and (4), but the child does not evaluate this with careful attention—she merely wants to be non-disturbed from all this conflict, and decides (5) to improve herself, and feels guilty when she doesn't live up to "standards" she sees around her. Eventually the desire to escape these feelings leads to (6) blame: "If everything and everyone else would change, *then* I would be happy." More conflict, as all the decisions are operative to some degree or other and conflict with each other. The child exists with all these anxious feelings until she consciously examines and reevaluates her purpose of living and the means to achieve it. The conflict inherent in the decisions is the fruit of the Tree of Knowledge of Good and Evil: (1), (2) and (6), the A-side of the Picture of Man, are seen by society as "evil" and (3), (4) and (5), the B-side, are seen as "good." No one can live with both A and B fighting to have their way without also living in conflict. This is called Missing the Mark, because it is erroneous.

SPIRIT

AWARENESS



Picture of distorted, perverted "feminine" aspect, making war on herself and others.



Picture of fully developed "feminine" aspect



Helpers on the Journey

Instructions for Meeting Your Guardian Angel

Don't believe this! Check it out. Want to meet your Guardian Angel? That Higher Being who absolutely, positively loves you *unconditionally*? Who has been with you since the beginning? Do this:

1. Imagine someone with every attribute you admire, everything you ever aspired to be when you were little, and still do, if it hasn't been completely browbeaten out of you. Maybe she has impeccable taste, or incredible brains, or a magnificent talent with calligraphy, or is a wonderful mother, or a botanist making new discoveries to aid mankind. Whatever you admire, big or small, and whatever you aspire to, big and small and in between, imagine this.

2. Imagine someone with your "faults", flaws, imperfections, inadequacies, and they don't matter one bit, not a soul in the entire universe ever noticed. See them as little empty spaces, little voids, "not here," which



is to say, you *don't* see them.

3. Imagine a glorious Purpose of Living, The Perfect Purpose of Living.

4. Now, holding all this in your consciousness, look in the mirror: Greet your Guardian Angel, she looks just like you.



Angels are really "hot" right now, as you well know. Pictures of them are everywhere, TV shows, angel books and clubs and stores and once again it is hip to include angels in one's conversation. *The Science of Man* does not



present material that cannot be checked out (but it should be said that there are levels of capability of checking things out! For instance, you are far more capable, say, than a two-year-old to check out if it is safe to cross the street... the more experience one gains—wisdom—the more facilities available with which to do one's checking!)

So we will leave all the esoteric and metaphysical definitions of angels aside here... and propose that there still is a way to meet your very own Angel, as stated above. And here is the foundation of it: You are Spirit having a human experience. When you came here to the Land of Challenge, you came with a Purpose. You and your purpose got separated along the way, with the eating of that ill-fated apple. Your Purpose has been floating around you, separate from you, all this time... hovering, just waiting for you to



acknowledge it, receive it, embrace it. Just like your Guardian Angel. And above are the clues to help you initiate the reunion. Embody your aspirations, your talents, your taste, and your innate *strength* and join the race of Angels.

P.S. If you really want to get into this, name her. Sit very quietly and just ask her name. It may turn out to be a beautiful name you have always liked (maybe even wished had been given to you) or maybe an unusual name you have never even heard before. For those who want a role model, make her yours. When you are in a difficult situation and don't know what to do, ask "What would she do?" and try that.

P.P.S. Maybe your angel is not a she, but a he.



Quotes

“The First Noble Truth (pain is inevitable, suffering is optional); Advanced Right Speech Exercises (Is what I am about to say an improvement over maintaining silence?); and Right Understanding (remembering impermanence doesn't diminish the experience—it enhances it).”

From a blurb promoting *It's Easier Than You Think, The Buddhist Way to Happiness* by Sylvia Boorstein (Harper \$17)

“Yet for all her ability to judge and criticize, Martha remains maddeningly reluctant to claim her own power. In the beginning of the novel, she laments that her life is ‘a series of choices that seemed less like clear decisions than like a series of stumbles down the path of least resistance,’ but her evolution is negligible.”

(From a review of a novel in the *Los Angeles Times*. Sorry to say I merely tore out what was to me quite an articulate description of an unconscious life, and cannot tell you the title.)

“Remember, you have come here having already understood the necessity of struggling with yourself—only with yourself. Therefore, thank everyone who gives you the opportunity.” George Ivanovitch Gurdjieff

“My faults, too, have been those of excess; I too have made emotional demands, without being aware of what I was asking; I too have imagined that I was giving when I was battering at someone for attention.” May Sarton

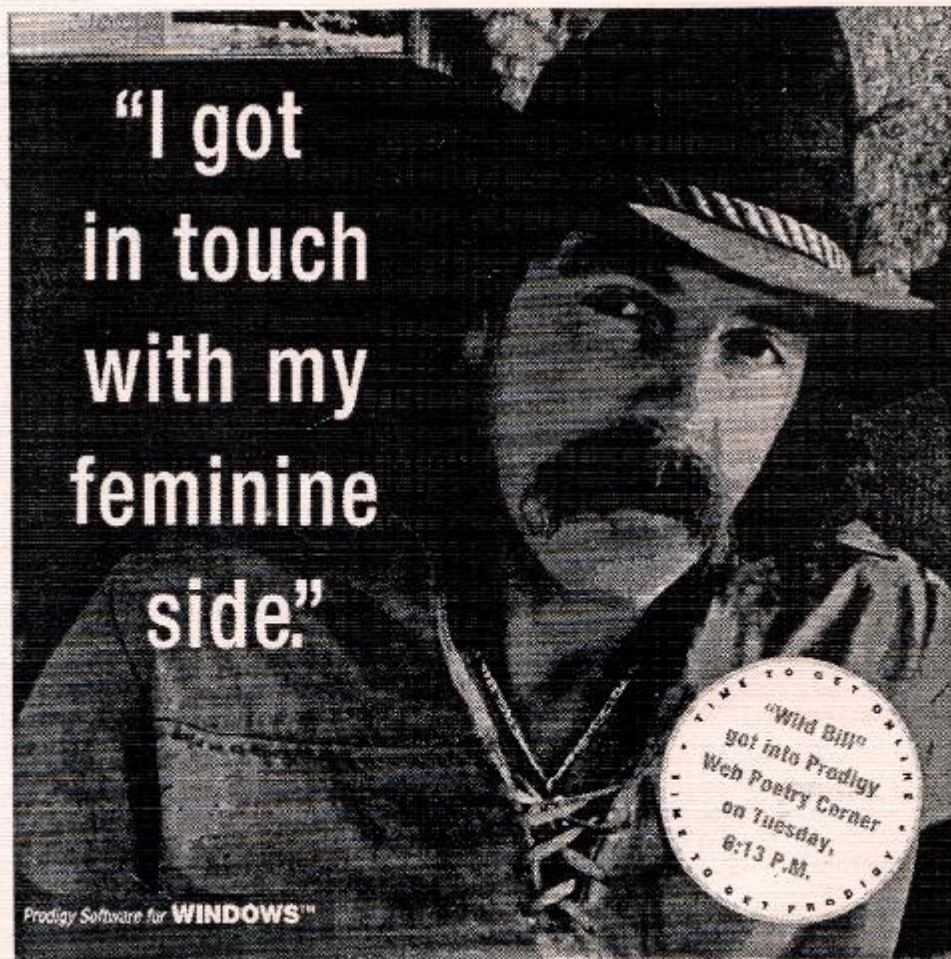
The last two quotes from *The Sun*, Chapel Hill NC, sent in by Georgia H. of Chattanooga

Subscription Renewal Time & Other Musings

Your subscription to *Sophia, Wise Woman's Journal* runs out with this issue, but if you wish to renew, don't do it quite yet. In order to stagger the renewal dates of both this and *Awareness Journal*, and not to require payment around the holidays, I'd like to handle it this way: In January a mailing will go out with a reminder renewal notice for the next issue, due in February. Because *Sophia* will be quarterly, the price has been lowered to \$25 a year. Hope this makes it a little easier for you.

Thanks to everyone who has expressed their attention, approval, and appreciation of my experimental *Sophia, Wise Woman's Journal*! It's very nice of you to let me know and I'm glad that you like her—I hope you also find the material useful as well as entertaining. Please don't hesitate to ask for something you might like to see here.

I've had a request for suggestions of popular films that might contain Teachings or be Teaching stories. If you have a favorite, please let us know. (I watched *Defending Your Life* with Meryl Streep the other day and was delighted to watch A-Side justifying and the B-Side condemning, and there were two judges. Almost every role in it was a different aspect of the hero's personality. And there were other "messages" as well. You might want to rent it. It's quite entertaining.)



Cover of an (unsolicited) CD-ROM that came in the mail today. Ohhh Christina does love those cowboys!