



THE WAY of *INTELLIGENCE*

IN THIS ISSUE

**ASSIGNMENTS
BY RHONDELL, 2**

**BITS & PIECES OF SCHOOLWORK
BY RHONDELL, 3**

WISDOM WALL 4

CHAT ROOM, 5

**GUEST COLUMN
THE GRACE OF FAITH WITHHELD
BY TOM COLUCCI, 8**

IN BOX, 9

LIST OF OUR WEBSITES, 10

PICTURE, 11

PRAYER, FROM ZENA, 13

**WHAT IS THE OBSTRUCTION
TO TRANSFORMATION?
BY RHONDELL, 14**

BIGGER PICTURE, 15

BULLETIN BOARD, 16

SUMMER BUFFET

INSTEAD OF a particular theme for this issue, I've gathered some unpublished notes from Rhondell and other interesting tidbits, including what people continually ask for, specific exercises. Some kind readers also contributed very nice material.

If you have ever mused about submitting something, please go ahead and be brave--I can assure you there are people eager to hear what you have to say.

Speaking of Rhondell tidbits, I will soon be putting short audio clips from workshops on the websites. Please bear in mind that the tapes were never intended for a high-tech presentation and they aren't the crisp quality we all would like. But I've gone through dozens of hours and selected one-liners and other excellent material (and a few jokes). Stay tuned. **x**

**NUMBER 18
SUMMER 2006**

ASSIGNMENTS

BY RHONDELL

- 1. WATCH WITHOUT JUDGING YOUR ACTING OUT OF DECISION # ___ (CHOOSE ANY ONE). THEN ACT IT OUT CONSCIOUSLY AT LEAST ONCE.**
- 2. WATCH YOUR BODY MOVEMENTS WHILE ABOUT THE ROUTINE ACTIONS OF EVERYDAY LIVING. BE AWARE THAT YOU DETERMINE THE "WHAT" AND "X" DETERMINES THE "HOW."**
- 3. WITHOUT JUDGING, WATCH OTHERS ACT OUT THE BASIC DECISIONS.**
- 4. READ THE DAILY PAPER AND APPLY AGAPE TO EACH STORY THAT YOU FEEL A REACTION ABOUT.**
- 5. OBSERVE TODAY THE SITUATIONS YOU REACT TO. DO IT FREELY TODAY. NEXT DAY JUST OBSERVE THESE SITUATIONS AND DON'T REACT, SEE WHAT HAPPENS. X**

BITS & PIECES OF SCHOOL WORK

BY RHONDELL

TO LOOK for an authority is to be looking for deliverance from responsibility.

WHEN THE mind is aware of its activity without condemnation or justification the activity comes to an end. In this stillness is all that is really worthwhile.

THE STRUGGLE toward an illusion is the disintegrating factor. The illusion that the conditioned person struggles toward is that THERE IS AN IDEAL SENSATION and THAT IT IS POSSIBLE TO ATTAIN IT.

WHEN THIS illusion is seen for what it is, it comes to an end without effort.

WHEN THIS illusion has come to an end the person is no longer conditioned nor struggling toward an illusion, thus no longer disintegrating.

X

THE ROAD to Economic Ruin:

1. GOOD CREDIT.

2. OVER CONFIDENCE, WHICH MEANS GOING AHEAD WITHOUT PROPER KNOWLEDGE.

3. GREED, WHICH JUSTIFIES:

4. EXPLOITATION OF FELLOW BEINGS. NOT ASKING "WHAT'S IN IT FOR THE OTHER FELLOW?" x

WISDOM WALL

THE BODY AND THE MIND ARE CLOSELY INTER-RELATED AND BOTH DERIVE SUSTENANCE FROM FOOD. THEREFORE, FOOD HAS CONSIDERABLE IMPACT ON THE CHARACTER AND DESTINY OF THE INDIVIDUAL. AS THE FOOD, SO THE MIND; AS THE MIND, SO THE THOUGHT; AS THE THOUGHT, SO THE ACT. ALL THAT IS PERCEIVED BY THE SENSES CONSTITUTES "FOOD."

- SAI BABA, SENT IN BY JEFF

IF LIFE BRINGS YOU TO IT, LIFE WILL BRING YOU THROUGH IT.

- AUTHOR UNKNOWN

FEARLESSNESS IS THE ABSENCE OF COWARDICE. THAT IS TO SAY, COWARDICE, OR UNCERTAINTY, COMES FROM SPEED, FROM NOT BEING ON THE SPOT, AND FROM NOT BEING ABLE TO LEAD LIFE PROPERLY AND FULLY. YOU MISS A LOT OF DETAILS, AND YOU ALSO MISS THE OVERVIEW. TO CORRECT THAT, YOU NEED ROOM FOR FEARLESSNESS, WHICH COMES FROM HAVING FAITH IN YOUR EXISTENCE. FEARLESSNESS IS NOT PARTICULARLY A REWARD OR A GOAL, BUT FEARLESSNESS IS PART OF THE JOURNEY ON THE PATH. FEARLESSNESS ALTERNATES WITH FEAR, AND BOTH OF THOSE ARE KINDLING THE FIRE. YOU ARE NERVOUS, SPEEDY, FEARFUL. THEN THAT BRINGS ANOTHER AREA OF STEADINESS, SOLIDITY, AND CLAM. SO FEAR AND FEARLESSNESS CONSTANTLY ALTERNATE.

- CHOGYAM TRUNGPA [USED WITH PERMISSION]

EACH HAS BEEN GIVEN A STRONG DESIRE FOR CERTAIN WORK. A LOVE OF THESE MOTIONS, AND ALL MOTION IS LOVE.

- RUMI, SENT IN BY TOM

ALL I HAVE SEEN TEACHES ME TO TRUST THE CREATOR FOR ALL I HAVE NOT SEEN.

- RALPH WALDO EMERSON, SENT IN BY BILL

THE SECRET OF HEALTH FOR BOTH MIND AND BODY IS NOT TO MOURN FOR THE PAST, WORRY ABOUT THE FUTURE, OR ANTICIPATE TROUBLES... BUT TO LIVE IN THE PRESENT MOMENT WISELY AND EARNESTLY.

- BUDDHA, SENT IN BY TOM C. X

CHAT ROOM

HI ALL. I caught a snippet of a Marine spokesman on the news saying that they were investigating vigorously the accident at Haditha (seems similar to Mai Lai). I was first struck by the use of the word accident, not incident nor occurrence nor event. Spinning was afoot!! I have an internal Not-I that tries spinning saying some reactions of mine were "accidents" when they weren't. Bring at war produces horrific, disintegrating feelings. The Spin Doctor tries to hide or gloss over them with all sorts of justifications. Doesn't matter whether the way is in John or Man at large. X does the right and proper thing for the information received. Information means FEELING. X DOES the right and proper thing for the FEELING received. So long as Ideals are valued, there will be warfare (internal and external), and there's no telling what "accidents" will occur. ThanX to Luz and Christine for suggesting one look at the "bigger picture." john

I WAS listening to a tape in which "first value" and "important" were being contrasted and "heard" for the first time how "important" was used in the teaching: "That which one has made necessary for one's happiness." As I was listening I thought I hadn't heard that before so I went to check it out

and there it was in the Place of Language which I have read more than once. Ears to hear and eyes to see. johnb

IT'S OFTEN said the material rewrites itself while sitting on the shelf as we nap. ct

INDEED!! AND its corollary recently heard: Give up trying to be happy. It's an illusion! john

THE NOT-I'S tell me over and over again in these days that they do not just want to be happy, the want to be happy for SOMETHING. Michael

AND WHEN the SOMETHING is attained, happiness fades and the Not-I's clamor for SOMETHING else. In the same place I heard the teaching idea that one give up trying to be happy, I heard happiness and greed used synonymously. Giving up trying to be happy is a turning away from the Not-I's which else where in the teaching is referred to as repentance. john

WHAT PEOPLE are seeking, no matter the "object" is the FEELING that having it would provide. Since humans can generate that feeling (or any feeling) at will, who needs to go tearing after things (or people) to provide the feeling? ct

PROFOUND! THANKS Chris! Helen

HELLO, I have said this, and I have been blessed with this chance to participate, and learn. Thank you. I did have one question to start. Though I experience disturbances there is one major disturbance that I have avoided. I have noticed it since I was in my teens. This disturbance occurs when I have to work with politicians. I have met some amazing people who have become Politicians and they do not bother me. I have truly found a difference in people who become one to help and those that choose it as a life style. It is the later that actually cause me to feel as though I am about to vomit, it is strange because I get no emotional charge such as anger,(I seem to avoid this) it goes instead right to a physical reaction. I have never addressed this directly, can anyone help to guide me on how to navigate this, so I may be able to allow myself to accept the emotional reaction I think I am avoiding. I hope I make sense. Love and blessings, Zena

HOPE I don't offend you when I tell you I laughed out loud when I read about your reaction to "that kind" of politician... I'm thinking it is a completely "normal" reaction! (I

hope you're smiling) I don't mean to belittle your feelings one bit, just trying to lighten it up a little. I think that, for instance, in good therapy, someone might help you discover why this particular kind of "authority" triggers a physical reaction... In this work we might view it from a different angle. For instance, the "content" of the situation (politicians) is not important. (I sometimes get a similar reaction when I see nuns) The value is in understanding process. May I point out that physical is what happens along with emotional reactions in all cases... So you are actually closer to the source of communication with spirit than having it filtered first with mental stuff, which so often distracts us and leads to blame and/or self-condemnation. You might describe the situation as objectively as possible and "watch" Zena have this reaction, "I'm observing Zena wanting to retch... interesting." Do this a few times and a subtle shift will occur, and you want to observe that, too. So glad you've joined us. I'm especially grateful to have a friend here who has put in the effort and has the appreciation of Idries Shah's work (which you told me in a private email) Only serious students do that. ct

WELCOME ZENA! In this world of troubled waters it is certainly refreshing to have an island of sanity!xoxo helen

HI ZENA and welcome. Your post and Christine's response brought to mind a similar exchange she and I had back in December/January. At her request I rewrote a dream in the third person to which she replied, "Did Not-I use the "search and replace" function to do the assignment? (In any case I am smiling out loud, enlightening exercise, huh?)" to which I replied, "Of course he did!!" It wasn't until recently that I uncovered how enlightening was that "joking" exchange. Not-I's are cunning and will usurp the teaching techniques to improve. "Feel free to vomit" would be another approach. Love, john

DEAR JOHN, (hee hee, first time I've ever written that), both of you had me laughing out loud, I did read many of the previous posts, and I am familiar with that dream post you made. I am still getting used to this "not-I" I went through that post and tried on the notI each step of the way, I ended in chaos in my mind, when I did so. I get that I am trying too hard. It reminds me of when I was in the military and they were teaching us how to observe at night, I felt I was not getting it, but my problem was that as a child I spent a large amount of time outdoors day and night, I saw perfectly well in the dark, but I thought they were teaching me something I was completely unfamiliar with, as it turned out

they were not. It is the familiar that NotI has the most trouble with. I sent an email to Christine, for I am attempting to implement the exercise that she suggested and am not sure if I am doing it correctly or maybe NotI is attempting to avoid the obvious. So far the feeling of being about to vomit is there when I attempt to watch. By the way I have a distaste for vomiting, I have had food poisoning a couple of times not very fun, but just in case I will get a bucket ready. Thank you for the welcome it is difficult to express how thankful I am for this opportunity. Dream well, Zena

HI ZENA. I really liked your response. To what does "hee hee, first time I've ever written that" refer? The seeing at night story reminded me of the work. As Man has the ability to see at night so too do we have the ability to be objectively conscious. The work is like your army training helping one discover her innate nature. I wasn't suggesting you actually vomit but feel free to experience the sensation without resistance. "Something" may appear as it did for Tian, or perhaps the sensation would pass without "explanation" or something else. Not sure one can dis-identify from discomfort that one wants to go away. ThanX for your good wishes but I find I don't pay much attention to dreaming these days. Love, john

I WAS just saying that I have never had the opportunity to write a Dear John letter before. I am very thankful for the welcomes and help from you, Tian and Christine. I took a look and have had to take some time away it is very intense. Hey you don't need to remember a dream to dream well. Zena

ZENA- WELCOME! Glad you made it to the Island! Your post reminded me of a similar reaction I had to a commercial on TV a while back. I would literally rush to the remote to turn it off or mute it (then would look away) when it was on. Caught myself cringing one day and asked myself just one question that got to the bottom of my physical aversion: Who (or what) does this remind me of???? Took a bit of repeating the question but finally remembered something that had happened years ago. I laughed out loud. I ran the commercial in my head, saw it on TV and bingo--no more physical charge. Very freeing.... love, tian

I HAVE not seen the What explained/discussed much anywhere. I mean the What in the equation: We determine the What and X do the How. Im sure for many people the What is the big question. The Teaching sound as if the What could be any thing you can think of. I have hundreds of Whats, - what hold me back on acting

on them is that I try to calculate if it likely that the What I have in mind will be possible. Mostly the What looks impossibly for various reasons. Please write any comments you have on the subject of the What. Thoughts and experiences. Michael

YOU ARE at the crux of the matter. Conflict, doubt, fear, insecurity, etc., make it impossible to determine value. Without seeing what is and the VALUE of what is nothing as you so aptly describe, happens. When we see the value of standing, it happens. If we are in conflict, nothing happens. I am often undecided about a thing, like this response and until I see the value in it to ME, nothing happens. We are entrusted with the ability to make up the mind as we grow. John has tried to speed up the process. It doesn't work. It is his attempt to use the teaching for self-improvement. Have a good laugh and look at "the what is" of conflict, doubt, fear, insecurity and their value. Be in charge of the feeling. Not always an easy thing to do. My experience with this is I can't be in charge of a feeling unless and until I am free to experience it. So that's where I start, mostly with fear and doubt. To be in charge means to experience it consciously. Sometimes I will consciously try to increase the emotion and often it just vanishes, and I can move on. I play golf and I've recently

been noticing the fear and doubt in the game and have "discovered" a renewed enthusiasm for the adventurous game of golf. X hits that little ball so much better when I is enthusiastic that when in doubt. I know most think it's a silly game but all learning comes from playing games. There's a story that is often told to newcomers to our golfing group that the mind (X) doesn't understand the word "don't" as in "DON'T hit the ball in the water hazard!!" and the instruction is heard as "Hit the ball in the water." Good to hear from you. john

HI MICHAEL, the WHAT to me is the NEW MAN, the one who considers, the one who wants to be harmless and as more and more light comes into the awareness, the clearer the What becomes. Love, Luz

THANX, MICHAEL I will add this element (Awareness says the What, X does the How) for explicitly to the Picture of Man video. It's a simple concept, really. Please (anyone and everyone, especially "newbies") continue to ask for clarification, and the more explicit you are, the better.

I'm also making a new booklet with the step-by-step version of the Picture of Man drawn out, since the previous version in the newsletters does not photocopy very well. I'll let you know on the Bulleting Board when it's available. ct **X**

THE GRACE OF FAITH WITHHELD

BY TOM COLUCCI

THE TEACHING defines Faith as the ability to make up the mind, and Grace as undeserved gifts. Rhondell describes Faith as the most powerful force known to man, and that if we could experience it before we have the maturity to handle it, we might misuse it in a moment of indiscretion and possibly cause harm to self or others. He compares this situation to giving a loaded 30-06 rifle to a little child. Rhondell also says that it is a bit of Grace that Faith is withheld from us until we have the maturity to recognize its power and use it intelligently. After spending a few years observing self, it has become increasingly clear that having Faith withheld is actually one of the greatest gifts we can receive because it requires us to put in the effort to continue in self-observation over a long period of time thereby preventing us from using the Teaching as simply another method of self-improvement.

So, over the past few years, Faith has been withheld from this one in the attainment of a number of ideals. These ideals have included many of mammon's gleaming gems in his treasure chest of temptation - money, recognition, and eros. Having Faith withheld so that these desires could not be actualized has turned out to be a

great opportunity to investigate the truth and value of the Teaching. Had "I" been able to achieve these ideals, "I" would have been like the little boy with his nose pressed up against the window at the candy store - totally hypnotized by mammon and not been able to see the truth of "my" inner state.

Of course, all of these desires are based on the four dual basic urges, and the struggle, conflict, and frustration "I" experienced in attempting to gain them clearly demonstrates the Picture of Man with its continual conflicts like the Hatfields and McCoys. (Did you ever consider that the Hatfields and McCoys fought for generations and gradually forgot why they started in the first place? Sound familiar?)

The resulting conflicts led to many unpleasant emotions, including resentment, anger, fear, and self-pity which brought about adaptation in the body giving "me" the opportunity to see the vicious cycle in action. It gradually became clear that these emotions were simply an attempt to control circumstances, both inner and outer, either by violence or being such a pitiful little baby that hopefully someone would see it, run, fix it, and make it all better. I was delighted to discover how so-

phisticated and intelligent "I" really am by discovering a 2-year-old stamping his feet trying to get his way inside a man in his mid-forties.

In time, the beliefs that supported these desires came to light. Beliefs like: "I" know what ought to be. "I" know what happiness is. "I" know what "I" need in order to be happy. And, "I" know how to get what "I" need to be happy.

The continual demand for gratification of these ideals was greed actively speaking in the name of I to X, and whenever greed's demand was not met, vanity felt mistreated. Then pride would rush in to the defense of the poor little self with anger, resentment, or even apathy, when it was particularly cunning, demonstrating the tone scale.

Over a period of months, the accounts receivable became increasingly apparent. The little Not-I's were saying things like: "the church is to blame for conditioning 'me' with so much guilt and fear, especially about money and sex." "My" parents were to blame for doing such a poor job of raising "me." One of the great discoveries was to see that the only way the accounts could be cancelled was if whatever happened in the first place to cause the account had never taken place. [Contd. P. 12]

IN BOX

HI CHRIS, The stamps are "awesome"--who knew the USPS would be working to spread thanxgiving! Ha! It sort of reminds me of the movie "Oh God"--I LOVE IT! Thanx, Beryl

HI, I'M LISTENING and LISTENING to Bob's talk, "Lack". In the Q&A (Bob's gifts shine when answering questions) a lady puzzles, "How does one put value on what is?" Bob's answer was that first you have to see it. She is still puzzled. He explains that one only sees what is when one no longer values ideals. One no longer values ideals when we see the "joke" in the ideals we have set up. The joke is that struggling toward our ideals is the disintegrating factor. Until that recognition occurs and is remembered no amount of effort to put value on what is can occur. When one sees an illusion for what it is, one sees the truth of the matter! This 90-minute tape is SO dense with Bob's mood and the teaching. It is truly a gift. I thought of transcribing it but the mood wouldn't translate and it is infectious. A teacher appears. Lip to ear to heart. ThanX. Love, John

I GOT the current newsletter yesterday. THANK YOU! [You're welcome!~ct] The articles on addiction, and finding

a teacher, are very helpful. I have at many points wanted a teacher to show up and work with me. After thinking about it, when Bob worked with J., Bob just showed up. J. was not looking for a teacher. I see now the value of just going about my business living the work to the best of my ability, and be free to have a teacher show up or not. It has taken me many years to really comprehend that I am responsible for doing the work, and that that has nothing to do with Bob or J.

MISS CHRISTINE, I just finished reading the newsletter on schools that you put together in 2002. THANK YOU!! It gave me much new information, and said some key ideas in a new way. For example, Bob said that the whole purpose of schools is to get people to see that they think in opposites. WOW!! In a nutshell, that is self-knowing.

I also want to share with you a great thankfulness. Our study group, as you may know, is doing the 48 tapes. I have heard other people I know in the Work say that they are designed to be done once or twice because we are then to go out and live the Work. I have had other people tell me that they don't read any Teaching material on a daily basis. They are too busy living

it. I understand that philosophy, and I disagree. This is the sixth time that I have done the tapes, and they are opening up to this one with a beauty, tenderness, wisdom, and love that has never been experienced before. I have always loved them. Actually, I still carry a notebook and write down Not-I's. I am deeply thankful for this incredible treasure of wisdom and beauty. T

YES, THAT issue on Schools is a gem, full of information not published elsewhere, at least not presented in that simple way. You're welcome.

As for re-reading or listening anew, a Wise Old Man used to say, "Yeah, they re-write it while you're off having a beer."

I like to see a dose of material a day as nutrition. We can see impressions that we take in as food that is digested. There is so much junk food foisted at us constantly, regardless of how careful we are what we take in (for instance, the breathless newscasters who start the next rape-murder-mayhem news item with "IMAGINE that YOU ... " You can hear this a dozen times a day. So it seems to our advantage to be sure we are also getting real nutrition every day or so to absorb. ct

CHRIS, WHEN are you going to publish Part Two of the article on addiction? I need it now. D.

I LOOKED for Part Two all through the newsletter and even online and couldn't find it, what happened? M.

It was mentioned, clearly, I thought, on the last page in the Bulletin Board: I am not going to publish those articles at this time (putting a limit on Free lNch). I've put them all into a nice booklet which you can have for a donation that at least covers postage.

I GOT the current newsletter yesterday. THANK YOU!!! The articles on addiction, and finding a teacher are very helpful. I have at many points wanted a teacher to show up and work with me. After thinking about it, when RRG worked with my friend, he just showed up. My friend was not looking for a teacher. I see now the value of just going about my business living the work to the best of my ability, and be free to have a teacher show up or not. It has taken me many years to really comprehend that I am responsible for doing the work, and that that has nothing to do with RRG or my friend. As R. said, his job was to make it available.

Also, I noticed that this one is addicted to everything on the list. This morning when I was out for a walk, I noticed, believe it or not, he is addicted to

picking up trash in the park. I told myself I would only pick up one piece of trash, but I ended up picking up 3 or 4. This one feels a bit of a compulsion to pick up trash. Holy Heck!!! - one can be addicted to anything. Anon.

Another good Catholic kid! (I wonder if they are still brought up that way?) Thanx for the smile.

FROM MARI: A man and his wife are dining at a table in a plush restaurant. The husband keeps staring at a woman who is extremely drunk sitting at the bar alone. She repeatedly asks for refills of her gin.

His wife notices that he keeps staring at the woman and asks, "Do you know her?" "Yes, she's my ex-wife. She started drinking right after we divorced seven years ago and I hear she hasn't been sober since.

"Good grief," says the wife, "Who would think a person could go on celebrating for that long??"

THANK YOU all for your nice love letters. I was going to print some, and another not so loving that called me a devil and worse, but thought the first might sound self-serving and the latter insert a bit of a nasty tone to the newsletter. I really do appreciate all your generous thoughts, and even the other ones, which I'm happy to say are rarer. X

HARMONY WORKSHOP'S WEBSITES

HARMONYWORKSHOP.COM

Links to all our sites

WWW.RHONDELL.COM

Complete catalog

THEWAYOFINTELLIGENCE.COM

Online version of this newsletter & archive of past newsletters

SANITYISLAND.COM

Lots of fun stuff for living sane

PICTUREOFMAN.COM

Information, charts, a narrated step-by-step video of drawing the picture of man

THANXGIVING.COM

Are you bursting with gratitude (about anything at all) and want to tell the world? Post your thanx here

THEPARTYSTORY.COM

What am I? Where am I? What's going on here? What can I do? A wise man's answers

AWARENESSJOURNAL.COM

Copies of that newsletter & more

PURPOSEOFLIVING.COM

Links to all our sites

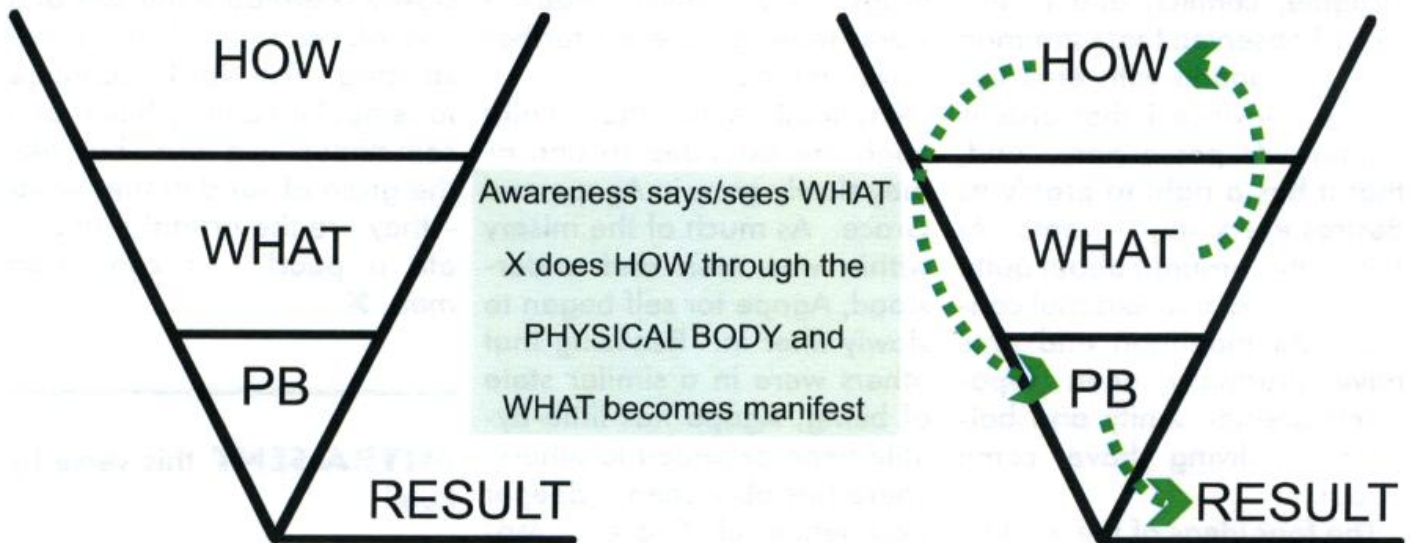
CHAT ROOM [CONTINUED]

HELLO, EVERYONE, contact with this group has been a blessing. "Awareness as a function"--though this is familiar to me and have lived with it as an important part of my daily life, it has been alone. I must admit that going it alone has taught me that I am never alone, and when I have felt a sensation of abandonment it was of my own making. You have offered me Pearls of Wis-

dom, here is a pearl from my prayers to all... (go to page 13)

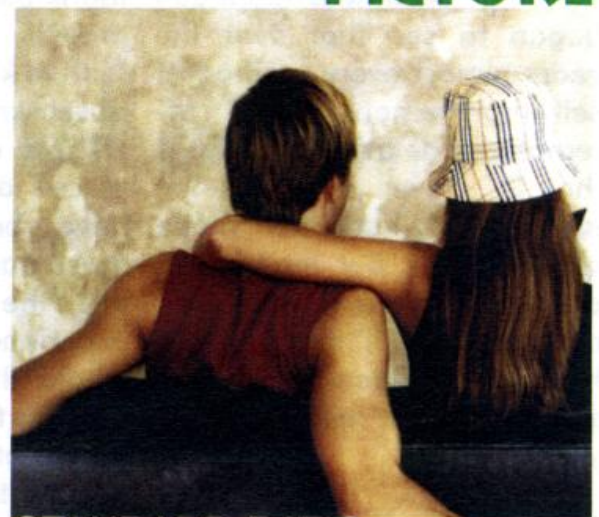
THERE WAS a long discussion regarding "good" and "all is good" and seeing value and seeing value in everything. Each individual Awareness determines value, there is no "master list." To each of us, some things have no value. (for instance, harmful emotions, or Not-I chatter).

Meanwhile, we might forget the word "good," which, like "love" has too much baggage. Let's just say, "okay," instead. For instance, soccer has no value to me. It is not particularly "good," but is certainly okay with me. There is war, disease, crime... are these things good? Or, since they certainly are "what is" for the time being, is that "okay"? Sure. It's balance. X



PICTURE

THE PICTURE on the right has nothing to do with the above (this was the only space to fit it in). It is a continuation of pictures and remarks in previous newsletters about seeing.



THE GRACE OF FAITH WITHHELD [CONTINUED FROM PAGE 8]

Slowly, I began to see the price of identifying with the accounts receivable and their power is diminishing.

As Rhondell said, eros is a blind force that is selective, but not exclusive, and if not used consciously, it is as dangerous as having bare electrical wires running through the house.

For much of this one's life eros has been an area of struggle, conflict, and confusion. I observed that mammon had absconded with eros trying to convince I that eros is mammon's possession. And, that it has a right to gratify its desires every way it wants. At times, this brought about quite a bit internal and external conflict. As mammon and eros have gradually been separated greater sanity and balance in living have come about.

The four ideas of the world--ideals, self-improvement, signs & demonstrations, and blaming--became evident as I began to see that over the years almost every method of self-improvement was attempted. The amazing thing is that "I" never achieved the ideals which had been made so important, but mammon's desire for more, better, and different kept "I" tied up in a hypnotic whirlpool of conflict, struggle, and resistance for years.

I began to see how all of this feeds addiction. This one's primary outer addiction is food, but the real, inner addiction is mammon with its demand for more, better, and different. When we serve mammon it uses "I" as its slave and wears us out leaving us feeling empty and wanting to fill the hole with the outer addiction--food, sex, alcohol, drugs, etc.--which doesn't work, leaving us even further down and out.

Rhondell said that Faith might be extended to one as they slowly grow in Agape and Grace. As much of the misery within was seen and understood, Agape for self began to slowly filter in. Realizing that others were in a similar state of being, Agape has little-by-little been extended to others. There has also been a deeper experience of Grace. Moments of Understanding that come unexpectedly and thankfully from within and provide the inspiration and faith to keep going in the work of self-knowing.

These are just a few of the pieces of the Teaching that have been observed over these past few years. Gradually, the Teaching has been experienced as a seamless whole. It is the seamless robe worn by the Christ, and not the fragments of the personality. It is a gift that when acted upon

creates a seamless whole in the inner man.

Had this one been able to make up the mind to actualize these desires, the Real I would never have developed because mammon would have had the ability to quickly and easily gain everything it wanted. The Grace of Faith withheld is that we are lovingly and firmly invited by X to slowly reevaluate the self and rise above that which is destructive. The Not-I's continue to tempt I on a daily basis, and sometimes win out, but like the grain of sand in the oyster – they are the irritant that create a pearl – a completed man. X

MITRA SENT this verse by Rumi

**IF YOU COULD GET RID
OF YOURSELF JUST ONCE,
THE SECRETS OF SECRETS
WOULD OPEN TO YOU.
THE FACE OF THE UNKNOWN,
HIDDEN BEYOND THE
UNIVERSE
WOULD APPEAR ON THE
MIRROR OF YOUR
PERCEPTION.**



**MAY I UNDERSTAND
WITH WISDOM
THE TERRIFYING BLISS OF BEING,**

AND MAY I DISCERN THROUGH GRACE

**THE MAJESTY OF THE GIFTS BESTOWED
IN MY HEART,**

**AND MAY I LEARN TO KNOW
THE ESSENCE OF GUIDANCE
THROUGH THE INTERNAL JOURNEY TO GOD,**

WHOSE LOVE IS OUR GIFT OF EXISTENCE,

WHOSE LOVE IS THE MIRACLE OF EXISTENCE.

**LOVE AND BLISS TO ALL, LET THE PARTY CONTINUE,
ZENA**

WHAT IS THE OBSTRUCTION TO TRANSFORMATION?

BY RHONDELL

1. WHAT AM I?
2. WHAT HAS HAPPENED TO ME?
3. WHERE AM I AND WHAT'S THE PURPOSE OF BEING HERE?
4. HOW HAVE I BEEN SEEING IT?
5. WHOSE ESTATE IS THIS?
6. WHO OWNS EVERYTHING HERE?
7. WHAT'S GOING ON HERE?
8. WHAT HAVE I BELIEVED WAS GOING ON?
9. WHAT HAVE I BEEN DOING?
10. WHAT CAN I DO NOW?
11. WHO CAN I DO ANYTHING FOR?
12. DO I FEEL REQUIRED TO DO FOR THE HOST OR DO I HAVE THE PRIVILEGE?

BIGGER PICTURE



From a magazine ad selling TV monitors.

A LITTLE CONFUSED IN CYBERSPACE?

MOSTLY BECAUSE of the internet, including our several sites and Marsha's great site, we have many new readers, and I don't even know how many, because I've heard from some that they prefer reading the online version, so aren't on the mailing list. These people are from the US, Canada, Europe and South America. Isn't this amazing?

While it's just about the only way I can think of "to make the Picture of Man available to the entire world, without promoting it, of course," it does have its drawbacks. Because so much material is available, and people can pore over it in any order they wish; and because surfing the sites is a soli-

tary activity, there can sometimes be confusion.

If you were to have wandered into a school firmly on terra firma, you would have been given the very basics. You could ask questions, get clarification in "real time." You could come back in, say, a week or a month, and you'd be given what you need next (not necessarily what you want next).

I've heard from several who are confused. May I offer a way out of the fog? Just take one simple idea that you do understand, and work with only that. Put the rest of it aside for a little while.

For instance, you will read on the sites that the essence of the material is this: "Keeping the

mood up and not making anything important." Maybe you could just hold this thought for a day or a week (or five minutes) and see what responses and/or reactions it elicits.

You can watch just the Picture of Man video a few times, then take just one Not-I, No.2 "Sticking up for rights," and watch this in others first and then yourself, for a day or a week (or five minutes).

I have an idea for a study guide. I'll let you know when it's formulated.

You are so welcome into this large (and very spread out) group. Keep the correspondence going, and feel free to call. And, you really can be free to be confused. It's okay. ✕

BULLETIN BOARD

POM & THANX STAMPS



WOULD YOU like to help fulfill Rhondell's request that the Picture of Man be made available to the whole world? One way you can spread the Good News is to use these postage stamps on your bills and correspondence. Who knows who might see it?

I've re-done them to be crisper and they are much clearer than they look here. Available in magenta, green, purple, blue. The ThanXLife stamp colored as shown. Please let me substitute a color if I'm out of stock of the one you requested (say so if that's not okay).

Cost is an outrageous \$1 per stamp, we make no profit on this one. Order as many or as few as you wish. If you order three or more sheets, I'll make them any color you wish.

RHONDELL TRANSCRIPTS Our friend Marsha Summers has lovingly transcribed hundreds of hours of workshops, and Jason has brilliantly installed a search engine. Many have found it to be a magnificent resource. Go to www.marshasummers.com/innerman/sitemap.htm

EMAIL TRAVAIL Still getting hundreds of spams each day on AOL (because of all the sites). Mail I want to get is sometimes held up until the mail box is emptied. Also, some accidentally get deleted. Please email me at harmonyworkshop@earthlink.net where I don't have this trouble--yet.

BACK ISSUES of years of newsletters (this one as well as *Awareness Journal*; *Sophia*, *Creating a Soul*; and *FTE*;) are now on line. Go to www.THEWAYofIntelligence.com

THE WAY OF INTELLIGENCE ©2006 Harmony Workshop, Inc. Christine Thompson, editor. May be freely copied and distributed if without charge and with attribution.

Reference Section

THE WAY of Intelligence

THE FOUR FORCES

INITIATIVE

First Force
Intelligence, Biological Factor, LIFE

RESISTANCE

Second Force

Always arises to meet Initiative in opposition, as opponents in a game; not "bad" but seen so when the purpose of living is to be non-disturbed because Resistance may be uncomfortable. Resistance is required for anything to develop.

FORM

Third Force

The manifestation of the play of Initiative and Resisting, producing:

RESULT

Fourth Force

How the above are experienced,
What's done with/about it.

THE FOUR DUAL BASIC URGES (4DBUs)

LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, Pleasure	Pain, Discomfort
MENTAL	Attention	Being Ignored or Rejected
EMOTIONAL	Approval	Disapproval
WILL TO POWER	Being Needed Feeling Important	Feeling Inferior Feeling Useless

The Four Dual Basic Urges are not "right/wrong" or "good/bad" or "should/shouldn't". They are simply byproducts or side-effects of living, not the whole purpose of living. Because all humans are subject to all the Four Dual Basic Urges, when they are made the whole purpose of living (unconsciously, beginning during the uncomfortable birth process) they have to result in conflict--one wants all the "gain" side and none of the "escape" side, and this is not possible on planet Earth. THE WAY of Intelligence is not to self-improve by rejecting them; The Way is to observe self and one's reactions to them, checking to see if they are the purpose of living--or not. They will come up and can be ignored if one chooses.

THE FOUR QUESTIONS

WHAT AM I?

WHERE AM I?

WHAT'S GOING ON HERE?

WHAT CAN I DO, IF ANYTHING?

THE FOUR GREAT GAMES

that operate by suggestion:

POWER POLICIES--Decrees what's "in" and "out"

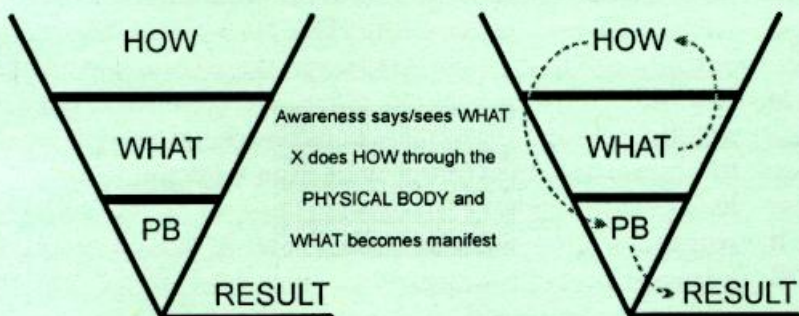
MEDICAL ARTS--Decrees what's "normal" and "abnormal"

THEOLOGY--Decrees what's "good" and "bad"

BIG BUSINESS--Decrees what's "pretty" and "ugly"

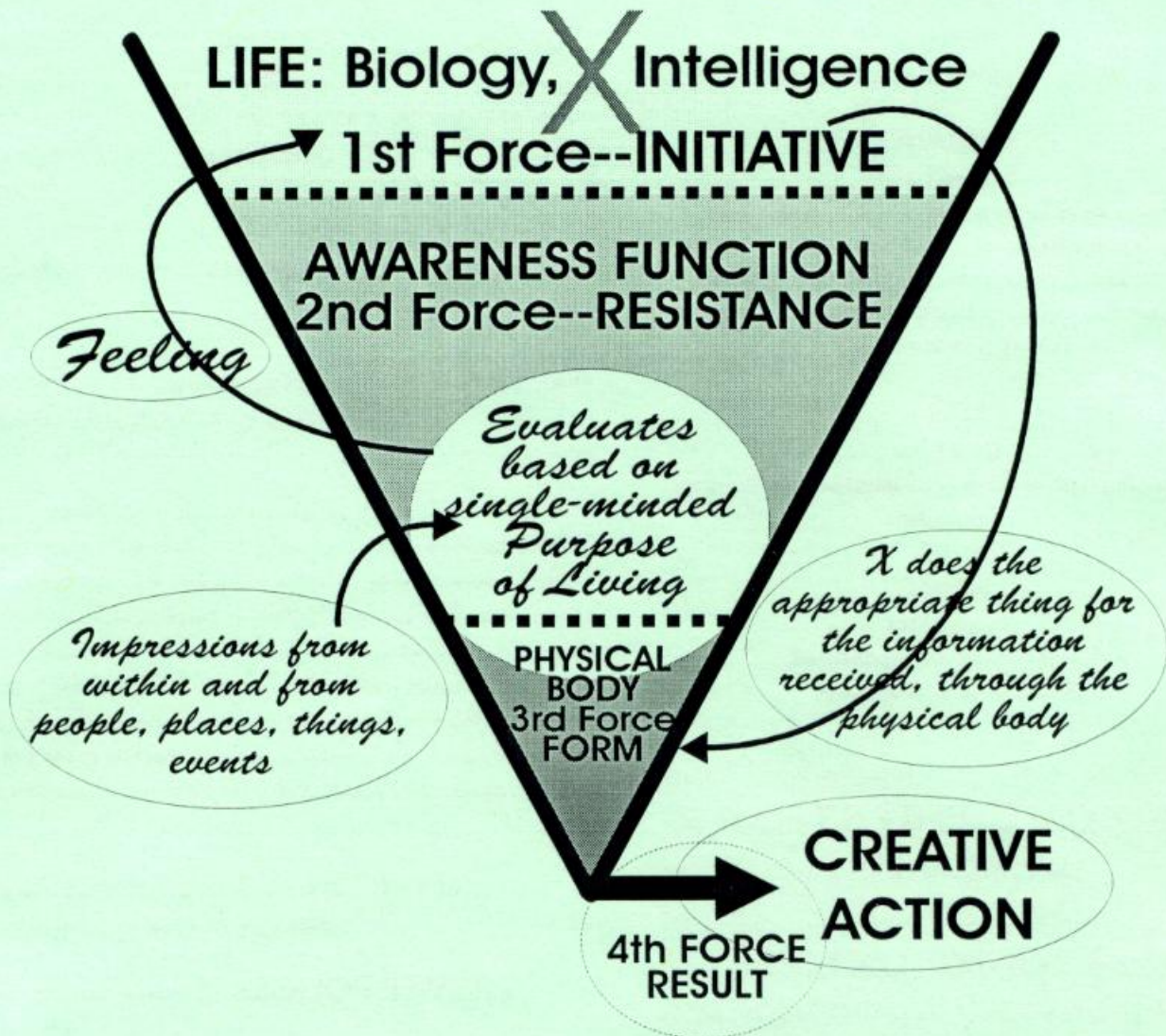
Definition of SUGGESTION: a threat or promise;
anything presented with a threat or promise

A human being is 100% SUBJECT TO suggestion
100% of the time,
but can be free to ignore it.



THE WAY of Intelligence

THE PICTURE OF MAN as designed to function

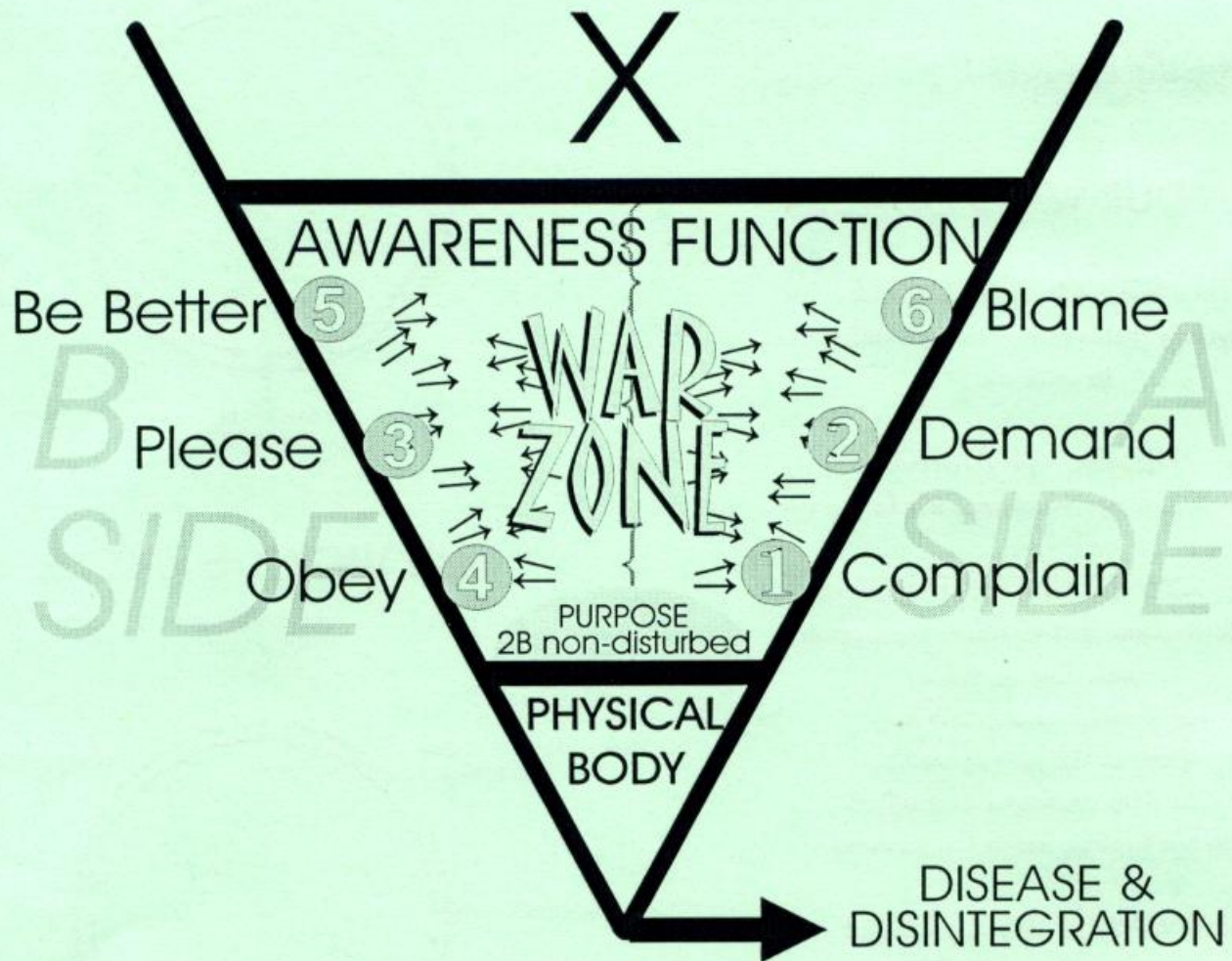


A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is there which cannot yet be precisely defined. Next is the AWARENESS FUNCTION, which is the senses but more than the senses when developed. A developed Awareness Function is more than the "programming" of the brain, it determines feelings. The third aspect is the MOTOR FUNCTION, the PHYSICAL BODY through which life is lived. The fourth aspect is the ACTIVITY of the whole.

When a single-minded purpose is the foundation of a person's life, there is no conflict and he or she functions with all aspects in harmony. The person is at ease.. The Awareness Function receives impressions from within and without, from other people, places, things, events. It forms a feeling about those impressions which it does not choose to ignore, and the feeling is in tune with the purpose of living. The feeling of Awareness is a medium of communication with the Life Force, X, which responds appropriately through the Physical Body to the information received, and Action ensues.

The Way of the World

THE PICTURE OF MAN
with purpose of living to be non-disturbed



Few people function as the human being was designed as in the previous diagram. When an infant is born, the trauma of leaving the non-disturbed uterine world is reacted to with a feeling that the whole purpose of living is to regain the non-disturbed state. That decision becomes the attitude and action from then on. As he grows, the child makes more decisions as to how to gain his purpose of non-disturbance. He complains, which works for an infant. When one day this fails to work, he sticks up for his "rights", or demands non-disturbance. (These begin the A-side of the Picture of Man.) Eventually he finds that pleasing people sometimes gets him his way. (This begins the B-side.) At this point conflict sets in. He wants to cry "but" feels he "should" please. Then he sees parents, teachers, others as authorities. This is understandable for a child and helps

keep him safe. It is not adult behavior, however. The continual conflict between what he wants to do and what he "should" do (conflict between A-side and B-side) intensifies and he feels if he would improve, things would be better. This doesn't work, either, and he blames everyone and everything for his disturbances, living in conflict, except when distracted. Conflict is felt by the Awareness Function to be an emergency. This false emergency is communicated to the Life Force, X, which always does the appropriate thing FOR THE INFORMATION RECEIVED, in this case supplying energy to fight or run. If this mobilized energy is not used in violent activity, it disintegrates the body; using emergency energy in a non-emergency is unusual behavior; neither is harmonious living. Eventually disintegration ensues.

Anything I or another ever have ever done, am/is doing, or will ever do, is felt at the time of doing to be right or proper or justified.
Check it out.

I live in what I radiate.

THE FOUR WAYS OF MAN

THE WAY OF THE JUNGLE

Kill anything that is in front of me and about to interfere.

THE WAY OF JUSTICE

"An eye for an eye"--not your life for an eye.

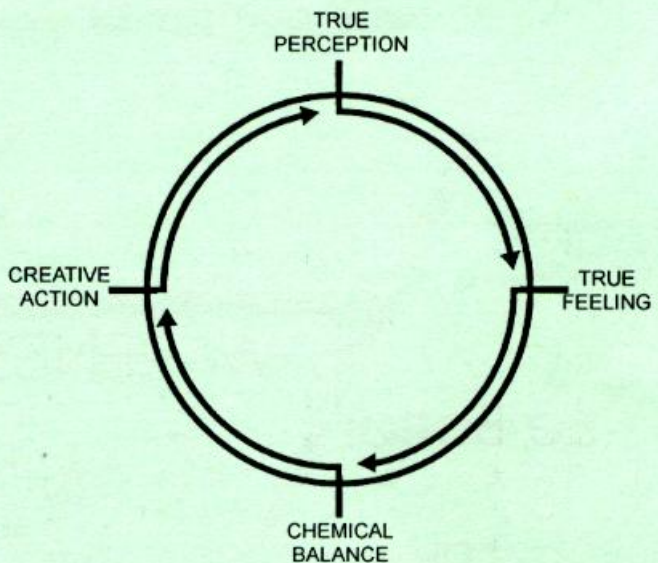
THE WAY OF UNDERSTANDING

Understanding that whatever any person including myself has done, is doing, will do, is felt at the time of doing to be right or proper or justified with the light he has at the moment.

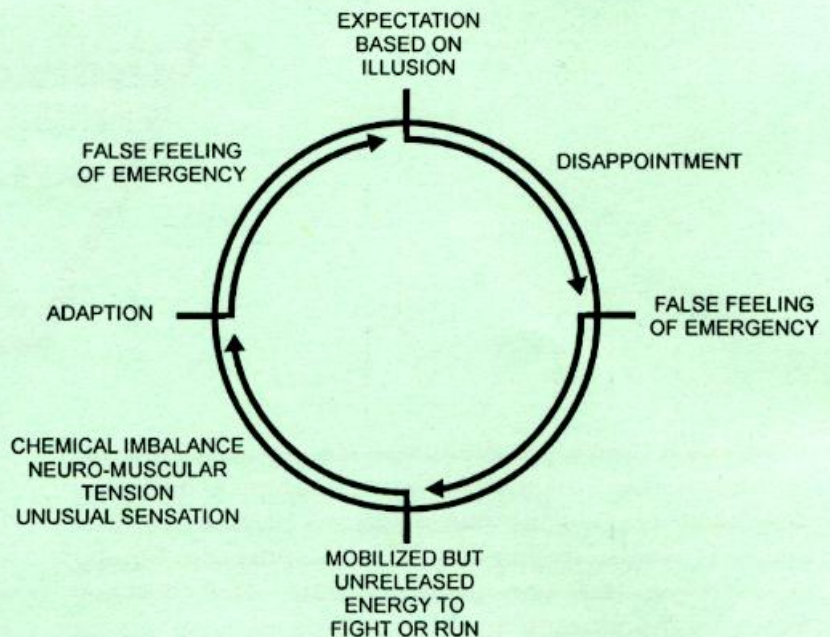
THE WAY OF INTELLIGENCE

Aware of the Purpose of Living, and the will to do it-- knowing what I am, where one am, what's going on, and what I can do.
In charge of my inner state.

THE LIVING CYCLE



THE VICIOUS CYCLE



PLEASE NOTE: If you do not understand or have any questions about this information, please do one or more of the following:

go to www.pictureofman.com

and read the material there and view the animated, narrated PICTURE OF MAN video lecture;

go to www.rhondell.com and order "Who's In Charge of My Inner State?" or any other book or tape listed there;

request back issues of newsletters from Harmony Workshop at

314-C East Broadway, Glendale CA 91205 (please send postage);

or email christine@harmonyworkshop.com