



THE WAY of Intelligence

Spring 2011

Letter from the
HW Staff

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to Christine

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Dear friends,

We begin this letter with feelings of profound gratitude and love for our Friend, Christine, who left the Big Party the end of July, 2010. Many of you wrote letters revealing how much she was in your thoughts during the months of June and July, whether you were in the USA, Ireland or on a mountain top. Your letters expressed feelings of affection and appreciation to Christine for her continuous gifts of kindness, attention, insight, consideration and continual reminder that *All is Well*. Several letters are included in this newsletter and are printed with permission. If you would like to write a letter of thanks to Christine, please email or mail to Harmony Workshop. If you'd like your letter to be included in *Christine's Book of Thanx* (which can be found on the Harmony Workshop Website) or the next newsletter, please let us know. We're happy to include your name and e-mail if you wish.

~

For over seventeen years, during the time Rhondell was at the Big Party and after he left, Christine made a promise to him that she would keep the material available to the public. Christine fulfilled her promise, keeping the Work alive, transforming it into many vital creative forms. One of which is Harmony Workshop's Newsletters.

If you would like to visit <http://harmonyworkshop.com> and click on the link *The Way of Intelligence*, you'll find multiple archives of newsletters our Friend penned, typed, edited, designed, printed, mailed, eventually scanning each one and finally placing them on the Internet.

Each newsletter, whether it consists of *The Way of Intelligence*, *Awareness Journal*, *Sophia - Creating a Soul*, *Wisdom Journal*, or *Free to Experience - A Newsletter for Awareness*, contains a complete, comprehensive guide to the Work. If one is on a quest and questioning the purpose of living and

reads just one newsletter, there would be plenty of tools for experimentation. There's also a Reference Section providing the Picture of Man as well as Four Questions, the Four Dual Basic Urges, the Four Forces, etc., allowing the opportunity for Self-Knowing and Self-Remembering.

Explore the archives at your convenience! They are available twenty-four hours a day over the Internet and are filled with articles written by Rhondell, Christine, and fellow travelers. There are also Tool Boxes with a surplus of material to check out and so much more!

This newsletter – Spring 2011 – holds a collection of information from the Harmony Workshop archives. We do not take credit for any of the material you'll be reading. Our intent is to keep the Work in its original form offering your favorite articles, questions and answers, Reference Section, excerpts from our Friends, Rhondell and Christine, as well as other treasures found within the newsletters and other material.

In closing, there's much Work to be done for all of us. We, like many of you, miss our dear Friend more than words can express and are also aware that it is time to stand up and live.

We would like to inform our readers that the next newsletter will be dedicated to the Picture of Man. Therefore, if you have a favorite POM article and/or diagram within the archives that you'd like published in the upcoming issue, please send it to the Harmony Workshop address or email by June 15th. You're also encouraged to send any article of interest, a story or poem you wrote -- they are all welcome. And... if you have a study group that carries an invitation for others to inquire about, please let us know.

We look forward to hearing from you.

In friendship,

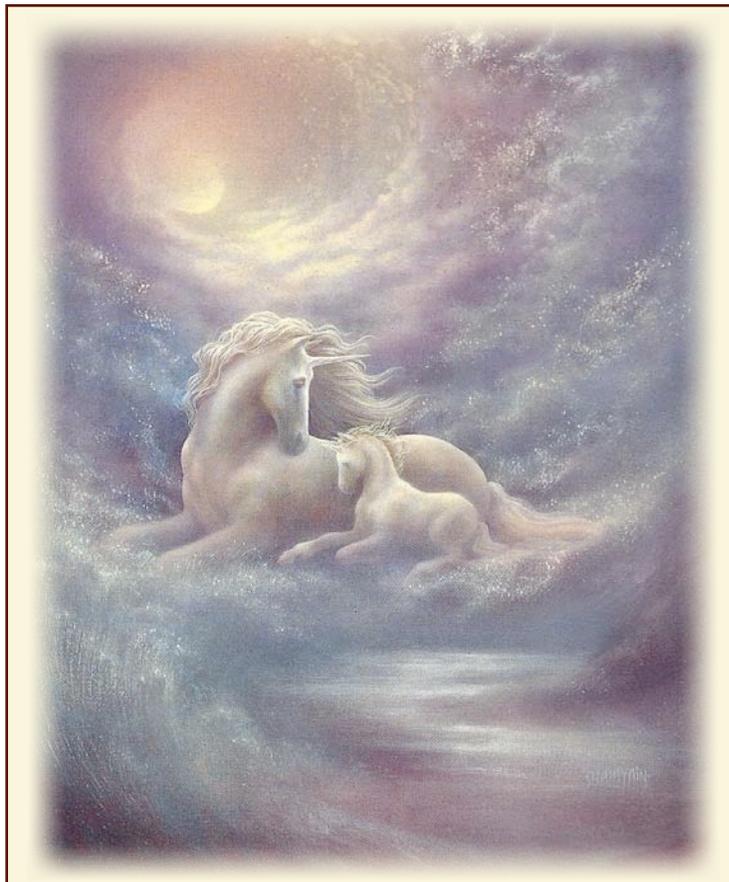
Your fellow travelers – Gary, Trish, Cindy, Luz and Robin

HarmonyWorkshop@earthlink.net

Christine's Book of ThanX

After Christine left the Big Party, a group of friends got together and sent out a little note inviting others to write her a letter of thanx. We have since learned that there are some of you who did not have a chance to write a message celebrating Christine's Life. Please know there's still time and a letter can be sent to the Harmony Workshop email or office address. So if you're bursting with gratitude for our Friend, please send your stories, memories, poems, photos, whatever is in your heart, and with your permission, we'll include it in *Christine's Book of Thanx* which can be found on the Harmony Workshop webpage.

Below you'll find a collection of letters for our Friend who reminded us at times that when a student is ready a teacher appears.



Letters of Thanx to Christine

When I met this beautiful young woman those many years ago I knew that this was a unique and wonderful person. I saw a seeker of truths with unending energy. Long before she ever heard the phrase “What am I? Where am I? What’s going on here? What can I do?” that was the essence of her quest.

Over the years of her journey she sought out those answers by reading books (over 2000 in her library), taking classes at the local college, attending seminars and many, many meetings. None seemed to answer the questions.

Then one day at one of those many meetings she met a teacher of a different kind. On that day she found the path that would shape the direction of the rest of her life. After the meeting Christine and I had a private session with this amazing teacher, Rhondell (aka Dr. Bob). He listened to her endless questions and patiently answered them. She went away with a list of studies and went to work doing “The Work”, the rest is history.

At the core of the teaching was the “Picture of Man” (POM), a simple but amazing diagram. With this diagram and other basics from the Work, she could finally understand what was going on here. She had the answers! Her life was changed. She made up her mind that others must find these answers. She partnered with Rhondell to create a series of newsletters and in the end forming a not-for-profit corporation Harmony Workshop Inc.

Through Harmony Workshop and her many friends in the Work she was able to touch the lives of countless people. Many of them have contributed to this Book of ThanX. Thank you.

I have no way to express the loss I feel, but I know that she has begun a new adventure, a new set of questions and answers. Because that is the way she was and the way she IS.

My dear Chrissie, I will miss you greatly. I am so proud of you and all your contributions to Life.

Love, Gary

A Book of ThanX Christine Thompson

June 9, 1945 - July 31, 2010



November 3, 2010

“The truth shall set you free.” How easy it is to deceive the self, and how freeing it is to feel this truth, even if it is only a glimpse.

It began with a simple piece of paper folded three ways, unsealed, in my mail box, stamped, addressed to me, which said inside: “Who Is In Charge Of My Inner State of Being?” I knew I had to find out, and I found that not one person in that room of fifty, had I ever seen before and was unable to find among the many seekers I know not one who received this missive.

This was in the early 80’s and this remarkable woman (and the most beautiful I had ever seen) met my mind, as she waited for Rhondell who was seeing someone after the meeting, and as I waited for my husband who was attending a medical meeting in the same building. So perfect and so mystical. We were to be in touch by pen or phone until the death of my husband and of Christine, which occurred thirty days apart.

So what happened? Everything, all, you who read this know that you and I will never be the same again for we See and will keep on Seeing until we, too, go with our beloved Christine.



Georgia Hagood ~ Chattanooga

Christine,

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I was naked and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.

Matthew 25:35-36

In deep gratitude,
Greg Yarmesch

My Dearest Christine,

There is a state of Love beyond Love's description. However, we must attempt to find the words and share them. This very living knowing presence is perhaps what may have called us into friendship. I am so grateful for the joy of our hearts speaking very clearly, directly and sweetly.

Among many of your loving contributions, we are all touched by your amazing and beautiful works of art on *Chez Christine and Sanity Island*. Creativity is just one of the ways that we are touched by your loving heart. I deeply thank you for the gift of your mentorship in learning to build on Second Life. You literally fanned a spark into a flame of creativity and clearly demonstrated the metaphor of the unlimited potentials in life.

I cherish my sweet little fairy wings as I know others do as well. And I laugh just thinking about the day I was standing in my Second Life front yard and saw something coming from up in the sky. It's a bird, it's a plane, no, it's Christine coming in for a landing on her flying horse!!! I was a newbie then and giggle at myself trying to make room for the horse and Christine and not to get under hoof!!! What a sense of humor and what a great host!!!

“The work” continues and I'll always celebrate the rare and timeless gifts of knowing you.

oxo

I Love You Always,
Judie Allen
(WV)



ThanX Christine for keeping a promise. As you wrote in an email to me, “I am merely keeping a promise, and it’s my pleasure and privilege to do that.”

I feel the freshness, clarity, energy, vitality of Christine’s insights shared, the experiments offered, the instant agape/compassion received, the up beat humor! I feel Christine with this one now and I am filled with gratitude. A Treasure Chest of old Journals with many articles written by Christine arrived from Marsha recently. While many of them are already available on Christine’s website, Greg and I are in process of reviewing them, and making those not already on her website available for all to read. I feel engulfed in her written words of experience and wisdom. I hear her voice and I feel her love. I feel an even deeper sense of responsibility to live and share The Teachings given to us by Dr. Bob and Christine, two Master Teachers. I aim to be of service as Dr. Bob and Christine were and continue to be to us. It is my pleasure and privilege to do that.

I love you Dr. Bob and Christine. Thank you for ALL your Gifts. Dorothy

I GIVE THANKS

© 1996 Siouxzen

For all the things I love to do
For all the things I see in you
I give thanks

For all the times I felt the sorrow
Wondering about tomorrow
I give thanks

For all the food that feeds my soul
For music that makes the pieces whole
I give thanks

For all the creatures in the sea
For birds in air whose souls fly free
I give thanks

For all the eyes I dared to meet
For all the kinfolk in the street
I give thanks

For elephants and teddy bears
For living longer than gray hairs
I give thanks

For friends like you who see with me
As Life reveals what's yet to be
I give thanks

Habe dank', Merci Grazie (tanto)
Arrigato, Mahalo, Thank you

For all the times I got it right
For all the memories of the light
I give thanks

For birds and bees and unplanned kids
For all the guys I never did...
I give thanks!

For all the times I never died
For all the lives I lived and tried
I give thanks

Habe dank', merci, grazie tante
Arrigato, mahalo, thank you

For Sky above and Earth below
That teach me what I need to know
I give thanks



To Christine

Angel like no other

You didn't shelter me
You didn't console me
You didn't cry with me
Which didn't mean you didn't understand
God only knows the depth to which you DID understand
You didn't dry my tears with sympathy
You didn't try to help me justify, or blame.....no
What you gave me was an idea

Which involved a towel!
Yes, a bath towel, a bathtub, and the rage and pain of the NOT I's
(And anyone who has done "the towel exercise"
may smirk and giggle knowingly now)

Because after all the bathtub beating, came the tears
Came the laughter, came the knowing that "I" am fine
In the harsh light of that bathroom, suddenly, the embracing light
of X
Fury, pain & tears in one moment
Mad, raving tears of laughter in the next
And there "I" was! Alive, living, breathing!

I love you Christine
In the short, short time I knew you
I knew one thing for certain
(Over & above everything you taught me)

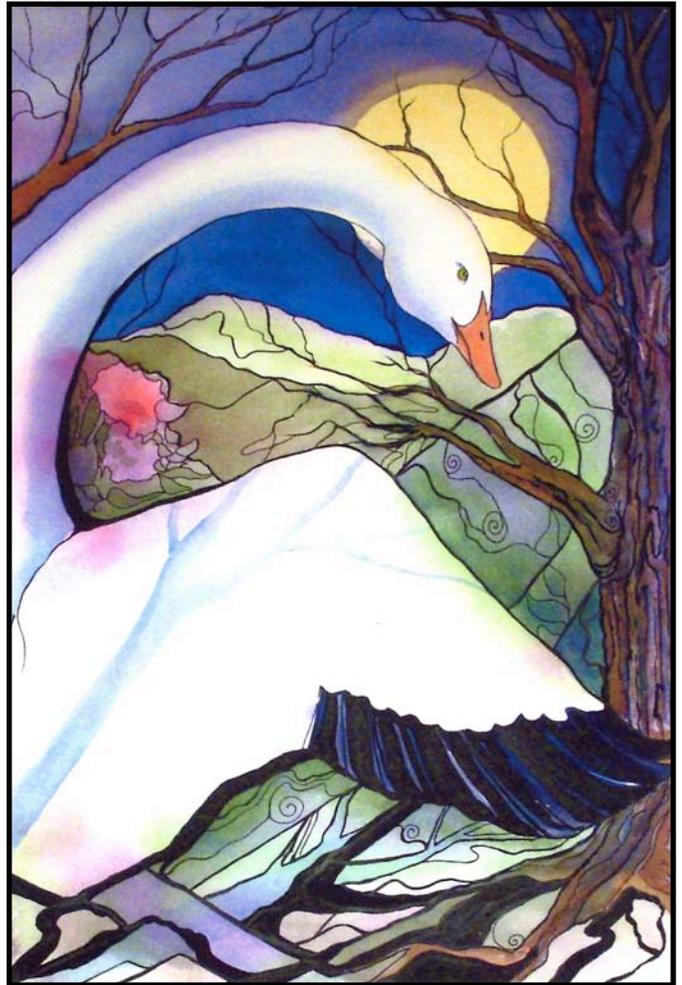
And that is....
That I wanted to know you more.....

And I do wish you hadn't left the party so early

I thank X daily for
the opportunity
the lessons
and especially
to have known you.

Angel, like no other.
I will never forget you Christine.

Janey Element
aka Ellamint Slingshot!



The Goose Goddess Series II -
Mysterious Light
By Pattie Brooks Anderson ©2009
Sent by Nancy Keren Herzberg



My friendship and love for Christine and Gary go back a long way. In the mid 70's we met at a Teachings class given by one of Dr. Bob's pupils. At that time we didn't know the Teachings material came from Dr. Bob, but it was eventually made known. We then met Dr. Bob and were quickly enthralled with him as we had been with the Teachings.

A favorite story occurred when Dr. Bob gave a week-long Christmas workshop at a hotel in Santa Ana, California. I had reserved a large suite at the hotel, and invited any attendee to stay there. An invitee equipped the suite with a large Christmas tree. In the evening, I was surprised to find a box containing a Christmas tree ornament with a large X on it outside the door. A note on the box indicated it was for me, but the giver was anonymous. After a while I discovered the gift was from Christine and Gary who were also staying at the hotel in another suite. We remained very close.

Christine put her time, energy and heart into the Teachings work and freely contributes her gifts to working with others. Her gifts include her ability to communicate the Teachings material understandably, simply, and entertainingly and, the ability to make everything "Just fine."

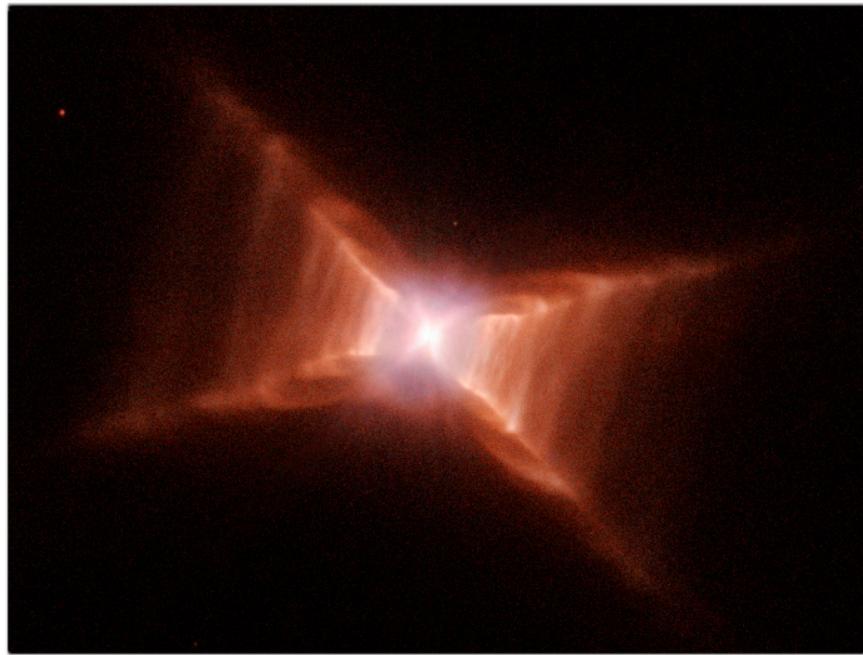
ThanX, Christine.... Neil



Excerpts by Rhondell

Headlines

- A conclusion refers to an ending. To form a conclusion is to end all awareness about all situations that associate with what the conclusion is about.
- Would this be referred to as being mechanical?
- Is being mechanical about as different from a spiritual being as being **different** is possible?
- To look at something without associating that something with something already known, is to see that something new and fresh, to really look at, to allow creative being.
- This comes into being somewhat with seeing what I am. What “I” refers to; in a state of self-knowing.
- This is one aspect of being reborn. To be fresh every moment, to be responding to something without conditioning.
- Conditioning is responding to this as though it were that; now as though it were then.
- To be awake for a moment to the mechanical associating and thus allowing it to come to an end. This can be called spiritual living. Every moment is the response of spirit to the moment. Instead of the reaction of conditioning to something similar in the dead past.
- To be in this state is to be creative in relationships, to be a light.



Excerpts by Christine

The Vicious Cycle

- A magnificent attribute of Life, adaptation, is both taken for granted and gravely misunderstood. Life always responds appropriately to the evaluation by Awareness of impressions.
- Feeling is the medium of communication between Awareness and Spirit.
- Life is always working toward maintaining optimum function of the physical body. When certain internal chemicals, for instance, get out of balance, adjustments are made toward balance. When the body is exposed to very cold climate, adaptation metabolizes energy differently to accommodate the change. Exposure to hard manual labor will cushion the hands with a callous in order to protect. And so on.
- When Awareness communicates to Life that there is an emergency at hand, whether real or false (based on misconception), extra energy is provided to cope with it or to fight or flee. In a real emergency the person will do one or the other, using the energy provided, exactly, and thus balance is maintained.
- When there is no emergency in reality, but the Awareness perceives that current circumstances do constitute a dire situation because, usually, something painful may be about to occur, or some pleasure is within reach and may be lost, the energy to fight or flee is provided just the same.
- Impressions are evaluated as threatening the Purpose of Living, as emergencies. Since non-disturbance is not an accurate purpose of living (mankind was designed for something else), these so-called emergencies are false.
- Life believes its partner Awareness and responds to whatever it reports.
- If our purpose of living is to gain and escape, one may be erroneously but effectively perceiving emergencies all day long. Energy to fight or flee is provided but *not used because there is nothing to fight and nothing to flee.*

- What happens to all this special, extra, emergency energy that is floating around in the body? It must go somewhere, it must be used somehow. Awareness automatically perceives this situation, reports it, and Life responds by finding a way to use it up.
- This extraordinary using up of the emergency energy will be experienced two ways, depending upon the person and/or circumstances: either unusual behavior (violence—binges) or unusual cellular activity. Unusual cellular activity is experienced as symptoms. Symptoms are always an indication that Life in Its wisdom is working to restore balance to the body. Symptoms are always a reminder to check up on misconceptions that might have put us in a false state, so corrections can be made.
- Symptoms are not bad! They may be uncomfortable, but freely experienced will be gone in no time—Life is at work! People do the body a great injustice when symptoms are seen as an emergency situation (thus even more energy which has to be dealt with), and a great injustice as well when methods are used to banish the symptoms—the extra energy needs some outlet. Probably the most loving act you can do is to allow symptoms to be, to freely experience them. They are an indication of a great Power at work for your best interest.
- When we live by misconception we get into this vicious cycle. What we need is to see this and really accept it; to see what generated the symptoms (false emergency), and correct the false way of interpreting events.
- Adaptation, including symptoms, is a great gift. It is part of Life, part of Living. Work on your misconceptions, clearing them up brings strength, real health. When adaptation to improper nutrition, over-exertion, the loud and chaotic environment, and most especially one's inner state, occurs, be thankful you are *able* to adapt.



Reference Section

The Way of Intelligence

THE FOUR FORCES

INITIATIVE

First Force

Intelligence, Inspiration, 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 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 is free to ignore it.

THE WAY of Intelligence

THE PICTURE OF MAN as designed to function

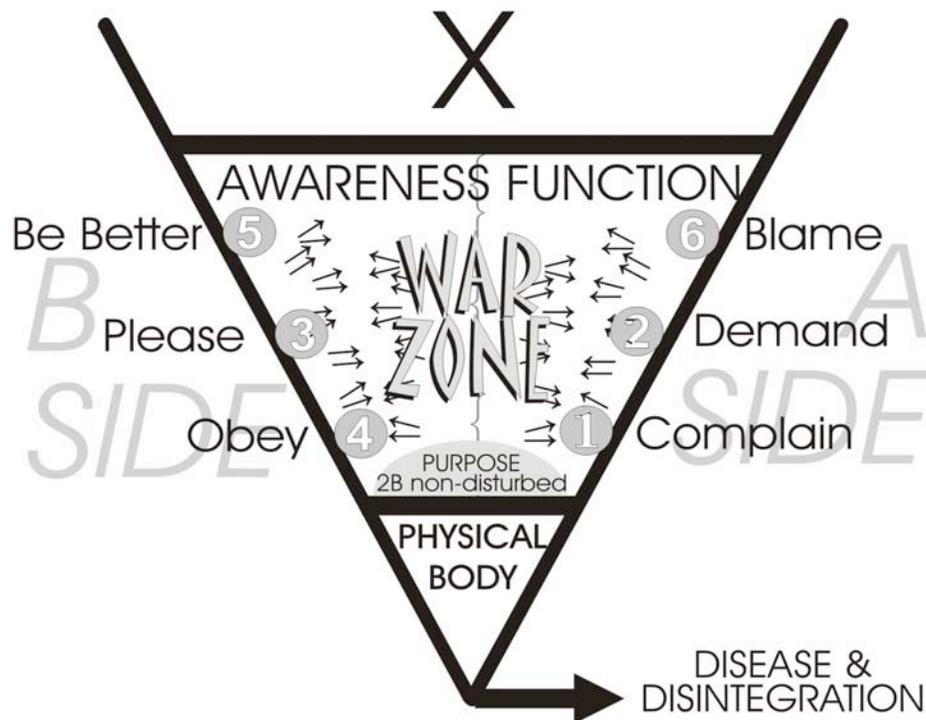


A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is 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 singleminded 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.

THE FOUR DUAL BASIC URGES

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 by-products 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 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 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.

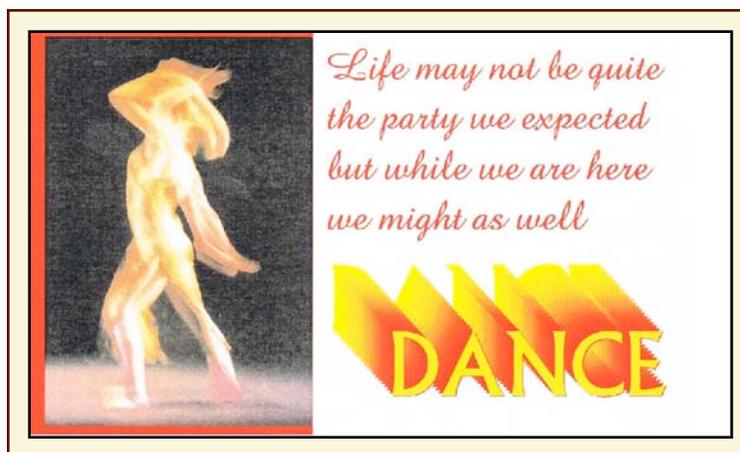
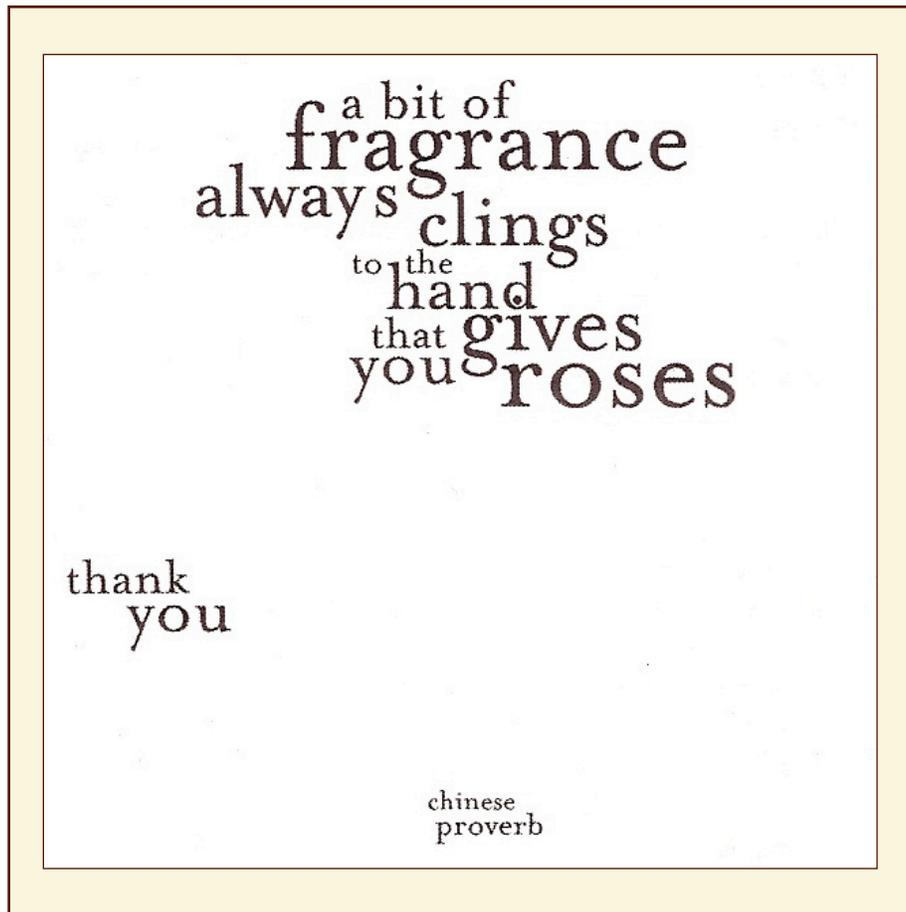
THE WAY OF UNDERSTANDING

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

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.



Favorite Articles

Thank you for sending in so many wonderful favorites. Please continue to do so by either emailing them to HarmonyWorkshop@earthlink.net or by mailing them to the Harmony Workshop address on the back of the last page. Also, let us know if you'd like us to include your name and email address.

Leon Chattah 's favorite newsletter is - THE WAY of Intelligence, Vol. 1 No. 1, January 2001
Leon writes that the first newsletter has been his "all time favorite" and that he often finds himself going back to it, finding "new truths, new realities, new ways to transform my daily action with a sharper awareness and simplicity." Leon has asked that we include his contact information:
Leon Chattah, lchattah@pol.net

THE WAY of *Intelligence*

For ages there has been a way for mankind to reach his potential, to live in a true culture rather than the frantic civilization that passes for culture. Threats and promises rule the world, most people are engaged full time in eking out a living, and in the more modern parts of the world, in paying for distraction. In "olden times" anyone who questioned this sorry purpose of living would have had to work hard to find a guide, and who knows with what success.

It doesn't take much observation to realize that the vast majority of civilization lives in ignorance, despite the availability of "information" about every conceivable subject. Most live to gain pleasure of every kind, and to escape discomfort of any kind. Hardly any action is done with any other purpose. (Don't take my word for it, start checking this out in others and then yourself.) Mankind has such a nobler purpose than merely showing just how sophisticated mammals can be! How intelligent is that? But who could know what to do, unless they were guided?

In the last century, several guides appeared and changed this. They opened the secret chambers and made THE WAY of Intelligence available to any and all.

When practiced, THE WAY of Intelligence creates a culture within civilization. In this culture, people do not participate in warfare, or in competition, its polite counterpart. They do not identify with the titillations and horrors projected at them continually. They don't obsess about their pretty selves, they're much more interested in the bigger picture. They do not squander their energy and ultimately their lives feeding inner turmoil, "what ifs" and "if onlys", they accept "what is" gracefully, and make changes out of love, or even just for the fun of it, never because they see change as important. They take responsibility for their inner state and for their actions. They are not greedy or fearful, and thus are immune to suggestion promoted by institutions and anyone else wanting control. They know what they

are, spirit having a human experience. They understand that both resistance and change are the nature of life on Planet Earth. They know themselves, and they remember themselves.

How many people do you know who live THE WAY of Intelligence? The basic information in this newsletter has been given to us by a guide, in hopes that we would help to develop and participate in a real culture, that we would stop ignoring our intelligence and begin to use it.

The principles outlined here are for those who are willing to grow up—the long childhood of the human race is obsolete. Times are as challenging as ever, if not more so, because everything seems to be flying by so fast. The necessity to awaken from the sleepy childish behavior of our collective youth has never been greater.

The method is available for the taking. It's on the Internet, it's on the airwaves, it's in publications. But it needs to be used, not just read and talked about. To ignore it is as though someone prepared a beautiful meal for a totally malnourished person who refused to eat it because he or she preferred candy.

But to use the material does not mean to believe it—in fact don't believe a thing you read here. If it sounds interesting, check it out for yourself. If it works, and you work it, it's yours. If not, discard it.

If you've been around this material for years, you know that times have changes, a space has been made for those willing to grow up to do so. The time of dependency – childhood—is over. It is time to contribute.

The purpose of this newsletter is to outline the principles of THE WAY of Intelligence for newcomers and to provide a place for those who want to contribute to a culture to be in touch. We will publish mail as space permits. Welcome!

ThanX Life!!

www.thanXgiving.com

Cindy, Harmony Workshop's Office Manager, from Pasadena, CA sent in
Ballad of a Runaway Horse - Volume 1 No. 2, pages 6-9, *Sophia*

Ballad Of A Runaway Horse

August/September 1994

Sophia ~ Creating A Soul

Cindy Swenka's (Harmony Workshop's Office
Manager) Favorite

Say a prayer for the cowgirl, her horse ran away
She'll walk 'till she finds him, her darlin', her
stray

But the river's in flood and the roads are awash
And the bridges break up in the panic of loss

And there's nothing to follow, nowhere to go
He's gone like the summer, gone like the snow
And the crickets are breaking her heart with their
song

As the day caves in and the night is all wrong

Did she dream it was he, who went galloping
past

And beat down the fern, broke open the grass
And printed the mud with the well-hammer shoe
That she nailed to his speed in the dreams of her
youth

And although he goes grazing a minute away
She tracks him all night, she tracks him all day
And she's blind to his presence except to
compare
Her injury here with his punishment there

Then at home on a branch, on a high stream
A songbird sings out so suddenly
And the sun is warm and the soft winds ride
On a willow tree by the riverside

Ah the world is sweet and the world is wide

And he's there where the light and the darkness divide
Ant the steam's coming off him, he's huge and he's shy
And he steps on the moon when he paws at the sky

And he comes to her hand but he's not really tame
He longs to be lost, she longs for the same
And he'll bolt and he'll plunge thru the first open pass
To roll and to feed in the sweet mountain grass

Or he'll make a break for the high plateau
Where there's noting above and nothing below
It's time for their burden, the ship and the spur
Will she ride with him or will he ride with her

So she binds herself to her galloping steed
And he binds himself to the woman in need
And there is no space, just left and right
And there is no time but there is day and night

Then she leans on his neck and whispers love
Whither thou goest, I will go
And they turn as one and they head for the plain
No need for the whip, oh no need for the rein

Now the clasp of this union, who fastens it tight?
Who snaps it asunder the very next night
Some say it's him, some say it's her
Some say love's like smoke, beyond all repair

So my darlin' my darlin' just let it go by
That old silhouette on the great western sky
And I'll pick out a tune and they'll move right along
And they're gone like smoke and they're gone like this song
Say a prayer for the cowgirl



“She’ll Walk Till She Finds Him”

When I first heard this song sung by Emmylou Harris, I was so taken with the way she sang the line, “Whither thou goest I will go,” which I mentioned last time. As I replayed the song again and again and learned the words, I was struck by their several levels of meaning, if one chooses to see it that way. And I was amazed at the songwriter’s craft... I kept thinking of the Sufi poet and teacher Rumi and his way of conveying the spiritually human and the humanly spiritual, his way with words about passionate Love. I think this songwriter may be a modern-day Rumi...

On one level, of course, is a description of the feelings of a girl or woman toward her beloved horse. Maybe you have a horse, or know someone completely infatuated with hers. I have seen this kind of obsession of a friend of mine and her horse, and the unique bond between women and horses is well known.

Then there is the next level of “love” in general, or deep love, anyway, between a man and a woman. The friction, anxiety, anticipation, tension, union, absorption, retreat, reunion, they’re all here. The man is there... and then he pulls away. It is inevitable, it is his nature. And, we hope, he is there again. The ocean is seen as feminine, our great Mother, and so is the moon, and thus tides, governed by the moon. But I think how the tides symbolize men... rushing up and then pulling away... to return again, always.

But what I saw most in these lyrics were lines that so aptly described the relationship we have with our Internal Lover, with Spirit. Women who read such things as Sophia may have experienced internal union, even if fleetingly, or long to, we know what we are, and that we are loved, and are love, and that we are complete. And then it is gone, as we are forlorn and alone... and yet, we remember, we will never forget, and thus we Know. And we long for the return of Union.

And when we are One, it is no effort at all. And when “He” has ebbed away, it takes great effort not to succumb to loneliness and unhappiness, maybe even depression... and alas, occasionally, despondency. Will he ever return? (Yes. And he stays longer and longer each time... eventually He is home here.)

“And the bridges break up in the panic of loss.”

Indeed, we need those bridges – our Work... and the panic IS loss, always. A Truth: that bridges break up in the panic of loss and then “the day caves in and the night is all wrong.”

“And although he goes grazing a minute away, She tracks him all night, she tracks him all day, And she’s blind to his presence...” Sad as these lines are, I almost laughed, it is so true. He is right there, a minute away... and yet we are despondent, or scurry around, frantic–blind to his presence. Sometimes.

“He’s there where the light and the darkness divide.”

Oh, yes... the HUMAN spiritual experience! It is right there between the light and the darkness... We forget this, we go flying through the air of our soul and seek upward, upward toward the light, and he is over there... on the very edge where the darkness and the light divide–and meet.

“And he steps on the moon...” If our feminine is symbolized by the moon, yes, He steps on the moon, she is His foundation, and reflects Him.

“And he comes o her hand but he’s not really tame, He longs to be lost, she longs for the same...” And that is our job, to tame Spirit, Who wants to fly, who is not accustomed to density and darkness and dampness, who wants His way right now. Who is not interested in limitations. And while certainly we don’t want to impose limitations, we need to tame the Wind, and channel It, into creativity.

“He’ll make a break for the high plateau, Where there’s nothing above and nothing below.” When we try to impose opposites, good and evil, off and on, black and white, yes and no, rather than see relativity, shades of gray, either and or, allow modulation, paradox... He’ll make a break for sure.

“Will she ride with him, or will he ride with her?” What is the difference? It is the same, they are One.

“So she bind herself to her galloping steed, An he binds himself to the woman in need, And there is no space, just left and right, And there is no time but there is day and night.” Is this not a picture of Union? There’s no space and there’s no time, but there is direction, and there is contrast, and I am and I am not, and I am nothing and I am all...

“Then she leans on his neck and whispers low, Whither thou goest, I will go, And they turn as one...” And this is her Purpose intact, whither thou goest I will go... And we are one.

And in between all these are lines describing Beauty and Nature and Life, and the great romp through it all...

And this is where we are. In a place where we know Union and we know the loss of it, where we long for His return, and where, if we are Wise Women, we will allow the longing, for the longing is the Way... And he will return, because indeed, He goes grazing but a minute away.

Alternatives to the Four Great Games

The Way of Intelligence – Summer 2008
By Christine

While planning our virtual Sanity Island, I needed to make the propositions of *The Way of Intelligence* as “3D” as possible. I wanted the island itself be an X shape, and thus had the perfect four spaces to work with (ever notice how these principles are all “fours”?)

Games are the nature of life activity on Planet Earth, and the Four Great Games “rule the world.” Here at *Sanity Island* we have no interest in ruling the world, we want only to be in charge of *OUR* internal world, so I thought I’d scale

down the games a bit, using their fun and interesting parts without the greedy all consuming purpose. Here’s what I came up with:

Instead of “Medical Arts” (which I notice today is sponsored by “the pharmaceutical research companies” or in my down home language, drug pushers), we have a section devoted to *Healing and Wellbeing*.

“Theology” has been replaced by *Reflection*.

Commerce and Entertainment is our vastly scaled down “Big Business.”

“Power Policies” hardly exists at all (we don’t want to control any one, or propagate any such thing as beliefs*, though I do have the “power” to banish

unsuitable visitors); instead we have *Education and Service*.

I think this covers just about everything, and seems not a bit threatening. No standards for living, no threats (or promises, for that matter), and lots of interesting things to do, and interesting guests to play with.

* *Don’t believe a word you read here, or any of our publications, websites or anything that’s said. Instead, take these principles as propositions and check them out for yourself. If they work for you, you have a new map; if not, feel free to toss them.*

We are IN the man-made world

A world of
Ideas

Ideals

Machines

Standards

Where we play games composed of
Players

Officials

Rules

Rewards or Penalties

We are OF the real world

A world of

Real living beings, no two of which are alike, no
two of which are in the same identical environment at
the same time.

Therefore a world where there can be

NO STANDARDS or OPPOSITES

for living beings

Only DIFFERENCES.

Favorite Articles Continue

WORKER'S TOOL BOX - *Free To Experience, Vol. 1 No. 2, From Trish - Harmony Workshop Website Manager*

Practice & Power

Very few people are really dedicated to the Work – apparently they don't see the value of it. They have other values. Those who do see the Work as valuable Work at it every day, as often as possible. One of the most popular articles I ever wrote contained a few dozen ways to approach Working in a practical everyday manner. Here's some more, by request.

- When you hear a loud noise, don't look toward it, at least for a moment. Put forth the effort to hold your head in its current position. Hesitate even a moment, then look if you wish.
- On a long drive, pick out the letters of the alphabet in the first word, in order, on the signs you pass. If it's a drive you take often, change it one day to blue signs only, another time multi-colored signs, and so forth. "E" is easy on the freeway (Exit) and "X" is almost impossible. Devise "rules" to compensate for this. (If you are actively engaged in this seemingly fruitless exercise, you will not be listening to Not-I's, you will not be replaying or rehearsing conversations from the past and future – your brain will be thoroughly engaged, and you will be bearing fruit!)
- When you are introduced to someone, make a point to note the color of his or her eyes. (From a book by Roger Dawson.)
- At the end of the day, retrace your every move. Do it in your mind or on paper. For instance, (1) Got up at 7:12. (2) Went to bathroom; got dressed. (3) Ate breakfast. (4) Drove to work. (5) Stopped at dry-cleaner's. (6) Greeted guard at work. And so forth, in all its tedious detail. Are there gaps in what you remember?
- Listen.
- When you are falling asleep at night, try to maintain that in-between stage between wakefulness and sleep for as long as you can. Listen to what you might hear there.
- Wear something you normally wouldn't be caught dead in. A wig, or a red garment, bell-bottoms. (Or do what someone I know did New Year's Eve—she wore—gasp—a tattoo, a small rose, of course, six inches above her knee so it showed when she danced. Did she get attention!) Allow the embarrassment you might feel. Don't explain or defend your new look.

-
- Order something you don't like from the lunch menu. Take at least one bite. Allow the resulting hunger (and feel free to stuff yourself at dinner if you want; or skip dinner, too).
 - If someone compliments you on something you secretly worry about, just say, "Thank you," and change the subject; don't give your usual disclaimer.
 - If someone gives you a gift, just say, "Thank you," and don't send your usual return gift or note.
 - When someone cuts you off in traffic or otherwise makes a stupid move, try to make eye contact and smile at them (this may be among the hardest things I have ever done; if looks could kill, half of L.A.'s drivers would be my dead victims by now.)
 - Listen.
 - Stop playing your favorite music for a time. (I did this for a month once and actually felt physical withdrawal symptoms.)
 - If such things embarrass you, ostentatiously buy all the tabloids at the check-out counter. Better yet, go in to buy only them, no groceries, and discuss them avidly with the checker.
 - Do not discuss politics at all for a time. A week would be a pretty good challenge. No matter how interesting the conversation, or how ridiculous the speaker may be, ignore the topic and change the subject.
 - Refuse to answer *any* "Why" question asked of you. If you are in a situation where some kind of answer is required (it seldom is actually *required*) think hard to work your response so that you are not answering "Why" but rather "What's going on."
 - Seriously and sincerely watch for all the subtle little ways you try to control people. If you truly do this, you will be amazed. Interrupting them, "helping" them pick up an item, your tone of voice, touching them, giving "advice," finishing their sentences, picking off their plate... there are a million ways we play the Control Game and aren't aware of it.
 - Listen.
 - Make a point not to agree with people. (You don't need to disagree, just don't agree.) See how this bungles the conversation.)
 - Encore, but well worth the repetition: Assign the number of the Not-I when you hear them coming out of your mouth or another's. Example: "God, it's hot in here." (No. 1, the Complainer); "How dare he say that!" (No. 2, the Sticker-Up-For-Rights); "I'll do it." (When you don't want to, No. 3); "We

weren't raised that way!" or "They say that's harmful to your health." (No.4); "I'm sorry!" (No.5); "It's not my fault," or "He should have done it." (No. 6) Dr. Dan Kirkham taught me this exercise. And it is a great piece of Work.

- Forgive yourself.
- Forgive your parents. (If you are still hung up on this one, like even some people I know who are pushing 50, make an inventory of all the awful things they did to you. Really go to Work analyzing each event; propose to yourself, as an observer, just how they might have justified the behavior. They *did* feel either right, or proper, or justified somehow, at the time. See if you can figure out precisely what their justification might have been. Then, after you have done this for a good while, see if you have ever used any similar justifications.)
- If you are fat, or too short, or have a nose you don't like, act for just one day in *everything* you do as if you were slim or tall, or gorgeous. Pretend that the "defect" has been corrected and go out and act like you would if it had been.
- Women: Make love as if you had the perfect body.
- Men: Make love as though no woman in the world existed except the one you're with and you have been assigned by On High! to be her servant.
- Try to hear your voice as though you were a new baby listening, or a foreigner who doesn't speak English, i.e., ignore the words, you can't understand them; you are just listening to the tone, the sounds. What is your tone telling everyone you talk to?
- See if you can rate your friends and others you meet throughout the day on the Tone Scale. (Apathy, Fear, Held Resentment, Anger, Boredom, Contentment, Vital Interest, Enthusiasm.)
- Call up someone you don't like, or a bore, just to chat. Or seek them out at the office, wherever. Give a gift of attention to someone you would rather never see again.
- When cornered by a bore, gaze into their eyes and look for the Spirit in there. Keep it up until you find It. (The bore will let you.) Try it with someone who's angry.
- Listen.
- Read signs and billboards out loud when driving.

-
- When in conversation, listen for what the other person *wants*. What are they asking for by talking to you? Make an effort to accommodate them, unless it is harmful (agreeing with them they are a victim is harmful; loving attention is not).
 - If you have some kind of minor pain, delay taking a pain-reliever for a while, or skip it altogether. Be hyper-aware of the pain, describing it, allowing it to be there (you don't need to go overboard—start small with this; you can work up to migraines and so forth with practice, but start *small*.)
 - If you are in the habit of chatting up every clerk and waitress, say not one extra word to them beyond what is needed to do your business.
 - Watch how often you say “my.” After some time watching this (a few days), train yourself to say “the” in place of “my.” And that goes for *everything*—the car, the job, the husband, the baby, everything.
 - Ditto “have to.” See if you can say “am going to,” instead.
 - Listen.
 - Say “No” without defending or explaining or justifying.
 - Say “Yes, I’d be happy to” to whatever you asked to do for a week (as long as it is not illegal – not to your advantage—or agreeing with someone they are a victim).
 - Make a list of all the people you have judged today. Write down your judgments and identify the standards you have set for others.
 - Be late on purpose if you are *never* late. Don’t apologize when you get there. (Or, you may apologize but don’t explain.) If you’re always late, commit to being on time for a week.
 - We are always playing a role of some kind: mother, father, spouse, employee, employer, driver, customer, etc. Most are unconscious. Identify and list all the roles you played today. See if you can play them on purpose. Do this for a week or so and see if you can add some.
 - Listen to how often you say you “love” and “hate” objects and situations. See if you can change these words to “like” and “dislike.” (Harder than you think.)
 - See if you played the victim role today.

While typesetting this list it occurred to me as I re-read it that it may look to new students, or to someone who has never met us*, like penance! It's not, really (but is a form of "atonement"), but is hard Work with a definite purpose, and so maybe a more detailed description of what is going on here is warranted.

The natural state of human beings is probably sloth, until a suggestion comes along promising reward or threatening pain, which will move most people. This is reinforced continually through conditioning, both from within and without. This automatic state is called in the Work waking or walking sleep. What the true student wants to do is first discover just how deeply entrenched he or she is in conditioning and reactive behavior and learn to pause and respond, not react, to situations, ignore suggestion, and gain strength, and ultimately real power.

Think of a rubber band just lying on a table. It is flaccid and useless, but you know that under certain conditions it has potential power that you could use if you needed it.

Now imagine picking up the rubber band and stretching it tight between your thumb and a finger. Every school child knows that it will move when released—the tension has created power.

These exercises can be compared to stretching the rubber band—your finger, say, is the way your conditioned self wants to go and your thumb is your new intention to oppose it with an unconditioned or conscious (chosen) aim in another direction. Rest assured, this will create tension—your conditioned self is very strong from years of practice; your intention needs to gain strength. The way to do this is to maintain the tension created by the opposing forces. (Tension is *not* the same as stress—stress is conflict; conscious tension is potential power.) Tension (and thus potential power) is maintained by Working every day on these little challenges, opposing the "natural" conditioned way the sleeper wants to go with a conscious intention to go in a new direction.

Anyone who Works at these seemingly petty things diligently will find considerable power at his or her disposal when it is needed—far more than the conditioned self could ever muster (outside of a fit of rage, destructive power.)

So no, the Work is not dreary, and certainly not penance, although I suspect the Wise Old Men of the distant past had this very type of exercise in mind before the idea of "penance" got crystallized by the institution.

If none of the above hints appeal, by all means make up your own, which is much more appropriate, anyway. The idea is just to observe how the Not-I and/or the physical body usually reacts to daily stimulus and intended to respond, instead, in a new direction, with the purpose of getting strong. The reason for a list is just to have a tool—if we have given it some thought beforehand, it is easier when the automatic reaction starts to have our list in mind. Have fun with it – the Work is, indeed, its own reward, you'll see.

* We really *do* like to have a good time, honest.

Why, who makes much of a miracle?

As to me I know of nothing else but miracles,
Whether I walk the streets of Manhattan,
Or dart my sight over the roofs of houses toward the sky,
Or wade with naked feet along the beach just in the edge of the water,
Or stand under trees in the woods,
OR watch honeybees busy around the hive of a summer forenoon,
Or animals feeding in the fields,
Or birds, or the wonderfulness of insects in the air,
Or the wonderfulness of the sundown, or of the stars shining so quiet and bright,
Or the exquisite delicate thin curves of the new moon in spring,
These with the rest, one and all, are to me miracles,
The whole referring, yet each distinct and in its place.
To me every hour of the light and dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth is spread with the same,
Every foot of the interior swarms with the same.

To me the sea is a continual miracle,
The fishes that swim—the rocks—the motion of the waves—the ships with men in them,
What stranger miracles are there?

Walt Whitman, *Miracles*

By miracles we don't mean contradictions to nature. We mean that left to her own resources, she could never produce them.

C.S. Lewis, *On Miracles*

Sophia - Creating a Soul

Questions and Answers

The **Mailbox** section of Harmony Workshop's newsletters provides the opportunity for us to learn from one another's questions. Answers are provided by either Christine or Rhondell.

Might you have a favorite question and answer? Please e-mail (harmonyworkshop@earthlink.net) or mail to the Harmony Workshop address which can be found on the back page of the newsletter. Please include the title of the newsletter, date, volume and number, page number, plus the question and answer you think others would enjoy checking out. ThanX!

Awareness Journal – Vol. I, No. 1, Fall 1992

Q: What is Truth?

A: What's left over when error is discovered.

Like any other consciously experienced event, you'll recognize it when you experience it – another's explanation is inadequate and futile for your purpose.

Awareness Journal – Vol. I, No. 2, Winter 1993

Q: Why did you get a migraine headache the day you finished your video [Seeking the Rose]? I thought people in the Work would be above that, could handle it.

A: Why do you think I walk on water? Or that I should? I don't and it's extremely doubtful I ever will. What happened was that I had summoned enough energy to move a mountain with my bare hands to get that project finished – I had more resistance with it than any worldly thing I have ever done. The energy was not needed—my part was just to pace in editing booths while someone else did the actual button-pushing. That extra mountain-moving energy had to go somewhere and since I have been prone to migraines since I was six, that was a likely way for it to work itself out.

People who make a real effort to live the Work are usually worshipped and reviled. Both are completely erroneous reactions to the admiration and fear (awe) that arises toward those we esteem. The Teaching is very explicit about ideals. It is as erroneous to project ideals onto others as it is to expect them of yourself. What's going on is that a Not-I is trying to tell you that because your instructor is not 100% conscious 100% of the time, you don't need to bother at all. The Not-I's make an ideal of the instructor so that he or she can later be "proven" to have feet of clay, thus invalidating the Teaching from the Not-I point of view. The Not-I's will

tell you any lie at all to prevent you from Working and to spend that energy feeding them instead. And you can be sure that they are especially harsh on their judgements of people who spread the Word—we are a great threat to Not-I's.

Awareness Journal – Vol. II, No. 4, Summer 1994

Q: Please give more examples of correct reporting at times of conflict. Example: when you wake up at 6:00 a.m. and one part of you wants to go back to sleep, another wants to go exercise, and the other wants to get some other work done! ~ MM

A: It's a fact, sad or otherwise, that in this sequential world we are limited to doing one thing at a time, usually (although I have witnessed this seeming limitation transcended on a number of occasions). We can't stand up and sit down at the same time and so on. Thank goodness you didn't ask how to resolve this dilemma (which would be, "How do I alter the laws of physics?"), but asked appropriately, how do I report it. You simply disidentify with the situation and say (or think), "A-side wants to snuggle in bed, B-side wants to be good, and one or another wants to work. I want to do all of them. M. is in conflict." The trick is to step outside of it all and *watch* it. Of course, there would be no conflict except that we have made something important. None of it is. Eventually we may do what is to our advantage, and this won't be conflict, but could be conscious tension, i.e., it may be to our advantage to get up and go to work, we see that, value it, do it, and yet the body still wants to snuggle. The tension between the conscious allowing the discomfort of the body not to have its own way, and to exert the energy to get up, will provide strength.

Always, when in conflict, the thing to do is merely observe that one is in conflict, and use one's mental resources at first to realize that if there is conflict, Not-I's are running the show. What do *I* want to do? Stop conflict. That's all that matters.



BalancING

Awareness Journal—Vol. 2, No. 2, Winter ,94, page 7

Dear Chris, At one time I was interested in metaphysics and the Universal Laws... especially the Law of Balance. In the Teachings (Rhondell) refers to watching parallels and Life's continuous balancing. Would you care to elaborate on this? V.E.

You know me, I will elaborate on anything! I like to call it the Law of BalancING... because if it ever gets fully in balance, I think the show will be over (watch scales... when both sides are perfectly balanced, it quits moving).

I don't know much about "metaphysics" but I do know what I observe. A businessman I know makes a lot of money, I mean millions. He also has no qualms about selling, uh, let's say "questionable" merchandise when it comes his way (he does not seek it out, but if it stumbles in the door he can't resist). Now it just so happens that he cannot seem to keep a decent accountant on his staff... somehow he finds out, about every 18 months, that the current one is embezzling, that he is short A LOT of money. This is so routine as to be almost laughable, but he has never caught on. Looks like a kind of balancing to me...

An old woman I used to know (she has since left our story) raised five sons in an environment she produced which can only be called terrorist. She was unpredictable and violent and, well, basically the wicked Witch of the West. Eventually the boys grew up and moved away... and seldom came to visit. She spent her last years completely alone and miserable and could not understand why nobody paid her the respect a mother is due. It appears to me she got precisely the respect she earned.

Even more common than the above are the balancing effects of "moods." I know several people who get so excited whenever some new plan or idea comes along. They get into a frenzy of phone calls and maybe research and get so wound up that their voices are faster and higher than normal, they can barely sleep, and so on. They don't realize they are mistaking excitement for enthusiasm. Excitement is a false emergency state. It doesn't take long before this false emergency state takes its toll—in a few weeks they are sick with the flu, or are depressed, the whole thing falls apart, the pendulum has swung way over to the other side.

Balancing is going on all around us all the time, in every conceivable way. In an unconscious, reactive way: I honk at some comatose driver who pulls out in front of me, he wakes up for a millisecond, honks back, the balance has occurred. Maybe you know someone who always sends you a check back if you send him a gift. That balances out the event in his mind. If we do anything extreme: mentally, physically, emotionally, even spiritually, it will balance out. Severe and prolonged mental tasks may well compel one to go see a purely fantasy movie, for instance, or to get a really good night's sleep. I stood on my feet for twelve hours X-mas eve and another twelve X-mas day, in front of a stove for the most part, as opposed to the usual twelve hours

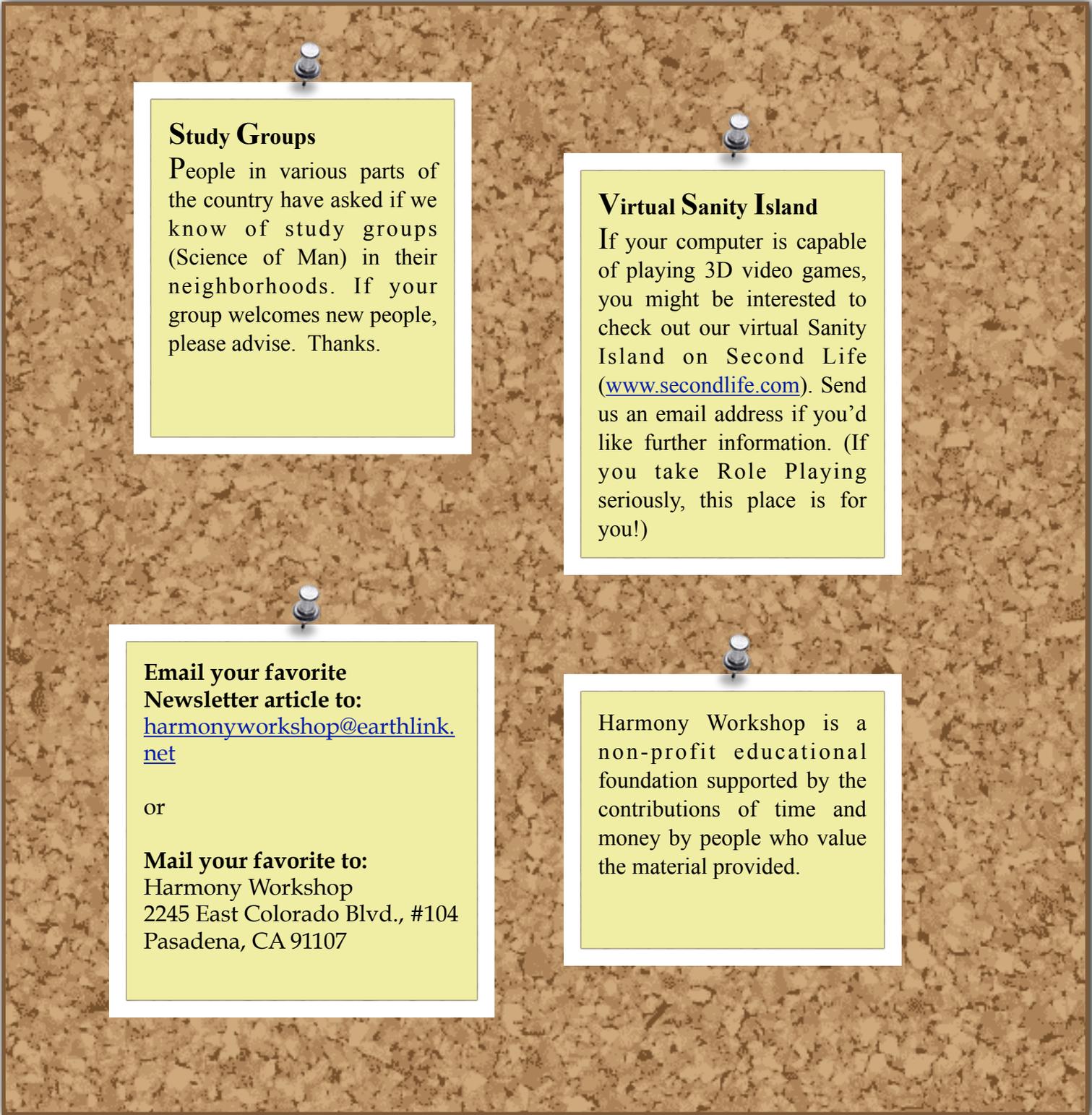
sitting on my fanny in front of a computer. December 26 my feet had THEIR way—they and I stayed horizontal. By the next day, balance had been restored.

Balancing isn't good or bad, it is just appropriate. Spiritual balancing takes place, too. An extremely elevated position, where the Secrets of the Universe let you in on them, is balanced later sometimes with a real thud: the world and the body can seem so heavy when we alight. And this isn't bad, either, it is just the way it is. You pay a price for doing the Work, it means you aren't doing something else. You pay a price in time or money for whatever you do, and on and on.

It is so beautiful to watch, and I appreciate your remarks because I think it is a very nice exercise to recommend to others... look for balance.



Bulletin Board



Study Groups

People in various parts of the country have asked if we know of study groups (Science of Man) in their neighborhoods. If your group welcomes new people, please advise. Thanks.

Virtual Sanity Island

If your computer is capable of playing 3D video games, you might be interested to check out our virtual Sanity Island on Second Life (www.secondlife.com). Send us an email address if you'd like further information. (If you take Role Playing seriously, this place is for you!)

**Email your favorite
Newsletter article to:**
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or

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Our Websites

HarmonyWorkshop.com

Links to all our sites

TheWayofIntelligence.com

This newsletter and copies of previous newsletters.

SanityIsland.com

Pages and pages of educational material, and some fun stuff, too.

PictureofMan.com

Diagrams and a step-by-step narrated video describing the Picture of Man.

AwarenessJournal.com

Newsletter archives.

ThePartyStory.com

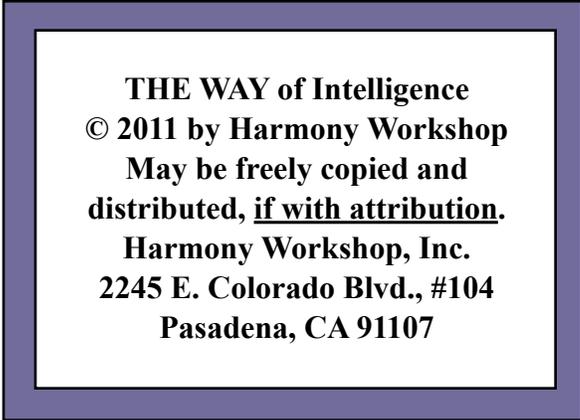
What am I? Where am I? What's going on here? What can I do, if anything? One man's answers, available to anyone.

ThanXgiving.com

If you are bursting with gratitude about anything at all and want the world to know, post here.

Rhondell.com

The complete catalog of tapes and books by Rhondell. (And dozens of others, such as purposeofliving.com, which are automatically directed to the above.)



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