



THE WAY *of Intelligence*



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messages for you?*

*If you would like to share
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We're IN this world but not OF it.

I'm usually flexible about what I talk about so I listen to what people have to say and decide well maybe that's the thing to talk about. So we're going to talk about two worlds for a minute. We all exist with them. We've all heard the old statement "We're in this world but not of it." So let's try to see what that comes out with and maybe we can make it kind of worthwhile.

The Manmade World | The Real World of Living Beings

So we'll split down the middle and we'll put a line across and we've got the Manmade World over here, the manmade world, and we all live in it, everyday of the week. And we have the Real World of Living Beings. And we are OF that world, we are living beings. And if we get those confused it can probably cause us a lot of unnecessary aggravation. And if there's anything I don't like it's aggravation. So if I can just miss some of them it helps a whole lot.

Manmade World: Machines, Ideas, Ideals, Standards, Games

So the manmade world is the world of machines, ideas, ideals, standards, few other things maybe, and games. So we can make machines and we set standards for them, right John? And if they don't, we'd scrap them. Or holler at somebody, real loud. I was down in John's shop the other day and some of the machines weren't going according to standards. They making noises, and they weren't supposed to make noises. And so that hassled a little bit. Caused a whole slowdown. So we can set the standard for a machine and if it don't fit it, there's something wrong with it. Human beings are not machines, they're living beings.

Ideas

We can set up an idea, I can invent on and I can go out and propagate it a little bit and give it to lots of people, I might even set me up a school somewhere and put out these ideas, and you could come study, and if you, I'll give you an examination and if you don't pay it back exactly as I wrote it, I'll flunk you. And it don't mean a thing. The idea may not more be true than the man in the moon. But, at least we set it up.

Ideals

Ideals we find there's a use for. You have an ideal as to how far from the property line your building is to be put. You have an ideal of how fast everybody's to drive on the highway. Nobody's paying much attention to it, but the police take it serious. And nobody else does very much. And we can have those ideals, we can have a jillion other ideals of what ought to be, what should be, and what so forth. Now as long as it relates to non-humans it's kind of halfway valid, but the minute you put it on humans it's not so valid.

Standards

And we can set up a standard for something. If I want to buy a pair of shoes I can, or even order them, I say a certain size, and they come in, I can wear them, they feel all right, I can walk in tell a man and tell him I want a size so-and-so suit and he hands it to me and I put it on and go away. I can go in and look at the numbers on a shirt and say I'll take that shirt. I'm not going to try it on. And it'll fit when I get there because it's built according to standards.

Games

And of course there's many games that we play. We can play baseball, we can play football, we can play business games, we can play marriage games, and most people forget those are games and they don't realize they have all the things of a game.

Players, Rules, Officials, Rewards or Penalties

A game has, number one, players. And then it has rules, or it's not a game. Then it has officials of the game, and then it has rewards or penalties. Don't call them punishment, they're merely penalties. So let's take a player playing football. He plays according to the rules and there's a man out there with a whistle that's official, and if he don't play according to the rules he gives him a penalty. He gets too many of them, he throws him out of the game. If he plays the game according, he might get a certain reward, he gets glory anyway. If he's in a professional game, why he gets a lot of money for it. Let's take traffic game, that's a fairly common one and most of us play it. There's rules to the traffic game and we all know them pretty well. Right? We've heard of them, anyway. Bill, you've even heard of them.

Yep (laughter). And then there's officials out there that go along and check up to see whether you're playing the game. Now he drives a little car with flashing lights on top of it and if you don't play the game according to the rules, you get a penalty. If you play the game according to the rules you get a reward, you get to keep your driver's license. And we could go on to business, and there's gobs of those rules already set out for us, and officials, the same with marriage and so on down the line. Family games and so forth. Now in some of them, you can, the players can more or less write the rules as they go. But it's well that somebody knows the rules. If they don't know the rules, how are they going to play the game? They don't know.

Don't Assume Others Know the Rules If You Made Them Up

So maybe it would be well if we say we're playing the family game, those things do exist, you know. There's certain rules and maybe the members of that, the players of that particular game, can somewhat write the rules. But it's no reason to assume that everybody knows them because you thought of them. You have to kind of spread those around. Even the baseball rules are written in a book, football rules are written in a book, golf rules are written in a book, traffic games are written in a book, they even give you one so you can go down and see if you know it. So, it might be that if we put a little examination like a driver's license, you got a book, you read through it, and then see if you get a license to play that game. Okay?

To My Advantage to Play According to the Rules

And it would definitely be to my advantage to play the game according to the rules. But before I could play any game according to the rules I better know the rules. One time Dennis and I went to take a board exam in, being registered reps in selling stocks and bonds. They have a whole bunch of rules. You been through that? They got a whole bunch of rules. You had to read them, is that right? And if you don't play that game according to the rules, hmm? They get real nasty about it, is that right? So, they gave you an exam to see if you had really read the rules and know about them, is that right? So now you have no excuse if you don't play the game according to the rules, is that right? Right. Goodbye license.

Penalties Are Not Punishment

And maybe other penalties goes along with it - no punishment, understand, just penalties.

Rewards

And if you do play the game according to the rules, it has certain rewards that's very interesting, is that right? Good moneymaking scheme. So, you can have the game you can play. But you have to know the rules.

People Think Everyone Knows the Rules in Relationships - They Don't, Necessarily

Now I think that when most people have some human relationship they assume that everybody knows the rules. Even though you made them up as you went. We assume that they know them. I have seen people scolding two-year-old kids and one-year-old kids, uh, assuming that that kid knew all the rules. We were sitting over here in the coffee shop yesterday afternoon and there was a lady got very upset at one kid for hugging another little kid and another mother got all upset at a little kid - not more than eighteen months old - because it was wandering around a little bit. Now that kid was supposed to have known the rules. Mama knew them, I guess, but the kid didn't. Mama didn't know the rules very well from what she named the kid. She named a pretty little blond kid Cherokee. Can you imagine that? I have a friend who has a little girl, he named her Jebediah. And I told him when that kid was twelve years old she'd be a murderer, she'd shoot him - she's getting close, and I still think I'm right. Jebediah for a pretty little girl. Can you imagine that?

People May or May Not Know What's to Their Advantage

So, maybe there's some rules about things like that once in a while you know. So all these things that we don't think of, that people know or don't know the rules, we feel they should know them and play them, even though they're this high and they grew up without ever hearing what the rules were, what the rewards were or what the penalties were. So when most every person in the world is intelligent enough to try to do what they see as being to their advantage - now, what they see as being to their advantage may look to you like they didn't know nothin'. See, I couldn't see it'd ever be to my advantage to harm another person. But I know a lot of people who feel it's to their advantage to cheat, and to steal and to do a whole bunch of things. They haven't learned a bunch of rules that I've learned somewhere

along the way. They just don't see that. I see that some people feel that it's to their advantage to stick up for their rights. I've never seen that one work very well. So I don't consider that's to my advantage.

When We Understand Games, We Can Then See What's To Our Advantage

So when we begin to see that we're in this world and that it does have standards, it does have ideas, it does have ideals, and we have many mechanical situations, we can begin to think of what is to my advantage. And certainly maybe these people that start out as new guests at the party are at least entitled to be told or taught and maybe given a little examination to see if they know the rules of the game. Remember, they came in as privileged invited guests and given a couple of slaves to look after them, and a few things, but they weren't taught the rules of the game as a basic thing. They don't know what it is. And maybe every once in a while the rules get changed.

Every Person on Earth Is Unique

Now in the real world of living beings there are no two of which are alike. No two living beings are exactly alike. (writes on board) Now how would you set up a standard for anything that isn't any, two or more exactly alike. You can't set it up.

We have to recognize that each person is a unique work of art. Some of them, admittedly, are cartoons, but (laughter) they're still works of art out here, you know.

There's No Way to Get Along Unless You Know the Rules

So, unless they can get some information as to how to live in this man-made world they won't know. There's no way to get along in it unless you learn some of the rules. Whatever those rules may be. "Standards" belongs over in the man-made world, it's not right, it's not wrong, or anything else. It simply is. When there's no two alike there can be no standards.

Judging People Is to See Them As Machines

So then you couldn't set up and say this one is bad, this one's good, etc. But man being, living, in the manmade world, has decided to set up standards for people and we built great institutions around setting standards. As though man were a mere machine.

Health

We have the medical arts, for instance, which is a great game that goes on, and they set up a standard of health, we'll say here. And they set a standard for it and it doesn't fit any person in the world.

There is a standard set up but it doesn't fit anybody. It's an average over a whole bunch of people. And if any one of you go in to be examined tomorrow by a member of the medical arts to see if you're totally healthy or normal, we'll put "normal" there (on the board) also, that's something, and I compare you to a bunch of averages, how do you come out? [Several in group: abnormal.] You'll be abnormal in some way, won't you? Now you're a patient! (laughter)

Normal and Abnormal

I went to school and studied this stuff, it sounded pretty good to me, they told me that the first two years I was in school I would study the norm. The normal, so I would recognize the abnormal when I got into clinical situations in the last three or four years. So, that sounded pretty good and I studied all these norms we had mannequins and we had charts and we had drawings, and we had books, with all kinds of tables in them. I learned them diligently. And then one day they set me out in front of a person who walked in. He didn't fit it! Funny old guy, he didn't fit it at all. So, immediately, I had a patient. Because he didn't fit it. Now, there wasn't a thing in the world wrong with the old guy, at all, but he didn't fit the norm.

So, you see, everybody in the eyes of the medical arts is a patient. Because you're abnormal SOME way, because you don't fit that norm.

Theology

And comes along and we have theology, that's a good subject. In medicine they set up a standard of "good." Just as though you were a machine. But there's many different theologies, you know, lots of them. And they set up a standard

of what's good. Well, I don't think there's anybody in here that could fit all the standards of good there is running around. I know some groups that set up a standard that it's good to dance. Others set up, "Oh, how horrible that is," that's bad. I know some that set up it's about as horrible a thing as could be in the world if you drink a cup of coffee and smoked a cigarette. Even if you did either one, much less both. And so then, most people are bad. And if you are bad you feel guilty. Right? And, so that can go on and on and on as to what's good. Even the day of the week that you pretend to be holy that day.

Power Policies

Then we have power policies. That's politics, I think they call that, but we'll call it power policies. Now they tell you what's "in." A few years ago, back about nineteen and the forties, it was in to love the Russians and hate the Japanese. And then almost overnight, we switched it. You love the Japanese and hate the Russians. And it was there, some people couldn't switch that fast. So, they weren't in anymore, they were out. And so then you have an "out" feeling.

Big Business

And then comes along another one here, Big Business. It's in a good deal, that's a big one. We said *big* business, not just little things that most of us get involved in. ... has the newest thing that is pretty, your car's two years old, it's not pretty any more. Your furniture that's three years old is not pretty anymore unless it's a hundred years old. Then it begins to get pretty again. (laughter) By the same token, a suit you bought four or five years ago, even though it's perfectly good, you haven't worn it hardly at all, the lapels are too wide, or the tie's too narrow or too wide, the shirt collar is too short, or too long, the lady's dress is too short, too long, wrong shape, the whole bit. So pretty soon you are no longer beautiful and pretty, your house is all out of style and everything, you're ugly. And all the things you have are ugly and unless you go buy some new ones this week, you've had it!

Standards Get Changed

Not long ago, I don't know whether many of you noticed it or not, the change in how much you should weigh got changed suddenly. Ten pounds, overnight. If you didn't get the ten pounds on you was too skinny. Or, if you was up a little bit you was only three pounds overweight, where the week before you were thirteen. So all this got changed suddenly.

What Happens When You Compare Yourself to Standards

So now, if you're supposed to be, according to all "authorities," you're supposed to be normal, good, in and beautiful, and when you compare yourself to the standards, as though you were a machine, you will come up bad, ugly, abnormal and out! (laughter) Is that correct? Does everybody here work on that, just a little bit? Don't kid me! You're down buying things so that the other things you have are out, aren't they? They're not pretty anymore, they're ugly! Are you always working on yourself to get made over? Don't you make a pretty good piece of cash every week making people over? [Yeah...] Fix them up, so they're pretty. Before they were ugly, when they came in, they're pretty when they leave. But you know, no telling what happens later.

Little Joke

I was in a place to get a haircut the other day and there was a sign on the man's mirror in front of the chair I was sitting on getting a haircut that said "I'm a beautician, not a magician." (laughter) So, you can have one of those if you want to. Beautician, not a magician.

To Compare Yourself to Standards Is to Be Manipulated

So you see we live with these things as though we were mere machines. And we never stop to think that all these difficulties that we're spending on are purely made for us. You know. If I set up a standard and you don't fit this standard, what's wrong with you? You're bad, ugly, abnormal or out, is that right? Huh? (laughter) So, there's a story told about a man who fell in with a bunch of thieves somewhere and they beat him up and left him in a ditch for dead. And a doctor came by and he looked over there and he said he's already dead, no patient any more, and he went on his way. A lawyer came by and said he's in bad shape, he's probably drunk, so he didn't bother with him. And an official come down the road and he looked at him and sheriff said he's just an old drunk so he left him alone. But one
(continued on page 7)

The Diagnosis*continuation of Placebos and Nocebos*

N. E. Fradkin

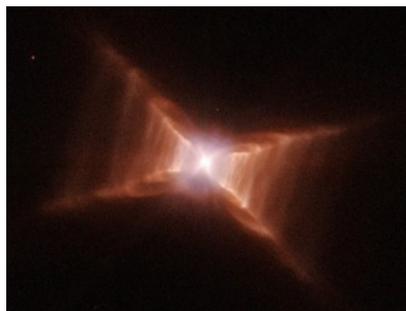
- Friend: Howdy, Neighbor. How are you?
- Neighbor: I'm not feeling well today, my friend.
- Friend: How is that?
- Neighbor: I came down with a diagnosis.
- Friend: What is your diagnosis?
- Neighbor: I was told something, but I don't really know what it means and I don't think the doctor does either. I guess that's why they call it a di-agnosis; di means two and agnosis means we don't know. If we knew, it would probably be called a di-gnosis; gnosis means we know.
- Friend: The cause of any condition is usually just a matter of opinion, so who really knows?
- Neighbor: That's beginning to make sense.
- Friend: Who did you catch the diagnosis from anyway?
- Neighbor: It was given to me by the specialist my doctor referred me to.
- Friend: Maybe he's wrong and you should get a second opinion.
- Neighbor: I didn't think I needed it because I believed him; he's a well known authority.
- Friend: How can you believe in something you don't know?
- Neighbor: I may have been gullible to do so.
- Friend: So don't be.
- Neighbor: I got it. I feel better already. Thank you, Friend.
- Friend: What are friends for?

T W O W O R L D S - P A R T I

guy came along and looked over on him and said, well, that guy looks like he's not feeling too good. So he went over and did a little work on him, he had some wine with him, he had some olive oil, so he had nothing else, he used that for medication, poured it in the guy's wounds and he got him up and got him into town and put him in a hotel and paid the bill for a few days. And so that man was called a neighbor, to the man who was in the ditch. Because he did something about it. He didn't come to see if he was bad or ugly or abnormal or out, he just saw the old boy was hurt a little bit. And somebody said that that was his neighbor. Now that's the only neighbor he had, was the guy that got him up and got him into town. Nobody else was his neighbor, especially all those guys that left him there, and certainly not the guys that put him there. You could hardly call them neighbors, you know.

continued at <http://sanityisland.com/2worldsB.htm>

X



The nebula called the ``Red Rectangle," one of the most unusual celestial bodies in the galaxy, is shown in this image created from observations by NASA's Hubble Space Telescope taken on March 17-18,1999, and released Tuesday, May 11, 2004. The detail from the Hubble image shows the twin stars at the nebula's core ejecting cone-like streams of gas and dust outward in opposing directions, producing a distinctive rung-like pattern. Astronomers know of no other nebula like it in the universe.



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What's Going On Here?

Part 2

by Rhondell

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Influence

Everyone influences those about self and thus one lives in that which one radiates. No one has total control of their circumstances; however, anyone can and does have a decided influence over their circumstances.

For instance, have a serene, interested inner feeling, and see that everyone you are in contact with is doing what that person perceives to be right, proper, or justifiable at the moment; you will then be radiating peace and wisdom. This influences the current circumstances toward peace and love. It matters not whether you are alone, with children, with family, with business people, or in traffic, you will see the results of your radiation, your influence.

Now experiment with radiating this influence. Be very up-tight, because it is very important that you be non-disturbed. See others as knowing how important you are but that they are inconsiderate of you, see that they know what is right but that they are going on and doing wrong anyway. Now stop and notice how what you are radiating influences your environment and circumstances.

If one cares to repeat these experiments a few times, one can be extremely aware that the Teaching statement, "You live in that which you radiate," is a very profound and useful statement of fact.

Remember each of us is radiating our inner feeling, our mood, and how we choose to see persons, things and happenings all the time, and that what we radiate influences the environment, associates, strangers, even plants, in "my" sphere of existence.

The choice of what one radiates is a great **Spiritual Gift** that few realize they have. Why neglect so great a gift? ✕

The Big Lie

Lack of communication, or difficult communication, is the most frequently heard complaint by those who work with people having difficulty in relationships. Teenagers with parents, parents with children, employee with fellow-worker and/or employer; with mates or lovers.

The media have a great number of articles on the subject and frequent talk shows on the subject. Many conclusions are reached as to the cause of this wide-spread difficulty. Most of these conclusions are established by finding who is at fault; and why that person is at fault. Establish blame.

None of these conclusions as to cause deal with the basic fault of the human condition.

In an effort to understand, not place blame, start with the proposition that no one is to blame. Now the problem can be studied, and perhaps something can be done about this universal difficulty. As long as blaming exists nothing can be done about it.

Frequently in the Teaching material the idea of agape/love is encountered. Its meaning being that, "Whatever any person has done, is doing, or ever will do, at the moment of doing, that person, with whatever light (wisdom and understanding) they have, is doing what is felt to be either right or proper or justified." In this all men, women and children are equal.

However, the human condition is (and is constantly reinforced) that people, including self, KNOW what is right but go on and act in ways that they KNOW are wrong, improper and unjustifiable. This is the "Big Lie" but it is told frequently enough and never questioned, so is, of course, accepted as absolute truth, and acted on as a matter of principle. This is anti-agape, anti-understanding, anti-wisdom. Is it any wonder that communication is, for all practical purposes, IMPOSSIBLE between persons with this frame of reference?

All that really happens between persons with anti-wisdom is attack, defensiveness, counter-attack, more defensiveness, violence, separation, resentment and blaming. Human misery. This can be observed on a world-wide scope or in the most intimate of human relationships.

The Way Out

First discover and see the Big Lie; just TRY to do something that you feel is wrong or improper or unjustified (realize that justifying is *very subtle*), then begin to practice agape in every encounter; this is the beginning of wisdom and understanding.

Further, the Big Lie can be exposed wherever it is recognized, which is everywhere--so there is no shortage of *opportunity*.

If the Big Lie is exposed often enough it will finally die. If wisdom and understanding is demonstrated often enough it can be commonly accepted, just as anti-agape, anti-wisdom and anti-understanding is today. Then can be true communications between individuals, groups and nations. This then leads the way to the ending of strife, conflict, anger, resentment between people (human misery). This is what the Teaching is all about. ✕

Bits & Pieces from School Work

Some people are called successful by the fact of what they have learned to know; some by the fact of what they can do; and some few by what they *are*.

Freedom & Responsibility: the two sides of the same idea that results in a driving force and inner peace at the same time.

The greatest treasure a person can find is Wisdom and Understanding. Don't look for wisdom and understanding under a rock or at the bottom of the sea. Look to see what *really* motivates yourself and others.

Only the power of inner strength allows a person to be GENTLE. ✕

Attention

It has been observed for some time that one of the valuable keys to a higher level of being is awareness of directing attention. The vast majority of individuals are unaware of the value of directed attention

Attention is attracted by a multitude of stimuli; some noise attracts the attention, and some Not-I says, "That is totally unnecessary," and the emotion of anger arises; a few minutes later a musical melody attracts the attention and the person starts tapping in time to the music; then on the radio a news item attracts the attention by stating that AIDS is epidemic and fear arises. This goes on all day. Never once was the attention consciously devoted to any purpose or idea long enough to actualize anything.

It has been said that one becomes what one pays continuous attention to. Do you suppose that when one doesn't pay attention to anything that that one becomes nothing?

Let us visualize for a little while the activity of paying attention to thinking and acting, health, well-being, enthusiasm, thankfulness, sincere interest in others, outgoing friendliness, paying attention to the need of many about us for attention, approval and appreciation. It takes very little attention to see a need and supply that need. This little exercise of visualization will show possibilities of service few have noticed.

Now is the time to focus the attention and act upon the little outline above. In a very short time one will experience a higher state of being, expressed in many ways.

The attention is to be focused outward at all times. Any in-turning of the attention results in an ever lower state of being. The person with total attention on self is what is referred to as psychotic; on the other end of the scale is a person whose attention is totally turned outward. This person is called anything from a mystic to a super-successful person, depending on what outside area the attention is focused on.

This is an experimental area that is of great value to pursue. May you experience the joy of it. X

Bits & Pieces from School Work

There is an old saying "When the environment is right, the creature appears." Wonder what creates the proper environment for the AIDS virus?

Wonder why people keep on taking drugs that produce severe side-effects, which in many cases are diagnosed and treated as a NEW disorder, by another drug that produces more side-effects, etc., etc. Then there is a great outcry over rising medical costs.

It may be a useful exercise to separate wants and needs.

Business activity is a constant readjustment, just as is the sailing of a ship, the driving of a car, or a tennis match. While a plan is necessary, it must not be too detailed or rigid. Living Life is the same.

Never try to justify your behavior. Just say you wanted to.

The urge of the many not to be responsible for self makes the ruler possible. They give the ruler power. Power feeds on people to make them feel less responsible for self.

The very first form of property was women. Need it be said old habits die slowly. ✕

Q & A

Several people have asked recently, What is the difference between feelings and emotions?

FEELINGS--such as love, joy, peace, interest, enthusiasm, bliss, etc.--are all inner states that one experiences when things are going well, and belong to the higher states of consciousness.

EMOTIONS--anger, fear, guilt, insecurity and their many synonyms--are lower states of consciousness usually based on blame because one is not comfortable or having one's way.

A big bird might land on my head, but I don't have to let it build a nest there!

I CAN CHOOSE MY OWN INNER STATE. X

Bits & Pieces from School Work

There is no pleasure in the world, however great, and no experience, however interesting, that gives one the satisfaction that peace alone can give. Peace comes when awareness recognizes Not-I's for what they are and ignores them as having no value.

The central idea of life today is self-assertion, still there is taught modesty.

What one pursues, what one seeks, is a feeling of freedom. However nearly everyone pursues freedom wrongly. Each seeks to be free FROM something, but real freedom is freedom TO _____. X

Happiness

Did you ever stop to check up on what you have made your happiness depend on?

Most everyone plays the game of hide-and-seek with self over happiness. "I want to be happy and enjoy life" is a very common statement heard over and over. It is fairly easy to see that most persons want to be happy. One could say that most everyone is seeking happiness. Here comes the hiding part of the game. This is done by agreeing that one will not find what one is seeking so earnestly until certain conditions just happen. For instance, a person says "I'll be happy when I have ten million dollars." That person has agreed with self not to be happy until that person has possession of ten million dollars, which just happens to fall into his or her possession. A rather unlikely situation, don't you think? Of course, he or she could win a few times at lottery, still very unlikely.

Maybe another has agreed not to be happy until a companion just happens along. Not just a companion but one that fits a lot of conditions. The human mind has lots of cunning ways to hide letting happiness just be. Just in the last week many have come by, such as: As soon as my child, now 30 years old, behaves as I want him to; as soon as I get out of here; as soon as I feel good; as soon as I can quit my job; whenever taxes don't take so much of my money; when I lose 40 pounds; when my husband quits smoking; when the children grow up, and so on.

Everyone wants happiness, but hides such state from self by agreeing not to be happy. Suppose as a little experiment, one agrees with self to just experience freely whatever is in my way this week and cancels, makes void, all agreements one has made NOT to be happy. You will be very surprised at the state you find yourself in. First all conflict, struggle and resistance comes to an end. This results in peace of mind. Also some of the situations that occur will be very interesting. Peace of mind, fused with vital interest, is what folks have called happiness.

When one stops hiding happiness from self, one can't prevent at least stumbling into it.

One is not putting self in danger by being free to experience whatever arises in one's way. You are going to experience it anyway. One is just no longer agreeing to be miserable over it. X

Transformation

There cannot be a new beginning until there is an ending of the former state of being.

A seed that germinates and becomes a plant cannot remain a seed. The seed state has ended, a plant has begun. However, the seed can remain a seed for many years, but it is never a plant during those many years. It just has the potential of being a plant. To actualize its potential, it must die to the seed world. This principle can be seen all about in all the things of Life.

Mankind is no different. Man in the usual state is a seed that has the potential of being a completed or integrated person. This potential cannot be actualized while remaining a seed of the completed or changed person. The seed can attend talks about transformation, can read books about it, can think a lot about it, can form many theses about transformation, can search out many so-called masters, many gurus, establish many beliefs. However, until there is a total ending of the purpose of the seed, there cannot be any transformation, any new beginning.

A bean seed may be kept in a storage bin, be put in a sack, put in a colorful packet, kept in a silver box, carried to exotic cities, kept on an altar, be carried from place to place by a saint, but it still is just a bean seed. The circumstances surrounding it may have changed many times but until there is an ending of the bean seed state it is not actualizing the potential of being a plant.

So it is with a person. When there is a total ending of the old purpose of always putting first value on being non-disturbed, then germination of the New Man begins--a swelling inside of the new purpose, a splitting of the protective shell of limitation (the old purpose); there is a pushing upward into the light. There is the feeling of real creativeness, of increase, of giving. This is Transformation. Learn from the bean seed. From a grain of corn, or wheat, a pinto bean can be a great guru.

Ending is ending of the known. Beginning is entering the unknown. X

Bits & Pieces from School Work

Service is doing what is of use, not necessarily what is wanted.

Conflict is the only disintegrating factor.

Conflict arises when there is an attempt to have more than one first value.

It can be of great interest to be aware of what the attention is focused on right now.

No self-respecting body will work right when being spied upon.

Can one end all beliefs right now? If not, why not?

Belief implies at least some doubt. Instead of "I believe," could there be "I don't know."?

Mankind puts great value on the idea of continuity, forms many theories to convince mind that continuity is the greatest value, whereas reality demonstrates that ending of the old and beginning of the new is what it's all about.

Melchisedek was said to be without genealogy or descendants--no past, no future, therefore eternal. NOW has no beginning nor end. To be totally in the NOW is to experience the eternal. ✕

Motivation

Motivation is another way of saying Purpose and Will. Individuals frequently attempt unknowingly to put a new purpose over an old purpose to achieve some desired circumstance. At best this will only seem to work for a very short span of time, then the old, usually unrecognized motivation will take over again. One simply cannot have more than one purpose. Any attempt to the contrary only creates more conflict, more struggle, more inaction.

For instance, a person has the basic purpose from infancy "The whole purpose of living is to regain the non-disturbed state." This person may have several methods of attempting to achieve this purpose, none of which work very well for any substantial period of time. The person experiences frustration, feelings of failure, fears about making any commitments and so on and on. Then one day this person comes in contact with an oral or written teaching of an inspirational, motivational, or positive-thinking nature that sounds wonderful (it usually is). Now the person feels very enthusiastic. Feeling this way, he or she acts that way, and begins to accomplish more.

However this feeling and action were not self-chosen by the person, but were the result of suggestion from outside--thus not really the person's purpose.

Shortly in the affairs of everyday living, someone will ignore, disapprove of, or in some way reject the person. Now the purpose of regaining the non-disturbed state will take over and some of the methods of achieving it will be activated. Now the feelings of enthusiasm are gone. The feelings and actions of complaining, sticking up for rights and blaming are in charge.

No one needs to be motivated. Practically everyone needs to find out the purpose they now have (it is usually unknown); re-evaluate in the light of present time, place and circumstance. Then if the person sees that this purpose is no longer to their advantage, this purpose can be dropped. Then, and only then, can a new purpose be formed.

One then has a new purpose, then the will to carry it out.

This is often referred to as transformation. X

Where Are Not-I's?

Many people we talk with seem to feel that the only Not-I's they are ever in contact with are inside. As noisy as the inside ones are, those we are in contact with daily on the outside are just as noisy--and there are many more, as we hear from them in almost everyone we meet.

The Not-I's in people we are in close contact with may try to influence one to feel guilty. Or to feel sorry for someone, to feel that the other is a victim. Some will attempt to make one feel resentful or angry. One very common effort of Not-I's is causing one to feel obligated to be responsible for the happiness of another. Not recognizing these motivators for what they are--Not-I's busy at what they are talented to do, make people feel miserable--is to fall asleep.

To recognize them for what they are eliminates much misery, much misunderstanding with persons close to one. When one sees that most defensive feelings and behavior are incited by Not-I's, not the real person one is associated with, such feelings and behavior comes to an end, and are replaced with compassion and real caring as well as internal calm.

Seeing all complaining, inner and outer, all defensiveness, inner and outer, all authoritative manner, all putting down of self or others, inner and outer, and all blaming, inner and outer, as the dirty work of Not-I's ends practically all friction in relationships. Then and only then can relationships be the fulfilling situations that everyone is looking for. Note--please don't assume that only self is taken over frequently by Not-I's. The rest of humanity has the same problem, that's why gaup is needful. X

Bits & Pieces of School Work

The only time to start is NOW.

Let this be a world of friends. Will you start the ball rolling?

Work with your whole being and you will succeed--there is so little competition and so few competitors.

Talk less and listen more; you may learn something worthwhile.

Robert Lewis Stevenson: "I know what pleasure is, for I have done good work."

Harmony in all one's affairs will cost you courtesy and control of self.

The person of wisdom and understanding never blames.

Charm of manner is a sex attribute which has become a habit. The creative principle in all art is secondary sex manifestation.

The times are crying for integrated men and women. Society wants integrated people to save it from disintegration; if you are at least to a great degree free of prejudice, hate, revenge, fears and whims, you can assist.

Nature in her endeavors to keep man well, has not only to fight disease, but often the doctor as well. ✕

The Role of Environmental Factors in Health

A frequent question is, "What about bacterial and viral agents in the health question?"

It is, of course, obvious that these environmental factors have a role in undesirable states of health, but could hardly be called the cause. If these invasive forms could attack all living beings, everyone would be ill.

However, these agents do their damage when the host organism is weakened in some form. The factors that weaken human organisms are most often less than optimum inner feelings carried over a period of time. These less than optimum inner feelings are such states as anger, guilt, fear, resentment, self-pity, jealousy, frustration, etc. These inner feelings result in the organism mobilizing energy to fight or to run. Fighting or running seldom takes place; therefore the mobilized energy is unreleased. This produces neuro-muscular tension. This requires adaptation in the form of unusual cellular activity. This activity lowers the resistance of the cells to the bacteria and/or virus already present. They can then invade tissue and start multiplying. Now the human organism begins to fight the presence of the micro-organism (adaptation); then the disorder is given the name of the activity of the micro-organism (measles, chicken-pox, herpes and so on).

Other factors that can result in lower resistance are inadequate nutrition inadequate or excessive activity or activity under duress, sudden changes of temperature, concussion of forces, etc.

If a person has a lifestyle of near optimum activity, these micro-organisms have little effect on the human organism. The major idea is, don't open the door to `em. X

Bits & Pieces from School Work

It is much more valuable to ask the proper question than to get answers to invalid questions.

Information is one thing. Knowledge is something altogether different.

It is not so much what is said, but how it sounds.

Do you know how to ask a question without the question sounding like prying? X

A Renaissance of Health

The major feature of the human body is that it adapts to almost every situation. This adaptation takes time and is not always pleasant; in fact, some of these adaptations are diagnosed as a disease and effort is made to stop the adaptation.

The major factors in life constantly being adapted to are: Environment, Inner Feeling, Activity, and Nutrition. When these factors of everyday living are somewhere near optimum the adaptation results in a desirable state of well-being. However, in the unconscious effort to achieve the common purpose in living, that of being non-disturbed, these factors of Environment, Inner Feeling, Activity, and Nutrition are usually far from optimum.

For instance, in the effort to be distracted or entertained, very loud sound is frequently kept going much of the time. Loud sound, while relatively non-stressful in short intervals, when kept up for longer periods of time is very stressful to the body, however. A person can be addicted to having loud sound much of the time. (Addiction the stressful stimulus that Life is making a semi-successful attempt to neutralize.) The addiction is to the feeling that is produced by Life in this effort. For instance, one consumes a certain drug, Life quickly creates an antidote to the drug. This requires a larger dose of the drug to obtain the desired reaction. In the meantime the organism has become addicted to the antidote. Any effort to leave off the drug results in a powerful craving, which is very difficult to resist by a person trying to be non-disturbed.

This same activity occurs in a person that indulges in the frequent use of the same foods, drinks; emotions such as anger, guilt, fear, anxiety, worry, etc. Adaptation to any of these results in the many adaptations to the stress thus produced that are called symptoms of disease and when taken as a group are given a name or diagnosis. Treatment is then instituted, usually in the form of stimulants or sedatives, which also are adapted to by the living organism and many side-effects arise, which is a sign that adaptation to the treatment is taking place by creating more signs or symptoms of non-well-being.

This creates a vicious cycle of degeneration of the organism that does not have to be.

Way back in the 19th century a famous physician gave a bit of valuable but mostly unheeded information. This was: "Always remove the interferences to cure before prescribing." This of course required that the physician inquire into the patient's lifestyle at great length. Such as environmental details, such as noise factors, congested areas, necessary travel, companions, moods, etc. This also required much inquiry and observation of the patient's inner feeling, about the person's activity or lack thereof, of nutritional habits, not only in calories and type of food but whether the same food, or nearly so, is consumed daily; what are the circumstances of taking nutrition, dining or taking food on the run, or in an unpleasant situation, etc., etc.

When one is ill the first thing necessary is to take an honest evaluation of the present lifestyle or situation. You cannot expect the doctor to--he or she is much too busy and besides running all the tests and coming to a diagnosis is his task today, not finding the obstruction to cure. So it is the individual's responsibility to find and recognize the obstruction to well-being.

After this will come a change of lifestyle to take all factors of living into consideration, Environment, Inner Feeling, Activity, and Nutrition, and to change one's lifestyle so that all are at least in the direction of optimum.

If the Environment is optimum, if the Inner Feeling is optimum, if the Activity is optimum, if Nutrition is optimum, the State of Being is optimum. The obstruction to cure has been removed and cure has already taken place, or is well on its way.

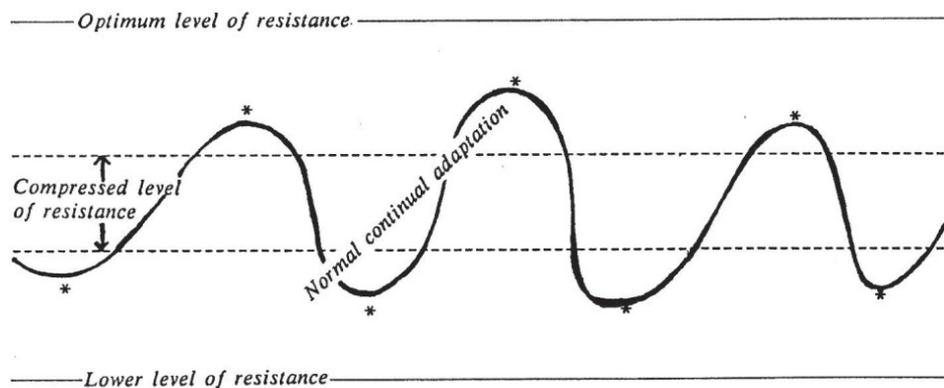
Consider the lifestyle in detail. It's very worthwhile as it is all that needs to be changed. This is a personal responsibility. The physician cannot, he is paid by an insurance carrier or other third party to make a physical examination, have the proper tests performed, make a diagnosis, and prescribe the accepted treatment for that diagnosis. He is not paid by the third party (the one that pays the fees) for investigating your lifestyle. X

The Effects of Environmental Stress Factors

We are responsible for our Inner Feeling, Nutrition and Physical Activity (including proper rest). However, the environment is obviously not completely under our control., Choosing how to respond to it is one thing we can do. We can also avoid dangerous environment and take precautions in unavoidable situations (for instance, wear sun-screen when in the sun a long time, keep a wound clean and covered, avoid rock concerts and so on).

The human body will be adapting slightly at all times to the four factors even when they are near optimum, as we are on planet earth and it is not 100% ideal here. This mild continual adaptation takes place, in our diagram below, within the area of our resistance (bold lines). Within these optimum levels we are hardly aware of any adaptation (wavy line) and are said to be in "good health."

Stressful lifestyles, including stressful environmental factors, can change these levels of resistance; compress the area of tolerance. When narrowed (dotted line) the adaptive features fall outside this narrow area and symptoms ensue.



*When resistance at Optimum Level, mild continual adaptation barely noticed, if at all. If resistance level is compressed, these are quite apparent as symptoms.

We can increase our resistance by keeping all factors as near to optimum as possible by gradually exposing ourselves to any unavoidable environmental factors.

It is interesting to note that a "routine" style of living (always eating the same types of foods at the same time, keeping strictly regular hours, doing the same things at the same time all the time and so on) *decreases* our resistance.

There is a happy medium between not exposing oneself to adverse environmental factors (trying to escape them all) and over-exposure.

Some examples of environmental factors which we can either avoid or if necessary become *gradually* resistant to might be:

Sudden changes in temperature

Unusual air conditions

Viruses and bacteria

Noise

Congestion (of traffic, people, etc.)

Insects

Sudden extreme altitude changes

Over-exposure to the sun X

Q & A

Question: Often when I look at the conditioning, the task of removing it seems impossible. It seems something akin to hacking away at an iceberg with a spoon. I don't feel I will ever come close to getting the job done--in fact it seems hopeless.

Answer: Who said you should remove the conditioning? Let's say you live in a multi-storied house which has a basement. There are all kinds of creepy-crawly, hideous creatures in the basement, and of course it's very dark down there. You wouldn't stay in the basement, you would move up to one of the upper levels. The aim is, by being in charge of your own inner state, keep your mood "upstairs" above the chaos below. If your mood is always vital interest or above, you will not be affected by what may be in the basement. Eventually you won't even be aware of it being there. X

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 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 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 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 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.

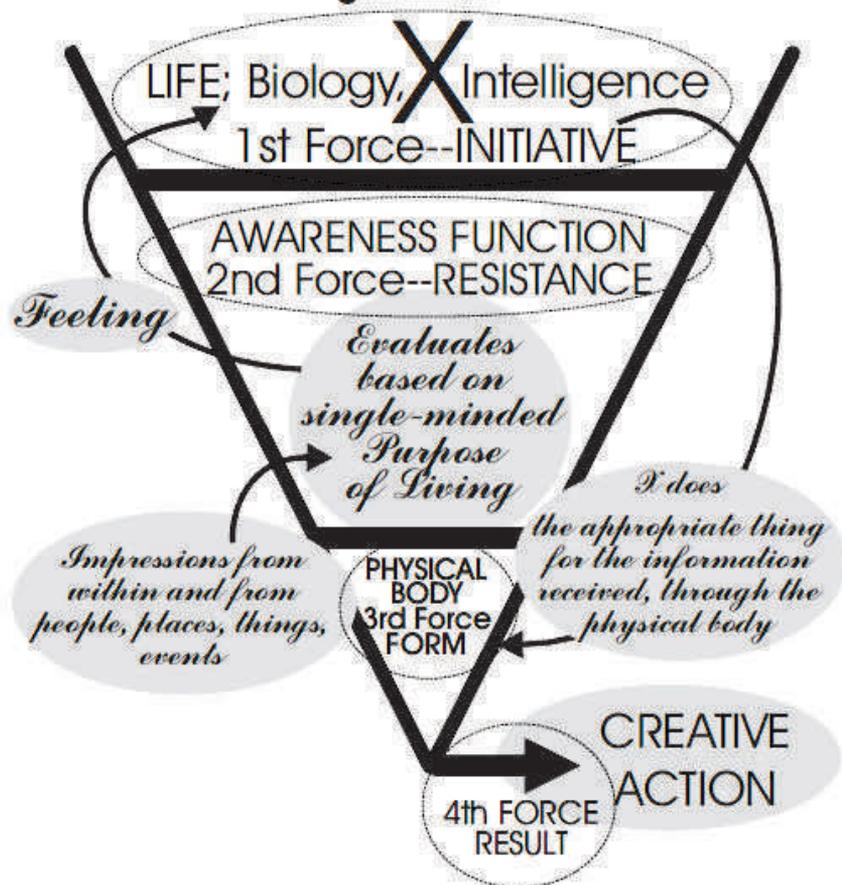
THE WAY OF INTELLIGENCE

Aware of the Purpose of Living, the will to do it--knowing what I am, where one 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; 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 2245 E. Colorado Blvd, #104, Pasadena, CA 91107 (please send postage); or email ask@harmonyworkshop.com

THE WAY of Intelligence

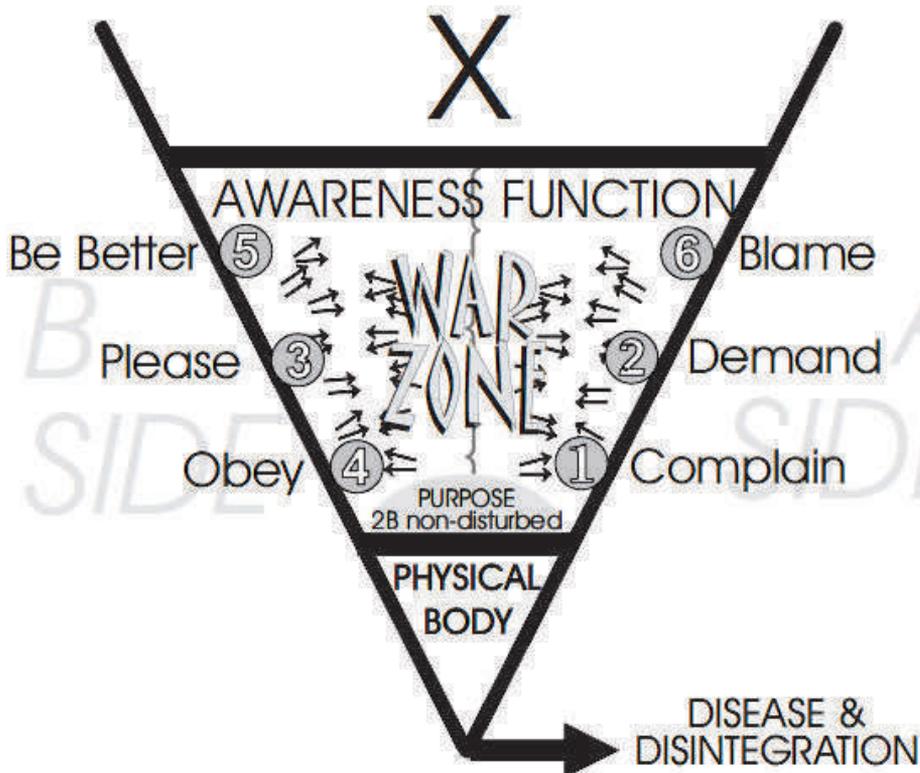
THE PICTURE OF MAN as designed to function



A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFEFORCE, 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.

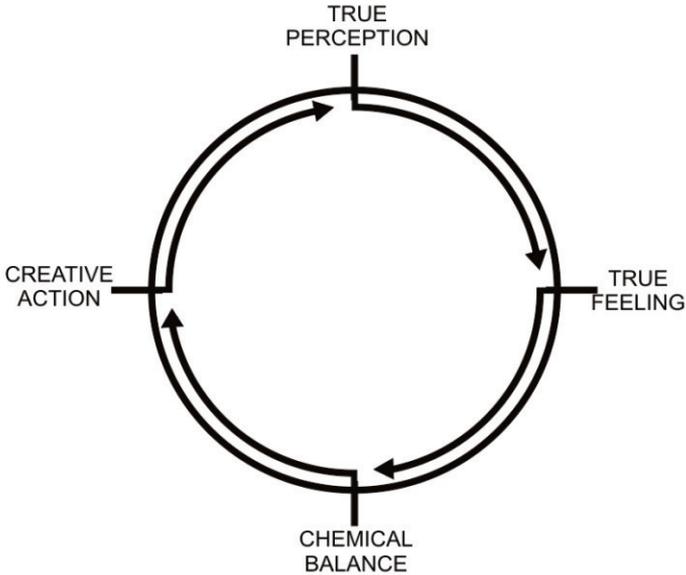
The Way of Ignorance

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

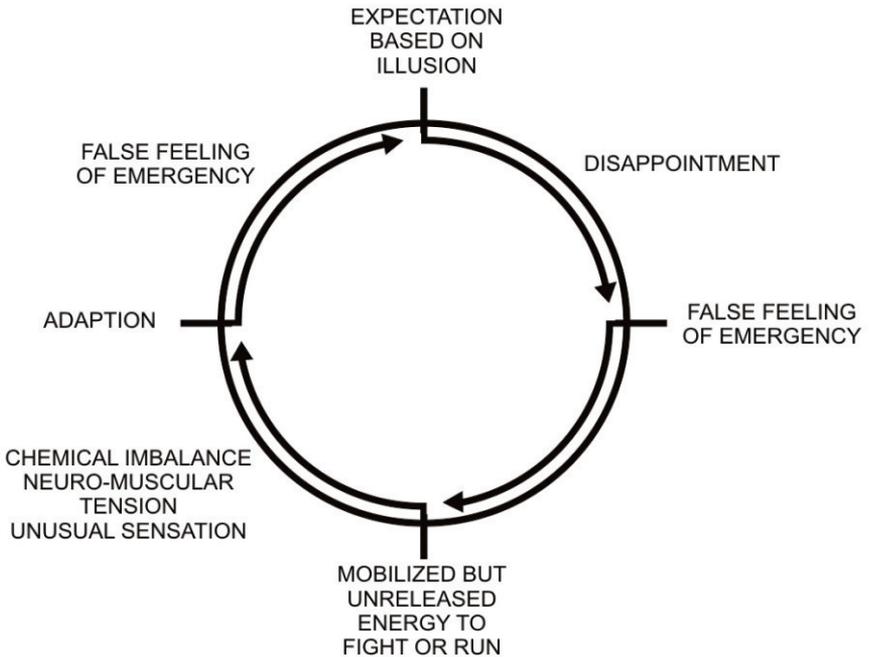


Few people function as the human being was designed as in the previous diagram. When an infant is born, the trauma of leaving the non-disturbed uterine world is reacted to with a feeling that the whole purpose of living is to regain the non-disturbed state. That decision becomes the attitude and action 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 LIVING CYCLE

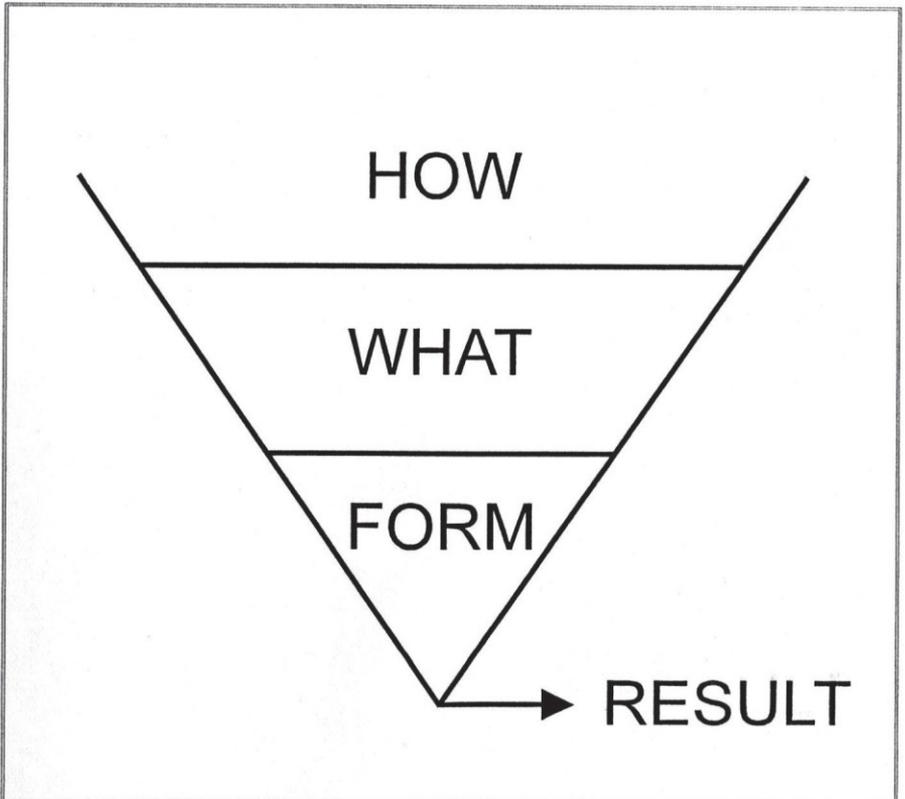
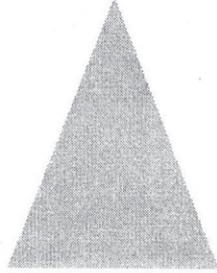


THE VICIOUS CYCLE



Inner Feeling
Environment
Nutrition
Physical Activity

State
of
Being



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www.SanityIsland.com *Live in serenity, wherever you are.*

www.TheWayofIntelligence.com

Online version of our newsletter, as well as copies of past newsletters.

www.AwarenessJournal.com

Online copies of a previous newsletter.

www.PictureofMan.com

Articles and graphics, and an animated, narrated tutorial of the Picture of Man drawn one frame at a time.

www.ThanXgiving.com

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