



THE WAY OF *INTELLIGENCE*

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WELCOME...

TO ALL our many new readers, most of whom found us via the internet. Inside are articles about The Way of Intelligence and remarks by people learning and using these principles in their daily lives. Understanding the material on the Reference Pages is extremely valuable to understanding the rest of it. If you have any questions, please let me know. If you'd like to share your own experience, others are always eager to hear about it. Please feel free to contribute to our conversation. (You may do so anonymously if you prefer.) I'd also like to hear what you'd like to see in the newsletter, so if you have an idea, feel free to say so.

Even old readers will find "new" material in this issue, some articles by Rhondell that have not been published in twenty years.

Most of our newsletters are now on-line. They are not yet "searchable," but we are working on that. Coming soon, the newsletters from the 1980s Arizona school.

And by the way, I haven't mentioned this in a while: our mailing list is never sold, traded, loaned or otherwise seen by anyone but me.

Welcome to THE WAY of Intelligence!!

**NUMBER 17
SPRING 2006**

ADDICTION, PART ONE

BY RHONDELL

ADDICTION IS THE HUMAN CONDITION WHEN SOMETHING IS CRAVED AND A JUSTIFICATION IS FOUND TO JUSTIFY THE CRAVING.

MOST ADDICTIONS AREN'T RECOGNIZED BY THE PERSON ADDICTED, THEIR FRIENDS, NOR FAMILY, NOR SOCIETY AS A WHOLE, NOR THE PEOPLE-SERVING PROFESSIONS.

WHEN ONE HAS CERTAIN EMOTIONS, CORRESPONDING HORMONES ARE PRODUCED IN THE BODY, AND ONE BECOMES ADDICTED TO THE PRESENCE OF THOSE HORMONES AND PRODUCES THE CIRCUMSTANCES TO PRODUCE THESE HORMONES--CLEARLY ADDICTED.

ADDICTION CAN BE RECOGNIZED BY THE OBJECTIVE OBSERVER BY SIMPLY SEEING THAT THERE IS A CONSTANT PATTERN TO THE PERSON'S ACTIVITY.

ALL THOSE who spend their time working with people- problems sooner or later recognize that the whole human problem of misery is the problem of addiction.

Everyone is, of course, aware of addiction in cases of drug addiction, alcohol addiction, nicotine addiction. As serious as these addictions are, they are merely the top of the iceberg, so to speak. Most addictions aren't recognized by the person addicted, their friends, nor family, nor society as a whole, nor the people-serving professions.

First let there be consideration of what addiction is, how it may be recognized. Addiction is the human condition when something is craved and a justification is found to justify the craving. The person will go to great lengths to gratify it, and it must be repeated constantly. The person so addicted never seems to recognize that they are addicted; it's just something that is enjoyed, just human nature, etc., etc.

Addiction can be recognized by the objective observer by simply seeing that there is a constant pattern to the person's activity. It can easily be seen that the person is continually buying the gratification for their addiction with all

their reserves, their health, peace of mind, and in the end with their life.

Now for some addictions not usually recognized as addictions but which fit all the criteria of addiction. Please note that all of these have the same signs of addiction as do alcohol and drugs.

ATTENTION

Just look about to see how many spend all their resources, their energy, their time; then neglect their family, their business and their health in their attempt to gratify the addiction to attention.

PLAYING BIG SHOT

Same as above.

BEING A VICTIM

Just look; no matter what's going on the person proves self to be a victim, repeating life situations wherein they are beaten, abused, mistreated, frustrated. When one has certain emotions, corresponding hormones are produced in the body, and one becomes addicted to the presence of those hormones and produces the circum-

ADAPTATION IS THE REAL SURVIVAL FUNCTION. IF, FOR INSTANCE, ONE TAKES INTO THE BODY A NOXIOUS SUBSTANCE ON A CONTINUING BASIS,

THE FIRST ATTEMPT OF THE LIVING ORGANISM IS TO ELIMINATE THE SUBSTANCE.

HOWEVER, IF THE SUBSTANCE IS TAKEN REPEATEDLY, THE LIVING ORGANISM ADAPTS BY CREATING AN ANTIDOTE, NOT ONLY WHEN THE SUBSTANCE IS TAKEN IN, BUT WHEN THE SUBSTANCE IS EXPECTED.

NOW THE NEED FOR THE SUBSTANCE IS REQUIRED BY THE BODY TO RESTORE BALANCE TO THE ANTIDOTE.

THE SAME PROCESS WORKS FOR INTERNAL SECRETIONS, HORMONES PRODUCED IN THE BODY IN RESPONSE TO EMOTIONAL STATES, RESULTING IN A CONSTANT REPETITION OF THE BEHAVIOR PATTERNS REGARDLESS OF CIRCUMSTANCES.

THERE ARE FAR MORE PERSONS ADDICTED TO INTERNAL SECRETIONS THAN THERE ARE PERSONS ADDICTED TO SUBSTANCES FROM OUTSIDE THE BODY.

stances to produce these hormones--plainly addicted.

COMPLAINING

Same as above. The person finds all sorts of things to complain about while saying, "I'm not complaining, BUT..."

FAULT-FINDING

Same as being a victim.

EATING DISORDERS

Same as attention. Addiction to dieting, fasting, eating. ("I'm a victim of food.")

SELF-CONDEMNATION

A variation of the Attention and Victim syndromes.

INFERIORITY FEELING

Same as self-condemnation; a variation of justification.

DISCRIMINATION SYNDROME

A common variation of the victim addiction. "I'm discriminated against because of sex, race, religion, occupation," etc., etc. Very common.

DISTRACTION

Must have constant distraction, noise, music, sex as entertainment, taste for some

substance. The start of most chemical addiction.

WORK

Attention, victim, and complaining. "It all depends on me."

EXERCISE

Combination of getting attention and addiction to the chemical changes in the body produced by intense activity.

BEING SICK

Combination of Attention and Victim.

This could go on with enough material for a textbook but this is enough for the present.

Now what can be done about it?

Before the person addicted can do anything about the misery-producing situation, there must be recognition that one is addicted. This is the first step. With the recognition, nothing can be done. Once it is recognized by the person addicted, real work can be done very quickly. But without that recognition, nothing can be done. ✕

ABOUT THE UNDERSTANDING OF "I"

BY RHONDELL

THE PRONOUN "I" is probably the most used in verbal comments and conversation. To most people in the world this makes little difference; however, to the person intent on the spiritual life, integration, it makes all the difference.

To see the nature of the material side of being, the body, is fairly simple; the body is the motor function of X. A body without X--the non-material, non-physical aspect of living--is a dead non-functioning thing that rapidly disintegrates into elements.

By the same token, the awareness function of X or Spirit--which almost constantly says "I" and takes credit for almost everything except that which is unliked, which is blamed on something by "I"--without X simply ceases to exist.

If this matter of "I" is carefully considered by attention and concentration, one sees that awareness is really function and not a thing, just as heart-beat is a function, not a thing,

that digestion is function, not an entity. Where there is this recognition, this perception, then awareness can experience directly the purpose of awareness; it is to supply accurate information to X as to the state of affairs at the moment (sometimes referred to as "reporting to X").

There is also the awareness that the awareness function does not know what should be, what ought to be. For instance, the unrealized awareness, if it could, would always stop all adaptation by X for the body, simply because the unrealized awareness has established a purpose for its taste that everything painful or unpleasant is bad and should not be. This would result in a very short life span. The realized awareness simply reports the situation present, full well knowing that reporting is what the awareness function is designed to do, just as the digestive function is to digest food, not tell X what it should do with this mess of pulverized greens, bread, meat and veggies.

The realized awareness function begins to behave as a function and not as an entity, and this brings balance into living. Balance is integration.

The integrated being--X and its motor function the physical body, and its awareness function the mental aspect--is one and no longer is heard such comments such as "I" have a body which "I" must take care of, "I" have a soul which "I" have to see is saved, "I" have a mind which "I" must improve, "I" have enemies which "I" must overcome, etc., etc. Instead there is accurate reporting of what is, moment to moment, well knowing that X always does the appropriate thing for the information it receives from the awareness function, both the conscious and the sub-conscious levels.

Then is seen the real expression of X (Spirit)--a loving attitude, a serving of all life, reverence for all like (thankfulness), forgiving, tenderness, the giving of freedom to all, instead of attempting to gain control. ✕

CHAT ROOM

HI ALL, speaking of Big Issues, it would be interesting to hear everyone's thoughts on the current situation with Social Security and the suggestion that "we should save thousands of dollars for retirement and old age." Isn't this behavior lack of Faith? Luz

HI LUZ, The Four Great Games (Big Business, Power Policies, Medical Arts, Theology) all use fear/greed (the Four Dual Basic Urges) in order to get people to provide their sustenance. You are right on target! Studying Power Policies is a great way to study self.

Last week was a huge scare campaign about the bird flu. I'm not buying that one, either. I think they are using the possibility of a flu epidemic to practice for their real concern, biological terrorism. Which is fine, Katrina showed they can certainly use the practice. When I hear about it, I think "Fire drill." c.t.

MARSHA HAS transcribed an article from Rhondell that may be of interest. Go to www.marshasummers.com and scroll down to "excerpts" then to "Wealth--Seeing I already have." As always, a treasure. Helen.

HI LUZ, I had written a lengthy response to your comment, and realized that to me

it sounded like a bunch of justifying. What it boils down to for me is that yes, I could do it all on faith. To me that would mean that my faith would have to rarely if ever fail, and that I would have to be able to live "of this world but not in it." [Is that what you actually meant to say?~c.t.] (on a much higher plane than I now do!) Because I know I have and will fail miserably at times, it seems prudent to do some planning. I know I do not want my son to be a slacker at home after high school. His college education will be paid for when he graduates high school; that gives me a head start on what I want, and I won't have to rely solely on faith to come up with the dough some September in the future. I also want to travel and do all sorts of things later in life. I do some of those things now, but because I do have a family, I do not give in to the gypsy in me nearly as often as I wish, so I save for the days when I will have more opportunity to do those things. I certainly don't expect the government to take care of me with Social Security (I truly look at it as a gift in a way, even though it is "owed" to me since I've paid into it). I am creating my own "virtual" sanctuary. Could I do it all on faith? Yes, but that would mean living continually on the edge, creat-

ing contrived resistance, [Why "creating contrived resistance"?~c.t.] when I can use the tools I have to help me along. As I'm rereading this, I'm still not getting my thoughts across as clearly as I'd like. I'm going to post this anyway. T.

AS I was typing this for the newsletter I nearly laughed out loud... thinking about the article on page 4. I won't say any more... surely you will laugh, too.

HIT. Loved your posting. Reminds me of the early discussion "Trust in God, tie up your camel." John

AS HAPPENS so often, someone said it better with 90% fewer words! The thing is, I know where I'm at today. Today, I do not have the consistent faith to achieve that to which Luz is referring. I do not have the courage (faith?) to do what is necessary to create the courage or have the faith to live a different reality. I don't fret about it; I'm aware of it, and I do consider other realities on occasion, out of curiosity. Thanks, love, T.

WELL ... MAYBE I will comment. I'm sorry I didn't in the chatroom--I've been so busy I've let that slip a bit, I'm sorry. I'm seeing here a real

black-and-white interpretation of Luz's comment. I didn't hear anything about don't aim, don't work toward something. I heard a comment about suggestion. And I will add my own two-cents-worth to that: far more essential than whether or not one has a savings account is how do people **feel** when they hear a constant fear-oriented suggestion about the future? It's the inner feeling we are interested in here, not the rent. c.t.

T., ARE you being a bit hard on yourself? Faith is making up the mind. The way I see it you've made up your mind to provide financially for your son's education and your retirement. **You have faith. You've seen the "what" and through your actions X is providing the "how"** in your case as it was in mine by setting aside something of what we earn today for tomorrow. We both see this to our advantages. Does this mean we do not have faith? See Bob's story, "The Lion and the Fox" at www.marshasummers.com/innerman/foxlionstory.htm. john

NAH, I wasn't being hard on myself, just realistic. I think that when we ask what is to our advantage, sometimes more than one path opens up, and we must choose, not knowing ahead of time what is "the one, best," choice (maybe there isn't one...?!) [How could

you ever know unless you did both and compared the outcome of each? Need parallel universes for that one.~c.t.] We are not always given that certainty that we made the "best" choice; that's where the faith comes in. Yes, I am demonstrating faith with the path I've chosen. Luz, what are your thoughts, since you posed the question? T.

I STRUGGLE with the notion of faith which stems from scripture wherein it says over and over **DO NOT WORRY** about tomorrow. The key to this teaching it seems to me is the "worry" part. One who sees the "what" and lets X provide the "how" is not worrying, but has faith. It matters not whether one is taking a walk of "saving" for tomorrow. Worry (FEAR) is the opposite of faith and this is what I think this teaching is about. The other thing that hasn't come up in this discussion, but often does, is greed. Bob said, "Greed is when you're out trying to keep anybody else from having [something]" to distinguish it from being consciously selfish (seeing what's to one's advantage). I think you are seeing what is to YOUR advantage. Sorry for the long-winded reply. Love, john

HI T., it's not important to analyze how much Faith we have, but to see there is possibility of a different way to live, and maybe run a few little ex-

periments in that direction. Seeing the possibility, reporting, and action takes care of it-self. Love, Luz

I WAS at a birthday party for a friend last Saturday. There were many guests and it was a new experience for me because they all came from the university or academic world, which I do not. I happened to sit next to a lady who was an expert in the Renaissance. She made a speech for my friend and she had found some quotes from an author that lived right at the time when the Renaissance was initiated in Italy. It spoke about a new concept for them at that time: Virtù. Man was no longer seen as a chess piece which God moved around. Man was now seen as capable of shaping his own fate. And this capability was called Virtù. This must have been a very revolutionary idea for the people living at that time. When she had finished her speech I asked her how Virtù was defined. She said that the word originated from Vir which means man or male. [or in this work, Initiative~c.t.] I was all the time thinking about how this idea related to the Teaching. I thought that Virtù was the power to do or in other words Making Up One's Mind. I also thought that it was connected to the What and How idea. (A mediator of these two might be: Ask and you shall be given.) Rhondell called it our

most valuable asset. With it we have a perfect partner he said, according to what I read. But we must still make the first step. It is sometimes very difficult to make even that little. It takes faith! Michael

I CONTINUE with the making up the mind experiments which thus far have revealed a recurring obstacle to making up the mind is John wanting to be in control of the "how." John wants to "will" as well as be in charge of purpose. In some circles this is called being willful rather than willing. John wants to command. Not how it works. It's steady work to re-train one accustomed to thinking "he" is commander-in-chief. It's as though I am experiencing that I have been (and am in!!!) a partnership when John thought he was a sole practitioner. john

INTERESTING WHAT Rhondell had to say on the subject. That we make up our mind continually without giving a thought to the "how." For instance, standing up, or walking. He would ask, "Do you know what muscle is first used in order to stand up?" As far as I know, no one ever did. c.t.

WAS OUT for a walk. Went by a man and his son playing soccer. One of them missed the kick and the ball went to me. I happily returned the ball to the boy with a nice kick. I went on thinking about this lit-

tle incident. Remembering the days when plain running was so delightful that one could do it for a whole day. And when having the wind in your face while biking made you brim with joy. So settled in the joy of it, regardless of others' opinions.

I thought about how important it is to find what one truly likes. That must also be part of the Teaching. That must also be a part of being a man. Doing what we truly like and becoming lighter and lighter by it. Finding what one genuinely like is also about finding one's uniqueness. So the way to that may be doing what the Teaching says: That we shall not be slaves to trying to avoid discomfort. That we shall be on top of the discomfort. Remembering that most of our discomfort comes from the Not-I's. Them telling us what they think is right and wrong, good and bad. Them worrying about what other people think. Michael

I WANT to clarify that I do not mean for instance, liking to pay soccer. It is more in the direction of one's purpose. Here is the connection I made. Very often when I have wished something and had it, it has often been in a way that I didn't want it after all. I only thought I wanted it. It reminds me of the Rhondell session (Marsha's site) on making up one's mind. There is one that says she wanted a big sound

studio. And Rhondell tells her no, she does not want that at all. So before making up one's mind one must truly search oneself to see what one is. Michael

GREAT POSTS. Reminds me of another "Bob-ism"-- "What do I want? I want everything. I just don't want it all at once." I'd like to add, a good exercise might be to observe when I am making up the mind to GET something and when I am making up the mind to DO something.

I haven't read that transcript lately, so I'm not sure exactly where Rhondell was going with Marsha, but it's likely he was trying show that what we really want is a feeling. "If I had more money, I'd feel relieved." "If I had a Maserati I'd feel successful." "If I had a girlfriend I'd feel loved." Etc.

NO COMMENT. Read this in an article about an execution in California. "Having suffered a heart attack back in September, [Death Row inmate] Allen had asked prison authorities to let him die if he went into cardiac arrest before his execution, a request prison officials said they would not honor. `At no point are we not going to value the sanctity of life,' prison spokesman Vernell Crittendon said. `We would resuscitate him,' then execute him." c.t. X

MAIL BOX

THERE WAS a family in Youngstown, Ohio, that needed a new house, the wife and family would watch the show "Extreme House Make-over." The show chooses people with very sad stories and fixes their homes. After one of the shows the wife before going to bed made the statement to her husband and three children that she would do something to get the show to build them a new house. That night she died from a blood clot. This reminds me of some of the stories Rhondell used to tell about being careful of what you ask for because X will act upon your request, not always as we would like. The show was informed of the wife's demise and they did build the new house for the family. John T.

YOU DIDN'T say anything about those people knowing THE WAY of Intelligence, and probably they didn't. (You had read this story in the newspaper.) Rhondell told of a family he knew, who did know of the principles, and made up their mind to get \$50,000. Their child was killed in a car wreck and the insurance policy was exactly that. What's interesting is not the gruesome implied threat here, it is that so often people pick and choose what pieces of the work they like ("You can made up your mind") and either alter it to say

"GET what I want" and ignore, for instance, the equally prominently stated things such as "Single-minded people use their powers to serve," or "Be free to experience what you have right now," and so on. c.t.

BEEN LAUGHING since our last communication and loved the last newsletter, Thanx. With friend husband, 10 grandchildren, six children and their spouses, 36 clients, and some close friends, the holidays become quite a challenge. While juggling an overflowing agenda I sat down and wrote a little verse as I perceived it would come from Dr. Bob. I loved his sense of humor and although it came across to all who knew him in different ways, the verses I write are how the teachings get through to me. Since you showed some interest in the RISE & SHINE verses, I thought I would share this one with you.

HOLIDAY PRAYER

What'll people think
 What'll people do
 If I slow the pace
 Cut out an inning or two
 Sometimes in this life
 That's what you need to do,
 `cause
 Keeping up with the Joneses
 Is slowly killing you.
 Enjoy the party!
 Well, I did do away with a
 whole lot of gift-giving, home-

made goodies, food and worry. I held my annual Christmas party... we laughed, told stories, sang, and played games. They stayed around much longer than usual, finished every little morsel of food and expressed over and over how much they enjoyed the party... an interesting little experiment on not making anything important and keeping the mood up. Love, Martina

AN ASSOCIATE sent this to me. It may be useful for the Wisdom Wall. Tom

"Let a person rejoice when he is confronted with obstacles, for it means that he has reached the end of some particular line of indifference or folly, and is now called upon to summon up all his energy and intelligence in order to extricate himself, and to find a better way; that the powers within him are crying out for greater freedom, for enlarged exercise and scope."~James Allen

THE FOLLOWING was sent in by Ann J., via email and several people had forwarded it. I don't know its provenance, though it's reminiscent of Nasruddin.

God Exists

A man went to a barbershop to have his hair cut and his beard

trimmed. As the barber began to work, they began to have a good conversation. They talked about so many things and various subjects.

When they eventually touched on the subject of God, the barber said, "I don't believe that God exists."

"Why do you say that?" asked the customer.

"Well, you just have to go out in the street to realize that God doesn't exist. Tell me, if God exists, would there be so many sick people? Would there be abandoned children? If God existed, there would be neither suffering nor pain. I can't imagine a loving God who would allow all of these things.

The customer thought for a moment, but didn't respond because he didn't want to start an argument. The barber finished his job and the customer left the shop, and saw a man in the street with long, stringy, dirty hair and an untrimmed beard. He looked dirty and unkempt.

The customer turned back and entered the barber shop again and he said to the barber, "You know what? Barbers do not exist!"

"How can you say that?" asked the surprised. "I am here, and I am a barber. And I just worked on you!"

"No!" the customer exclaimed. "Barbers don't exist because if they did, there would be no people with dirty long hair and untrimmed beards, like that man outside."

"Ah, but barbers DO exist! What happens is, people do not come to me."

RUMI. FROM MITRA, a beautiful long poem, "Who Is It Who Sees Through My Eyes?" Here is a snippet:

Where is that ear that can hear my speech and song?

Who is the one who puts voice in this mouth of dust and stone?

Who is in these eyes through which gazes out to see?

Who is the one who wears this garment of flesh and bone?

KTMU & NMAI From John B. I've lost the magnet you made and have created a marquee screen saver for my computer that scrolls "KEEP THE MOOD UP, DON'T MAKE ANYTHING IMPORTANT" whenever my computer is idle.

To create such a screen saver for Windows XP users, right click on desktop, select "properties" from the menu, go to the "screen saver" tab, from the list of screen savers available select "marquee" and then his "settings"; select a position ("random" probably best) and speed (medium to slow works best), background color, type in the text you want and from the "format text" option, select the font and the color. When finished, hit "OK" which will return you to the screen saver window where you can if you want, "preview" your screen saver. If this works

for you, perhaps it is something you could include in SI or in the next newsletter. Love John.

GREAT IDEA, thanx! c.

SUFI COOKBOOK. From Trish, a long article in the L.A. Times, "Poetry in every plate." It's **Sufi Cuisine** by Nevin Halici. There's a poem mentioning food with each recipe. Haven't seen the book but it's certainly on my wishlist. From the article: "One day during my stay in Konya, Halici and her sister cooked me a dinner of attractive dishes mentioned in Rumi's poems. They were a little like Turkish food, even more like Persian, but with a touch of medieval strangeness... Some used sour plums to give a tart note where modern Turkish dishes would use tomatoes, because the tomato was unknown in Turkey at Rumi's time. Others used boiled-down grape juice instead of sugar for sweetening. ... she was working on a book about this mystical food tradition... The first thing everybody noticed was that many of the dishes were attractive to the eye. A simple lettuce salad is supposed to be surrounded by deep-red rose petals..." The verse with the recipe for sour spinach "O God, I am your spinach--cook me sour or sweet, however you wish." The review with several recipes is online at www.LAtimes.com

BILLION MY dad sent this. I haven't done the math to check it out. "A billion is a difficult number to comprehend. One advertising agency did a rather good job of putting that figure into perspective in one of its releases: A billion seconds ago it was 1959. A billion minutes ago Jesus was alive. A billion hours ago our ancestors were living in the Stone Age. A billion days ago no creature walked the earth on two feet. But... a billion dollars lasts only 8 hours 20 minutes at the rate the government spends it."

POMS FROM Bonnie: The Picture of Man postage stamp, I'm proud of it! Can I buy some? I'm looking at post cards with writings of some of Dr. Bob's messages as a collage with artwork to go with the messages. Can we put them on the web at GoodLeather? I talked with Helen, she was interested and we could do a joint effort. She's great with photo and creativity. Let me know what you think.

I THINK it's a terrific idea! You can do them at Shutterfly, Helen will know how. Of course I'll put them on the site, and any other similar work anyone else wants to do. When my reorder of the stamps got rejected, it occurred to me to make stickers, and when the newsletter is done I'll make some. Go to our

site pictureofman.com in a couple of weeks if you or anyone else is interested, they'll be available there.

Hi Ct:

Just some things I have learned about the "WORK" in the years

I have been doing it. Study and learn the material....then it is just a game.

The game is "THE WAY". Or, is it the aim. Maybe it is the direction.

To observe;

To identify:

To disidentify...and then,

To ignore... (The not I).

Oh my God resistance...

Oh the struggle...

Oh the conflict

To observe...

To identify...

To disidentify...

To ignore... (The not I).

To form

To realize

To have purpose.

The way

The aim

The direction

THE FORM.

The game is "THE WAY".

Simply stated it becomes a habit.

(Author requests anonymity) ✕

HARMONY WORKSHOP'S WEBSITES

HARMONYWORKSHOP.COM

links to all our sites

WWW.RHONDELL.COM

Complete catalog

THEWAYOFINTELLIGENCE.COM

online version of this newsletter & archive of past newsletters

SANITYISLAND.COM

lots of fun stuff for living sane

PICTUREOFMAN.COM

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

THANXGIVING.COM

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

THEPARTYSTORY.COM

what am I? where am I? What's going on here? What can I do? a wise man's answers

AWARENESSJOURNAL.COM

copies of that newsletter & more

PURPOSEOFLIVING.COM

links to all our sites

GOOD NEWS STORY

SENT IN BY SHAREALL (VIA GAIL & BETH)

**DON'T GRIEVE.
ANYTHING YOU LOSE
COMES ROUND IN
ANOTHER FORM. THE
CHILD WEANED FROM
MOTHER'S MILK NOW
DRINKS WINE AND
HONEY MIXED. ~ RUMI**

**WHEN YOU LOSE
SOMEONE, ANOTHER
WILL SHOW UP TO FILL
THAT ROLE, IF YOU
WANT. ~ RHONDELL**

**THEY TELL ME HE'S DEAD,
BUT I DON'T HAVE TO
BELIEVE IT IF I DON'T
WANT TO. ~ GEORGE
GERSHWIN (VIA JAY
LENO IN HIS TRIBUTE TO
JOHNNY CARSON)**

"THE STORY below about the humpback whale made me cry joyously, for the story itself but also because last week I received news that the young orca names "Luna" (who I've been following for two years) who was separated from his pod a few years ago, and became friendly with boats and people off a B.C., Canada, island, had apparently died last week due to getting too close to a boat's propellers (which was a habit he had been known to do as he liked to nuzzle up to people and boats because he missed his whale family, his pod). Of course I initially reacted with sadness but said, No I will not feel bad as to what happened, I will rejoice in his spirit and love that he gave to so many, and I will only see him in his best light. Then I received this success story today. The point I'm trying to make is that what appears to be a tragedy or a terrible thing sometimes, it is, but we can choose to focus on the positive, on the love and light of that tragedy and send out "good vibes" into the universe. When we choose to do that and not lament or feel sad (for too long), good happens elsewhere in the world. And the story following is proof to me that this is true."

"IF YOU read the front page story of the SF Chronicle Dec. 14, you would have read about a female humpback whale who had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body--her tail, her torso, a line tugging in her mouth. A fisherman spotted her just east of the Farralone Islands and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her--a very dangerous proposition. One slap of the tail could kill a rescuer.

They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She came back to each and every diver, and nudged them, pushed them gently around-- she thanked them. Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth says her eye was following him the whole time." ✕

BITS & PIECES FROM SCHOOL WORK

BY RHONDELL

**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?**

THE ONLY TIME TO START IS NOW.

**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 _____.**

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.**

**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.**

**NATURE IN HER ENDEAVORS TO KEEP MAN WELL HAS NOT ONLY
TO FIGHT DISEASE BUT OFTEN THE DOCTOR AS WELL. X**

FINDING A TEACHER

THE PEOPLE AROUND A TEACHER FALL INTO DIFFERENT CATEGORIES, RECOGNIZED ONLY BY THE TEACHER.

THE CLIENT MAY USE CERTAIN INFORMATION AND ON RARE OCCASIONS HE OR SHE BEGINS TO BE A POTENTIAL STUDENT; AND NOW AND THEN A POTENTIAL STUDENT BECOMES A STUDENT, AND INFREQUENTLY A STUDENT BECOMES A TEACHER.

THE PATIENTS, THE CLIENTS AND THE POTENTIAL STUDENTS ALL FEEL THEY HAVE CHOSEN THE TEACHER. THE STUDENT KNOWS HE OR SHE WAS CHOSEN BY THE TEACHER

IN THE SCHOOL ARE AROUND MANY CONDITIONED FACTORS OF MAN TO FASCINATE, TEMPT, ENTICE, DISTRACT, THE STUDENTS.

THE VAST majority of readers of THE WAY of Intelligence did not meet Rhondell, who was certainly a “real” teacher. Recently I have heard from four of them, in varying degrees of anxiety, “How do I find a teacher?” This is almost a Catch-22 situation, and the quotes from Rhondell to the left refer to that. This is certainly an opportunity for faith.

But there are other considerations, as well, that few potential students pay attention to.

Most everyone calls himself or herself a student, when, in fact, this is not technically true. Most people are consumers of the material, and are politely called “clients.” “Politely” because there is nothing wrong with being a client. Clients are interested in gaining something, usually attention and approval toward their self-improvement efforts. A teacher may or may not indulge this, and if he does, may be doing so in order that others may learn from demonstrations with the client. Some insist upon the conditions under which they are willing to be taught. For instance, “Teach me **but** be gentle.” “Teach me **but** I don’t want to communicate except on my terms.” Or, “Teach me **but** when I have the time.” “Teach me **but** I need more advanced material.” I have heard all these and more. I’ve some most of these myself. (We may all be guilty of this one: “Teach me as long as I don’t have to give up _____.”)

Many who think they are students want it done for them. Their definition of a teacher is someone who has done all the “research” that they need to do themselves. They ask a question, are given the hint of an answer, then “Can you please send me the information you found out about that?” They’re not going to read the books, they’re not going to ferret out the satisfactions to their curiosities. But if someone else has done so, they are eager (greedy) to take that information.

A few are potential students. Those will be “tested” to determine if they have what it takes to become students. The “tests” are very small, and they usually go unnoticed, they are most often ignored or forgotten. For instance, the teacher

IT WOULD BE IMPOSSIBLE FOR A PERSON TO DETERMINE THAT THEY HAD FOUND A TEACHER, BECAUSE IN ORDER TO DO SO THEY WOULD HAVE TO KNOW THE TEACHING MATERIAL, THE WAY TO TEACH IT, AND WHAT WAS GOING ON AND OBVIOUSLY THEY DO NOT.

THIS ONE PERSON (OR THESE PERSONS IF THERE ARE MANY) ARE GIVEN EXACTLY WHAT THEY NEED EVEN THOUGH THEY MAY NOT UNDERSTAND WHAT THEY NEED. CONSEQUENTLY THE TEACHER USUALLY LIVES AT LEAST A PARTIALLY MISUNDERSTOOD LIFE AND IN MOST CASES TOTALLY MISUNDERSTOOD EVEN BY THE BEST STUDENT FOR MANY MANY YEARS.

THE GROUP SUPPORTING THE TEACHER ARE REFERRED TO AS HANGER-ONNERS, CURIOSITY-SEEKERS, DABLERS, D-TEAM AND A STUDENT--OR TWO OR THREE MAYBE.

(All left-hand quotes in this article are from a private document dictated by Rhondell to c.t. in the summer of 1984.)

knows the potential student despises sports and will ask him or her in passing to please check out a sports statistic. It doesn't happen. The teacher will very often refer someone asking a question to the answer, but in a place not particularly attractive to the asker (for instance a difficult book). When the asker says, "Oh, I don't like reading that author," or "I couldn't find the book," etc., it's plain how authentic the question was (and how authentic the student).

Often an eager potential student will set up a pattern of requesting attention, have it indulged for some time, and then when it isn't, go off in a snit. These people are operating on assumptions. They don't understand the work or the way to be taught (how could they? If they already knew, they might be teachers rather than students) and thus set up ideals for the teacher, all based upon what pleases them.

The teacher's obligation is to give what is needed. This may or may not be what is wanted. The teacher is under no obligation to give wants on demand.

This particular assumption may come from the popularity of therapy, where one pays someone to listen and guide (and today, "life coach") and has a lot of knowledge about how these sessions are usually handled. This work is not therapy, it has a different purpose. And the Teacher is no coach in the way that word is often used today (cheerleader).

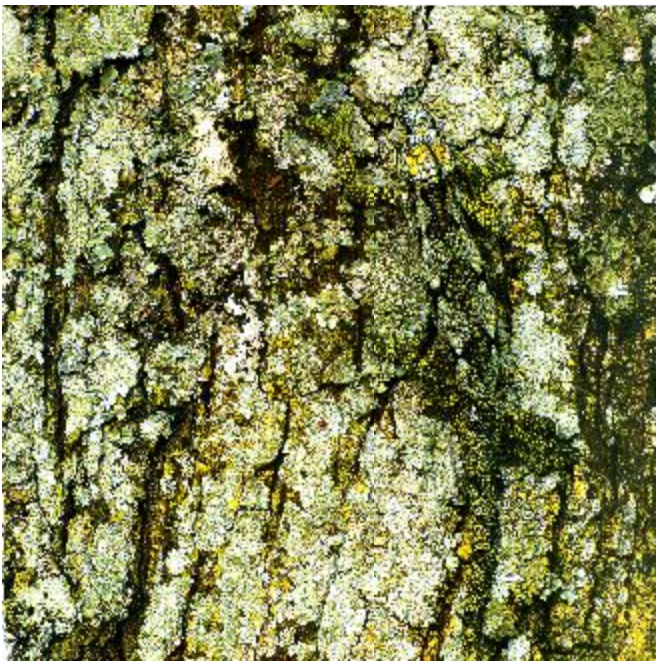
So the answer to the question, "How do I find a teacher," is "When the student is ready a teacher appears." (And vice-versa, by the way.) Yes, one must take this on faith, I'm sorry. How many people make themselves ready? The seemingly petty examples above can clarify that for those who have eyes to see. So if you are concerned about "finding a teacher," ponder these things. Act accordingly, and he will show up. And while you're pondering... smile! and whatever you do, don't make it important. The surest way NOT to find a teacher is to make it important to find one.

You might also refer to a previous newsletter devoted to the subject, which is now online at thewayofintelligence.com, January 2002 issue. And detailed information is buried in virtually all of Idries Shah's works.✕

THINGS ARE NOT ALWAYS RECOGNIZED FOR WHAT THEY ARE



From Smithsonian Magazine



BULLETIN BOARD

ENJOY THE articles by Rhondell in this issue? I've put them and many more from the newsletter we did in Arizona in the mid-1980s ("What's Going On Here?") into a 46-page booklet. That newsletter was my first, and was written to respond to what was going on at that School (but of course is just as timely today). So while they are a little less chatty than transcripts of talks, because they were written, the vitality is all there.

While putting the booklet together I was struck again and again by the simplicity used to express profound ideas.

Only a couple of these articles have ever been published since the original newsletter, and are not on the internet. If you'd like a copy, please send a small donation which will at least cover postage. Send to Harmony Workshop, Inc., 314 E. Broadway, Ste. C, Glendale CA 91205

Here are some of the titles:

The Awakening Factor
Addiction, Part Two
Taking Dominion
The Basic Content of Initiatory Material
The Nature of Scripts
An Exercise
Duty
Resistance
Three Wishes
Influence
The Big Lie
Attention

Happiness
Transformation
Where Are Not-I's
Motivation
A Renaissance of Health
The Effects of Environmental Health Factors
Several Q&As
Dozens of Bits & Pieces of School Work

WHAT IS new on the internet is that almost all back issues of all other newsletters have been posted in .pdf format. (*Awareness Journal; Sophia, Creating a Soul; FTE, Free to Experience*). I have only a few more to scan and upload. You can find them at thewayofintelligence.com

NOTICE THE postage stamp on your newsletter envelope? I was so jazzed when my niece Cindy gave me official postage stamps with my kitties on them. I went to the site and ordered Picture of Man stamps, remembering my conversation with Rhondell when he told me he wanted the Picture of Man available to the whole world. At the time I said, "How?" His response, "I don't know." Well, the web sites are certainly one way, and I thought the stamps were another delightful way. But I ordered only enough for this mailing, and a couple of sheets of 39-centers. Many who saw them all wanted

some. When I went back to re-order (in several colors!), my order was refused, by both sites who are authorized to provide them. "No web-site info allowed," so I removed the www. and the .com, resubmitted and was refused again, "No logos permitted." So... your stamp is at this time a collector's item. I've read that they eventually will offer corporate stamps, including "logos," and I'll reorder at that time and make them available to anyone who wants them.

CONFIDENTIAL to Anonymous in or via Albuquerque: Your beautiful green papers have arrived safe and sound. Thank you. And remember--Nature abhors a vacuum ;>)

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

THE WAY OF INTELLIGENCE

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