

# THE WAY of Intelligence

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# Mail Truck

**F**eb. 2--Dear Heart--I probably have mentioned Sally, my sister... She fell while left unattended in the MRI place in the hospital and broke her pelvis and hit her head. To make a long story short, she came in walking but went home in a wheel chair. Her daughter spent the time with her and the next morning S. could not move, so back in the hospital in ICU, we were told "system failure" and I was making peace with this as Sally did not seem to want to live further (she is in her eighties), she was rejecting home health care, etc., but I had before this "diagnosis" was handed to us, handed her over to Life as I did not know what else to do. A day or so later, her daughter called to say, "There has been a complete turn-around." Sally was eating, talking of walking again, willing to go to rehab, and eventually returning home with home health care. ThanX Life! B. [I talked to B. yesterday, the 22nd, and Sally is still improving.]

# The Four Dual Basic Urges

**T**he human newborn decides with feeling at the discomfort of birth that the Four Dual Basic Urges are the whole Purpose of Living. This misconception is the root of all misery. The 4DBUs are by-products of living, not the purpose.

THE FOUR DUAL BASIC URGES (4DBUs)		
LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, Pleasure	Pain, Discomfort
MENTAL	Attention	Being Ignored or Rejected
EMOTIONAL	Approval	Disapproval
WILL TO POWER	Being Needed Feeling Important	Feeling Inferior Feeling Useless

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

# Laughter

## the Best Medicine

**F**loating around the internet, sent in by Parry "Dear Abby, I've never written to you before, but I really need your advice on what could be a crucial decision. I've suspected for awhile that my wife has been cheating on me. The usual signs... phone rings but if I answer, it's a hang-up. She's been going out with the girls a lot. I ask who and she says, "Just some friends from work, you don't know them." I always stay awake to look out for her taxi coming home, but she always walks down the drive. Although I can hear a car driving off, she has gotten out round the corner. She won't let me touch her cellphone. Anyway, I have never approached the subject with her. I think keep down I just didn't want to know the truth, but last night she went out again and I decided to really check on her. I decided I was going to park my Harley next to the garage and then hide behind it so I could get a good view when she came home. It was at that moment, crouching behind the Harley, that I noticed that the valve covers on the engine seemed to be leaking a little oil. Is this something I can fix myself, or should I take it back to the dealer?"

**T**his one's for real, from Carolyn Hax's column in the Washington Post. "Dear Carolyn, I am 40 & never married, which seems to set off alarms for single women. They wonder if I'm gay, afraid of commitment or hiding dark secrets. None of these is true. Furthermore, for years women told me: 'You're such a great guy, but I don't feel that way about you.' But I've noticed women who wanted nothing to do with me when I was younger have decided I'm a great catch. I haven't changed much. But they too have grown older, and have a ticking biological clock. Does this mean I'm 'good enough' now, and can be a baby-maker? I suppose if life were like the movies, I'd be happy a woman finally noticed the good guy. However, all I feel is resentment and distrust toward these women, who I think see me as a consolation prize. Any ideas on how I can improve my outlook? M." Dear M., You can glue green sequins to it and call it a topiary. Or you can stop blaming others.

**F**rom lyrics of a song heard on honky-tonk radio: "I wear my hurt real proud."

## Playing the Victim is Hazardous to Your Health

*The people in the study cited below don't understand that life is designed to be challenging, that meeting challenge gracefully is exactly what keeps us alive and thriving. It has nothing to do with "fairness." When challenge is seen as fun, or at least necessary, that is grace.*

*If we don't consciously choose our roles (and we will have several in a day), we will automatically fall into the victim role.*

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### [Perceived Lack of] Fairness in life linked to coronary problems (Adapted from The Los Angeles Times)

...A new study finds that people who believed they were treated unfairly were more likely to suffer a heart attack or chest pain. Those who felt they experienced the worst injustice were 55% more likely to experience a coronary event than people who thought life was fair, according to the report published in the Journal of Epidemiology and Community Health.

"Frequent experiences of unfair treatment can produce psychological distress that, in the long term, may influence health," said Roberto De Vogli, an epidemiologist at University College London, who led the study.

The researchers examined medical data from 6,081 British civil servants who were asked in the early 1990s how strongly they agreed with this statement: "I often have the feeling that I am being treated unfairly." None of the subjects had any sign of coronary heart disease at the time. Their health was tracked for an average of 10.9 years.

In that time, 387 either died or a heart attack, were treated for a nonfatal attack or diagnosed with angina.

DeVogli, who led the study, found that the rate of cardiac events among those who reported low levels of unfair treatment was 28% higher than for those who had no complaints. People who reported moderate levels of unfairness saw their risk rise by 36%.

## The Four Forces

1. Initiative--Acting on an intention
2. Resistance--Challenge to action
3. Form--Manifestation of intention
4. Result--What is done with the form.

All phenomena are the result of Four Forces, not "cause & effect", as is commonly believed. There are four forces at work. Unless Resistance is experienced freely as merely a challenge, not an insurmountable obstacle, or something to blame, there is seldom a Form. These forces work together. If Resistance isn't met freely, Initiative was merely a nice idea, not real Initiative. The motion of the Four Forces is ultimately in the direction of balancing.



*Can you identify the Four Forces in action?*

# Up the Down Staircase: Regeneration

*The following excerpts about regeneration are from a talk given in 1971 by Rhondell. Like all information in THE WAY of Intelligence, it is not dogma, but ideas put forth for you to check out for yourself. Some of the following may sound a little amazing to some. You'll notice that the speaker makes it clear these are his observations. You are invited to make your own. Text in parentheses are remarks by audience members.*

**N**ow, let's talk about needs for a little bit. R., what do you need most in the world today? (R: I need help.) You need help. A strong body, right? (R: That's a good one.) That's a good one to start on. Now when you need that, it's very important. (R: Right.) And when you have made it important, you're very anxious. And how do bodies function when the operator, or inhabitant, is anxious? (R: Not very well.) Not very well. So then, it'd be better if you'd just enjoy your misery, wouldn't it? Enjoy this poor miserable sick body that you got. Would you like to play with that for awhile? That you enjoy having this scrawny beat-up reject of a body? (laughter). Is that right? ...

Now. **You have to start with being thankful** for what you have and enjoy it, to the fullest. But if you're afraid to use it, you've got to protect it because it might break. (laughter) Or fall apart. Then you have made it important that it doesn't get injured, is that right? And then what happens to it? You have to set it in a sack and take good care and it gets weaker by the day.

Now if you see that **the human being does not exist in the manmade world**. Things in the manmade world, the more you use them, the more they wear out. The more I wear this suit, the more it gets worn. The more I wear the shoes, the more they get worn, hmm? The more you use the tape recorder the more it wears, is that right? But now if we followed this same thing, then it'd last and be in good shape if you keep it wrapped up nicely and set it in a dresser drawer somewhere, right? But let's put you in the sack, and lie in bed, and don't exercise any, and rest a tremendous amount, like twenty-four hours a day. Now what'll happen to you? (W: I broke my leg and had it in a cast for three months, and I had no leg

left.) No. None. And you had to get out there and use it, is that right? So, R., you use it or lose it. And by use it we don't mean a little bit. ...

Now the human body gets stronger the more you use it. I didn't say abuse it, but I said use it. We abuse it by putting it in restful situations. What will work for the tape recorder, or an automobile, does not work for the living being. **We live in a different world and it has a different set of rules. It has a different set of laws. The thing you use the most in the real world gets stronger.** If you enjoy doing it, or you want to do it. Now if you are forced to exercise by having a gun stuck in your back, you're not exercising, you're enduring, and feeling awful sorry for yourself and you'll collapse. But not because the body wore out, but because the psychology was resisting it. But if you deliberately go out and use an old weak, work out, dilapidated body, a total reject, and use it extensively, you know what happens to it? (E: It repairs and builds up.) **It regenerates.** It regenerates.

Now a mind does the same. **The more we use it to pay attention with, the stronger it becomes. The more we pay attention and see things as a challenge, the stronger it all works.** Now if we try to be nondisturbed, psychically, by putting it in the sack, going to bed, stay out of circulation, it gets weaker and weaker. The more we try to have the mind nondisturbed by not having any challenges or seeing anything, we're putting it off in a corner and trying to form concept after concept, think beautiful thoughts that always are pleasant, it gets weaker and weaker and weaker.

**So in the real world, the more something is used, the stronger it becomes.** In the manmade world, the more it is used, the more worn out it becomes.

Which world is the body of? The manmade world or the real world? Which one's it of? It's of the real world and therefore it will not operate by the mechanical laws that you use at work and with your automobiles and all these things. But how, really, do we generally approach it? Somebody gets sick, put them in the hospital, put them to bed, so they won't do anything, right? (M: They are learning a little bit, though, they're getting them up a lot faster now.) Well, at least, just put him in bed a short length of time so he won't totally deteriorate, you got something to work with. But you get him up and get him

had a nightmare, so go down to sleep deeper. But instead, you climb up through it to get awake. Which one would you want to take that terrible struggle to get strong and healthy and feel wonderful? (R: I think I might try the elevator up.) You'll try the elevator up. Good.

There's an elevator, but I'll tell you how it works. It works like an escalator in reverse. You have to climb it real fast. (Laughter.) An elevator that's running backwards so you have to climb real fast to get up it, okay? So that's the way to do it. It's like going up



moving as quickly as possible.

Now if we just start with any of us and started enjoying a bit of exercise. It's not important, but I enjoy having a workable body. So I exercise every morning. But it's at least you can move every joint and every muscle at least once today.

That's not too much a struggle, you know. Then what do you have? You've got a workable form.

Now if you try to protect it, by being sure you don't eat anything that would strain the digestive tract and make it work a little bit, and be sure you don't put any strain on any part of it, tell me about it. It gets weaker and weaker. ...

And that's another thing that goes along with it, that you know you get stronger when you can have somebody to holler at you, and insult you every once in a while and call you a weakling. But we ordinarily run from that, you see. So **we don't want to be strong, we want to be comfortable**. But in order to be comfortable you have to go up in tone instead of down. And you try to get there by going down a notch. You

the wrong way escalator, hmm? It means you got to get with it a little bit.

So as we approach this, and seeing that **there are different laws in the manmade world and the real world**. In the manmade world, machines need grease, no doubt about that. If they don't, they get squeaky and rust out. But we don't need anything, **we have the privilege of getting whatever we want, because all I have to do is see that there is a challenge**. I don't even have to need it, but I can just get it because I want it. And it is a challenge. And X will do the appropriate thing to get the challenge.

Now. Do you want things well enough so that you can get more than you want to handle? Like L. says, well, she wants to eat all the pretty goodies. You know? X gets you the pretty goodies, and you eat them. But then, you don't like the effect of that, so you get kind of chubby after awhile right? And then we put another challenge up to get rid of it.

But we could say that I want to enjoy the trim state of being without having to go through the other. And

then X will rearrange your appetite, believe it or not. I've found that out. It will rearrange it so that you don't like or want the things that are goody-goodies. You know, that puts the little roundy pounds on you. It'll really rearrange your appetite, totally and completely. If you see that the state of being is a challenge, not a threat, or either I won't get to do what I want to do and eat what I enjoy or else I'll get fat. **Either way it's a threat, you see. But if you see it as a challenge, you'll find that you enjoy the things that don't make you fat.** Okay? It'll be an interesting experiment to run, that you don't know what to eat or not to eat, but you'll see it as a challenge and X will give you hunger for things that will make you feel wonderful, taste just as wonderful to you, and won't put the pounds on you, Okay? Try it and see. It's most interesting. Totally changes your whole appetite.

(W: An affirmation?) Oh, no, no, not an affirmation. [Rather] Just seeing the facts. **What is an affirmation—trying to make yourself agree to something you don't agree to.** That correct? This you just see that you want to, this you agree to.

Now it's a challenge to get from here to your house without any panicsville, okay? You don't have to affirm it or anything. Because **if you start affirming, what you're affirming is that you're going to have ideal circumstances, you're shooting for an ideal.** We're not talking about the ideal, we're letting everything be just like it is and knowing that there is something within me that responds like E. demonstrated for us a little while ago. **When there was a challenge there was something there that took care of it, okay?** She didn't have time to affirm! (laughter) And you never have time.

The affirmation is always only trying to get an ideal, is it not? So we're not interested in ideals, because you don't need an ideal, we need perfectly happy to experience whatever life lays out for us today, whatever it may be.

**What did it lay out for us today? Opportunity. That's every day. Now we cannot choose the circumstance, but I can certainly choose my attitude towards it,** is that right? Our attitude is the interpretation of what I sense. Is that right? Attitude I can choose. Attitude is the interpretation of what I sense. Of the senses. Now if you have an attitude that the senses are threaten-

ing, you have an attitude of threats or fear or etc. And if you have it that here's a challenge, you've got an altogether different attitude, is that right? So you're going to sense something, and when you sense it, you have an attitude about it. And you choose your attitude. Obviously you can.

So you have a sense of being hungry, then you can have an attitude of letting X choose the food, or you can go back to the mechanical response to get something real gooey. And let's see what it'll do and you'll find which one, you actually have more enjoyment out of the one that X picks out for you. Because you get hungry for different things entirely. It goes around.

**(Q: When a person, his body is adapting, what is the half-life or life of the adaptation?) The life of the adaptation is usually under thirty days, no matter how big it is.** It takes approximately thirty days for a femur to grow together, and that's about as large a pathology you can have in the body. A pretty good size carcinoma can disappear in less than thirty days. Does that answer your question, is that what you mean?

(Q: Yeah. So... for skin...) How long does it take a callus to grow off your hand when you quit hammering, we'll say. Takes about three to four weeks for it to be entirely gone. How long does it take your suntan to disappear when you don't stay out in the sun? Again, about that length of time. If you've got a deep tan it's pretty well faded out in three weeks, four weeks.

So any adaptation that we have by abuse and built up all the stress, if we can change it and start being thankful for the situation and recognize that the symptom is the work of X going on and we're glad it's going on, it's usually finished in less than four weeks. I have had occasion to observe that for many years in many, many hundreds of people, and most of the time it was less than four weeks. Many times it's in seventy-two hours.

**(Q: You can cure a person in less than five minutes?)** I couldn't cure nothing but a country ham. Never a person. Because they're already perfect just like they are. You see, the idea of cure is, you must have a disease. And then **the disease has got to be changed into a non-disease, and that's the idea of cure.** You can only cure a ham and it's already dead, then you can do all sorts of things to it. A person is already

well. They're function a hundred percent perfect for their state of affairs at the moment. They just no longer need to disintegrate when they start being thankful for it.

And only X restores the body, I couldn't, I can only try to get them to see where they quit interfering. Okay? I don't know how to cure anything, except a ham. And I do like those real well. But people don't need cures. They are already functioning well, only quit producing stress so that they don't have to continue the symptom, you know. So when you quit producing it by changing your attitude, then the symptoms can dissipate all the mobilized and unreleased energy in less than a—in a very short length of time. I've seen them do it almost instantly. And I've seen it take three days, and I've seen it take a month. I've never seen it go much longer than that.

**(Q: Does the body ever deteriorate to the point where it can't be brought back?)** Yeah, I think it gets to the point of no return. Just about two or three hours before it gets out of the world. **(Q: Is there any time before that...)** ... a matter of hours, unless they're being pumped and all this. **(Q: Arthritis and all?)** Oh yeah, sure. Any of those things. That's all just adaptation, kept on making stress, kept on adapting, kept on stressing, kept on adapting, and you can finally stop the stressing and adaptation will be gone very shortly. Time, sometimes, if it's longstanding, it might leave a few scars, but very seldom. ...

**But the remarkable thing is that the body will regenerate as the mind regenerates.** But first the awareness has to regenerate and find its proper place.

**Now regeneration is like being raised from the dead.** You are dying and falling apart at the seams and the regeneration is completely rebuilt. **But it starts with the mind, not with body.** Now, we'll go all sorts of places to get the body regenerated, but we usually never consider that our very conceptions are all fouled up and that **it has to start with the awareness.** And when the awareness is regenerated to its proper place, living by its nature, then the physical takes, follows right along behind it.

But unless the awareness is regenerated first, all attempts to regenerate the body are in vain. It will just continue to deteriorate. Because **the body is only an expression of how the rest of it is working.**

So unless the regeneration starts with one's conceptions, or how one sees the world, one's seeing the attempt to improve the body is kind of a waste of time. Because you can temporarily relieve but it will fall right back apart again. Because there's nothing much done to it. It's only been stimulated or inhibited. **But if the awareness is regenerated to where it is functioning as an awareness—it's nature is to sense and interpret as a challenge instead of threat, the whole body will regenerate along with it very rapidly.** And without any effort or worry or thought or concern about it, it'll just do it. But first you have to start with that which was misinformed. ■

## The Four Great Questions & Possible Answers

1. What am I? An expression of Life; Spirit having a human experience.
2. Where am I? In, but not OF, the World.
3. What's going on here? Challenge
4. What can I do, if anything? Meet challenge gracefully.

## The Four Great Games

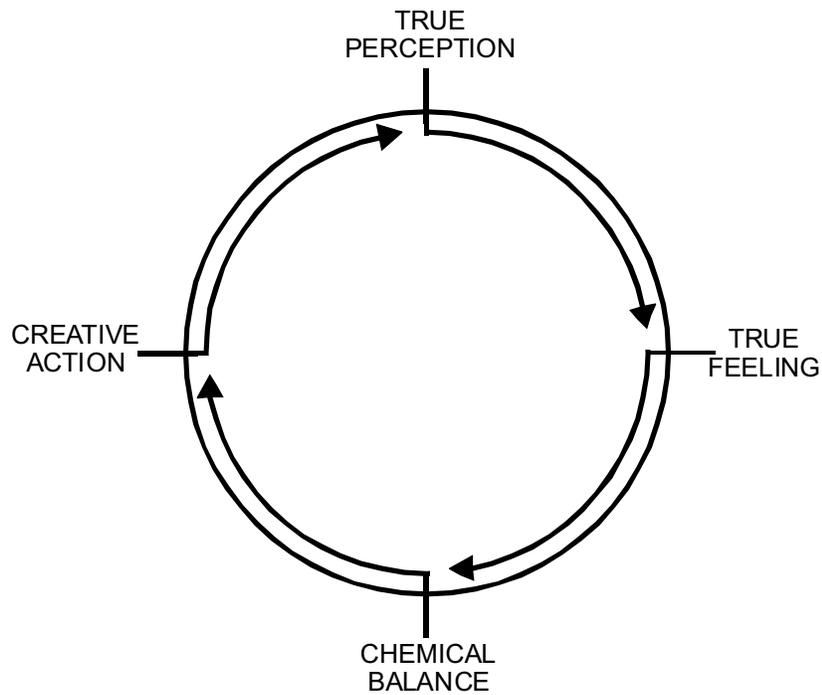
Which operate by suggestion:

1. Power Policies--Decrees what's "in" and "out"
2. Medical Arts--Decrees what's "normal" and "abnormal"
3. Theology--Decrees what's "good" and "bad"
4. Big Business--Decrees what's "pretty" and "ugly"

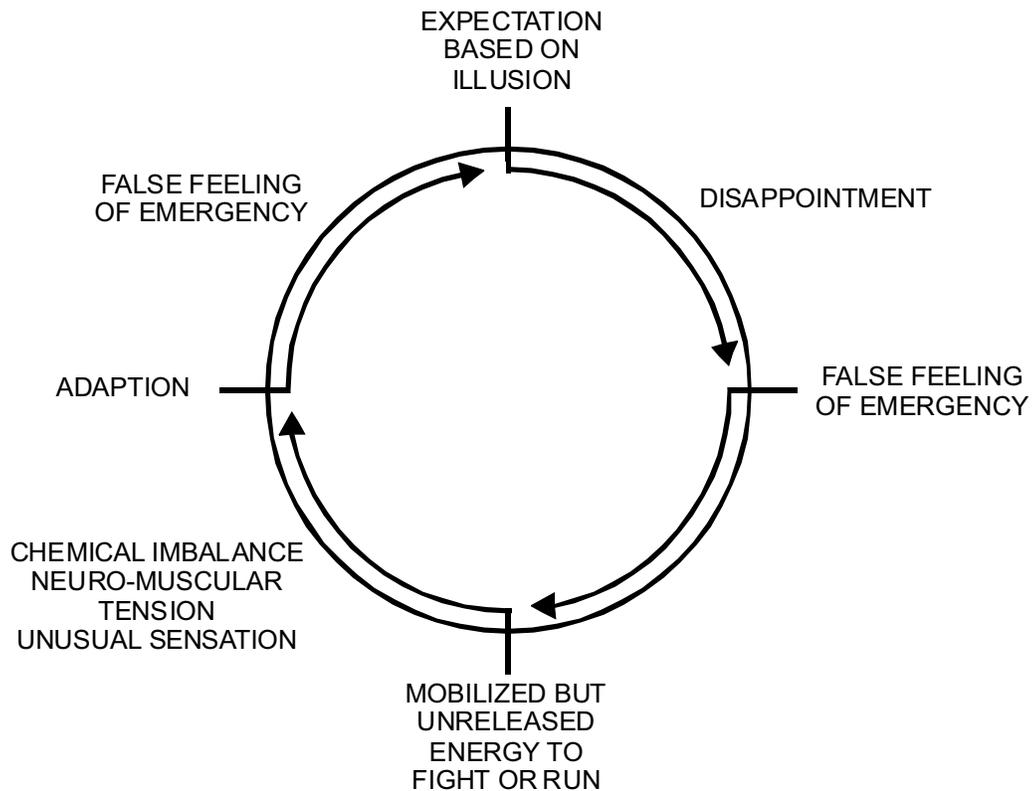
## The Four Ways of Man

1. The Way of the Jungle--"Kill anything about to interfere"
2. The Way of Justice--"An eye for an eye"
3. The Way of Understanding--"Anything I or another does is felt at the time to be right, proper, or justified"
4. The Way of Intelligence--"A new Purpose of Living with the ability to be in charge of my inner state at any time."

# THE LIVING CYCLE



# THE VICIOUS CYCLE



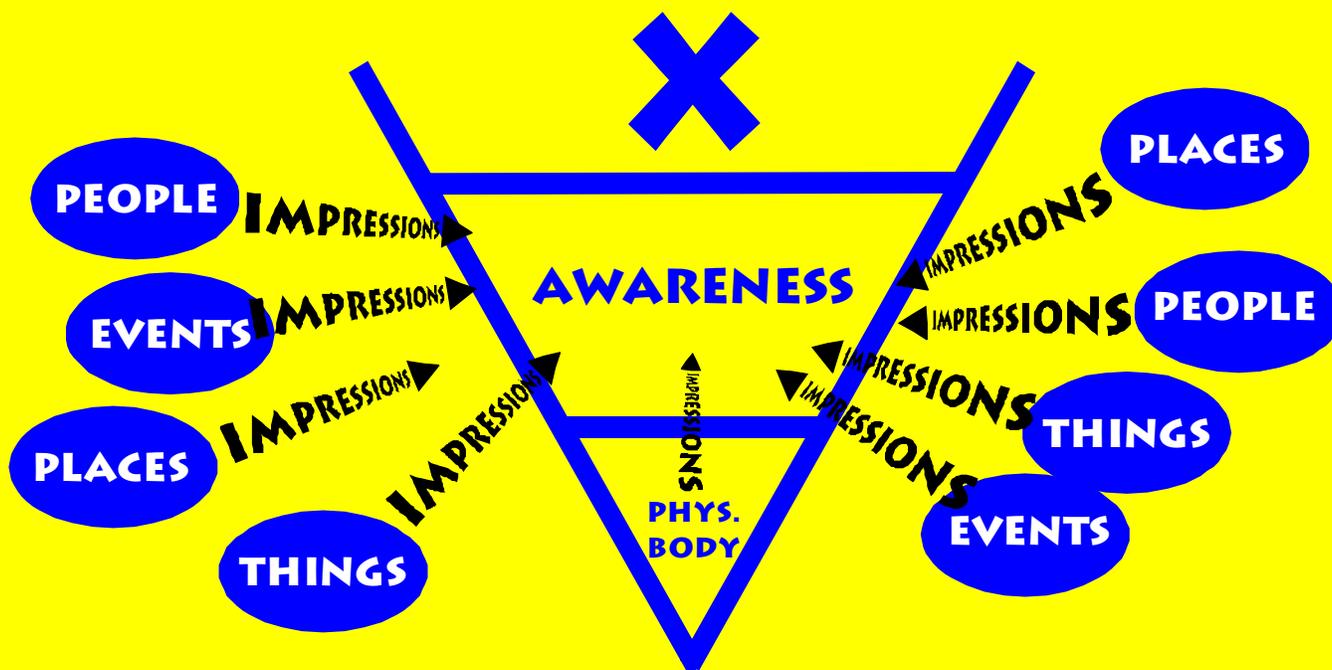
# Can't Stand Up & Sit Down at the Same Time

## We live in what we radiate

**S**ome people are busy worrying about a recession, war with Iran, getting the flu, junk being blown out of the sky onto their head, rising prices, global warming... pick your poison. Others are busy being creative. I smile every time I see these. Who would *you* rather have coffee with? (Thanks to Pat M. for the pix)



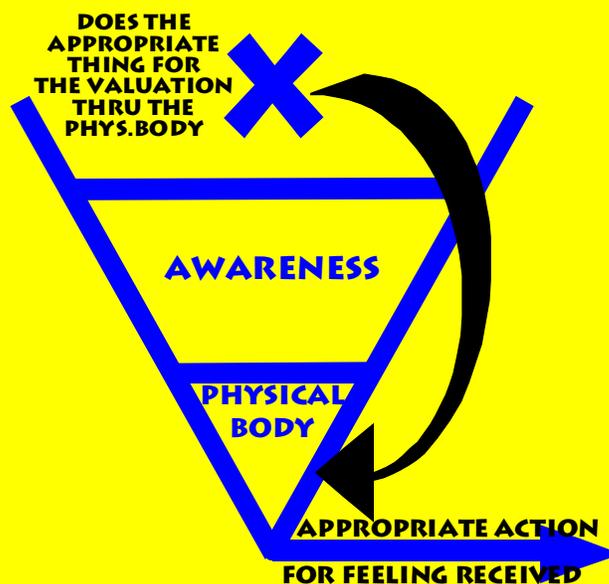
# Picture of Man Free to Meet Challenge



1. IMPRESSIONS FROM OUTER AND INNER WORLDS ARE SELECTED AND TAKEN IN BY AWARENESS. AWARENESS VALUES THE IMPRESSION BASED ON THE PURPOSE OF LIVING. THIS VALUE IS A FEELING. FEELING IS THE MEDIUM OF "COMMUNICATION" BETWEEN X AND AWARENESS.



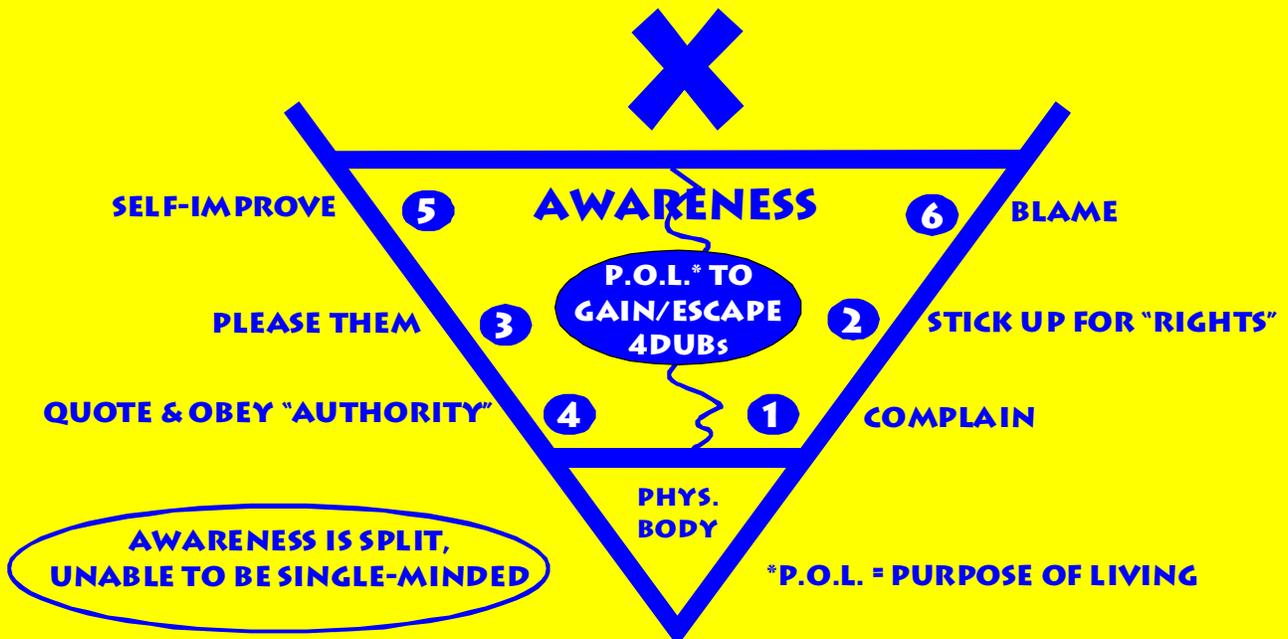
2. EXAMPLE: AN OBSTACLE TO ONE'S INTENTION ARISES. AWARENESS SEES THIS NOT AS A PROBLEM OR "BAD LUCK" OR SOMETHING TO BLAME, BUT SEES IT AS THE FUN OF A CHALLENGE.



3. LIFE THRIVES ON CHALLENGE (CHECK IT OUT) SUPPLIES WHATEVER IS NEEDED TO MEET THE CHALLENGE, THROUGH THE PHYSICAL BODY.

4. THE PERSON DOES THE ACTION INVOLVED AND THE PURPOSE OF LIVING IS MET

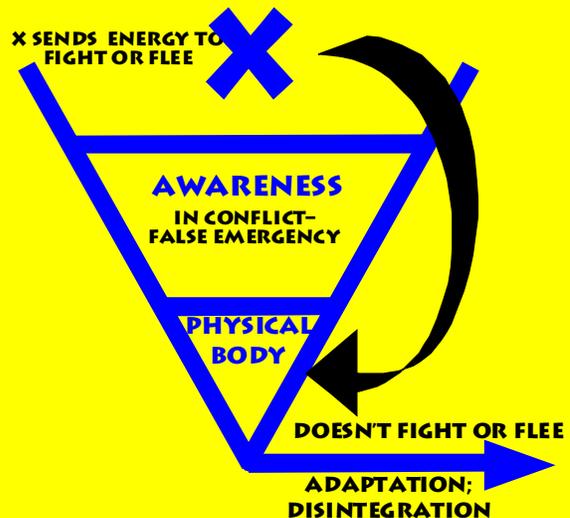
# Picture of Man Free with the 4DUBs as Purpose of Living



1. DECISIONS ARE MADE BY THE INFANT AWARENESS TO HELP GAIN THE NON-DISTURBED STATE-- GAINING PLEASURE AND ESCAPING PAIN ON ALL LEVELS, WHICH IS NOT POSSIBLE IN THE HUMAN EXPERIENCE. FURTHER ADDING TO MISERY IS THAT THESE DECISIONS CONFLICT WITH EACH OTHER, PUTTING THE PERSON IN A FALSE EMERGENCY STATE.



2. EXAMPLE: AN OBSTACLE TO ONE'S INTENTION ARISES. IF THE PURPOSE OF LIVING IS TO GAIN/ESCAPE, ONE COMPLAINS OR DEMANDS OR BLAMES AND TRIES TO PLEASE OR QUOTES SOME "AUTHORITY" OR FEELS GUILTY AND TRIES SELF-IMPROVING. THIS IS CONFLICT AND GIVES THE FEELING OF EMERGENCY AND ONE IS GIVEN ENERGY TO FIGHT OR FLEE. HOWEVER, THIS IS A FALSE FEELING, THERE IS NOTHING TO FIGHT OR FLEE. THE MOBILIZED BUT



3. X SENDS ENERGY TO PHYSICAL BODY TO FIGHT OR FLEE.  
 4. NOTHING TO FIGHT OR FLEE, MOBILIZED BUT UNUSED ENERGY CAUSES ADAPTATION OR UNUSUAL BEHAVIOR, EVENTUAL DISINTEGRATION

# The Picture of Man

*Man is designed to function without conflict, and thus to regenerate as required.*

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

Next is the AWARENESS FUNCTION, which is the senses but more than the senses when developed. A developed Awareness Function is more than the "programming" of the brain, it determines feelings.

The third aspect is the MOTOR FUNCTION, the PHYSICAL BODY through which life is lived. The fourth aspect is the ACTIVITY of the whole.

When a single-minded purpose is the foundation of a person's life, there is no conflict and he or she func-

tions 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.

Few people function as the human being was designed. 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 on all levels.

He complains, which works for an infant. When one day this fails to work, he sticks up for "rights," demanding non-disturbance. Eventually he finds that pleasing people sometimes gets him his way. 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 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 Awareness to be an emergency. This false emergency is communicated to the Life Force, X, which always does the appropriate thing FOR THE INFORMATION RECEIVED, in this case supplying energy to fight or run. If this mobilized energy is not used in violent activity, it disintegrates the body; using emergency energy in a non-emergency is unusual behavior. Neither is harmonious living. Eventually disintegration ensues.

## THE FOUR DUAL BASIC URGES (4DBUs)

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

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

## Chit-chat

*A few of us recently got together to discuss some of the principles of The Way of Intelligence, and following is a transcript of part of our conversation.*

- Z**ena: It came clearer today just what taking on a role is. It came clear that it is moment-by-moment.
- Christine:** We are always playing a role, usually unconsciously.
- Z:** Yes, I see that a lot clearer now.
- C:** Tell me about the unclear part.
- Z:** For some reason it seemed to be something I could prepare for.
- C:** Of course, good idea.
- Z:** Yes, but I saw how it is in the now also.
- C:** It is only in the now. What role can you play not in the now?
- Z:** Yes. I was in a Not-I that was convincing me it was in the future.
- C:** Well, okay, you might “rehearse” alone for a role you want to play in the future.
- Robert:** Christine, have you informed all as to my current challenge?
- C:** Of course now. I make an effort to be discrete.
- R:** What do you think, would it be helpful?
- C:** You are welcome to discuss anything. Of course!
- R:** Let me think about it, sorry.
- C:** You can start “helping” yourself by stopping apologizing! (laughter) We’ll talk about something else and you ponder it. You are more than welcome, either way.
- R:** Okay. I am going through chemotherapy for cancer since October.
- Trish:** That is quite a challenge, Robert.
- R:** I have been working together with a friend and there have been some very good results.
- T:** Great to hear.
- Z:** The chemo is a powerful second force, Robert. How is that going?
- R:** Very little side effects. Still go to work and still golf—for my age 93 isn’t bad.
- Luz:** You look much younger, Robert!!
- C:** Come on—you’re not even the oldest one here. He’s pulling your leg.
- R:** I’m 63—93 is my golf score.  
(laughter)
- C:** So how are you feeling after the last round? Of chemo, not golf.
- R:** I’ve had some congestion but it is minor. Still have an even amount of hair. No other major side=effects that usually come with chemo. Doc says I don’t look like a man on chemo or act like one either. Okay with me getting a lot of help shielding the effects.
- C:** The key is in the “act”. Way to go, Robert.
- L:** Glad to hear it.
- R:** I appreciate the opportunity to communicate. I feel I need this at this time in my life. It helps.
- C:** I too think you feel that. So please, go ahead, we’re all ears.
- R:** So maybe you can tell us how you are able to keep acting the part of a guy who’s not on chemo? Or even if you are not always: Anything you want to discuss is fine.
- R:** I look at cancer in a way that it is part of the balancing process. Allow life to supply what is needed for the balance and stay out of the way. Being thankful daily really helps.
- Z:** Yes, being thankful is so wondrous.
- L:** I like what you said, “Stay out of the way.”
- C:** For sure. Robert was exposed to a rainbow of “agents” in Viet Nam.
- R:** “Agent White” was probably the source. ... Over years I have come to remove a belief system and replaced it with knowing in most areas that I am dealing with. I have real experiences that have assisted my growth and I trust life explicitly in the ability to cure anything. ... The last bone test I had the analyst stated it appears your bones are trying to regenerate. Quite unusual. Also, tumor went from 4 cm to 1 cm. Never been recorded before, per the doc. ... Christine, you talked about regeneration going on. It looks like that is backed up by science.
- C:** Yes, lots of semi-mainline people are writing books about it.
- L:** Isn’t this what Life naturally does? If we stay out of the way.
- R:** Exactly. There is communication through the awareness function that links our consciousness to life. We become in harmony together in one

purpose. Maybe aim rather than purpose. I set my mood to purpose.

C: More "in the moment" for you?

L: How do you practice staying out the way, Robert?

R: I now I am not doing the healing. It does not seem to be difficult with knowing it's not my job to heal, only to accept what is at the moment and move through it.

C: May I add something from our conversations, Robert? About suggestion. When Robert wanted to do a milder form of chemo they threatened him with hospice if he didn't go along. However, it worked out anyway, they changed their minds.

R: Yes. Doctors with preconceived end results forget what they are saying and tend to limit your thinking. You need to be observant with these suggestions. They do nothing but cause chaos otherwise. They are Not-I's to me and have no value.

Trish: "Set my mood to purpose" ... I'm sure it may have been put that way before, but I didn't hear it before. That really strikes a chord with me. ...

R: When you understand their background, it makes it easier to ignore them. You need the teaching to truly understand life's workings.

**n**ot eager to head toward *senility*? Of course not, but maybe you wonder about it occasionally? (I do.) You might like The Brain Fitness Program.

It's sometimes on PBS, or you can go to

<http://pfc.positscience.com>

(not there is no www.) Test your brain function and find ways to "grow" your brain. You'll find lots of information there you've read in these pages, in different wording, and several little tests to see where you are right now.

And according to these scientists, paying attention seems to be one of the best ways to avoid senility, apparently (imagine that!)

*I live in what I radiate.*

## Harmony Workshop's Websites

[www.harmonyworkshop.com](http://www.harmonyworkshop.com)

Links to all our sites

[www.rhondell.com](http://www.rhondell.com)

Complete Rhondell catalog

[www.TheWayofIntelligence.com](http://www.TheWayofIntelligence.com)

Online version of this newsletter, and archives of past newsletters.

[www.SanityIsland.com](http://www.SanityIsland.com)

Lots of fun stuff for living sane

[www.PictureofMan.com](http://www.PictureofMan.com)

Information, charts, a narrated step-by-step video drawing of the Picture of Man

[www.ThanXgiving.com](http://www.ThanXgiving.com)

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

[www.ThePartyStory.com](http://www.ThePartyStory.com)

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

[www.AwarenessJournal.com](http://www.AwarenessJournal.com)

Archive of all newsletters.

[www.PurposeofLiving.com](http://www.PurposeofLiving.com)

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