

THE WAY of Intelligence



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The Four Forces

1. Initiative 2. Resistance 3. Form 4. Result

A main principle of The Way of Intelligence is that the usual thinking that everything is "cause and effect" is incomplete. There are four forces to every phenomena. It seems obvious (when pointed out), which is generally done by describing the making of a pot. Awareness wants a pot, Initiative takes the first step, which is the action toward making a pot, pouring molten metal. There must be a form to contain the substance--resistance which forms a pot instead of a big mess on the ground. The result is whatever use is made of the pot.

An example that might be more familiar to modern people is the great lengths gone to to provide resistance to astronauts in space so their muscles don't atrophy. It's accepted that resistance is necessary. In this case, Initiative: maintain the physical body; Resistance: working out on equipment; Form: a strong body; Result: continued wellbeing.

With little effort, you can think of countless examples yourself. It's actually fun to look at things this way, much less confining than the idea of "cause and effect," do you think?

These four forces are working everywhere, always, unfolding at apparent different rates, and overlapping, as well.

If this is simply "the way things are," we would probably accept it and get on with life. What has happened instead is that, based on a decision made with feeling (non-verbally) about the time of birth that our life's purpose is to avoid discomfort (challenge), we don't accept that the four forces are necessary. We spend our lives trying to avoid resistance, or complaining mightily when it's inevitable. We like the rest of it, we just don't want to deal with resistance. In some other universe, eliminating 2nd Force may be possible, but not on planet Earth.

What is actually funny here, is that when we see resistance as fun, we don't care at all! Athletes know resistance is crucial, and willingly endure it. Any game you enjoy will have a degree of resistance to make it fun. And I think most of us will admit to a degree of satisfaction when resistance is met gracefully and the form and result we initiated materializes.

When we can accept the fact that this is the way things are, this is what is, and deal with it gracefully, we will live in a much higher tone than when complaining and fearing and blaming all the people, things and events in our way. If we want to be strong, rather than fade into oblivion, we will take this approach. But this can't really be done until we look hard and see that our purpose has always been either avoiding what is that we don't like, and clinging to what we do like. What we can do, certainly, is avoid what discomfort we're prepared to pay to avoid, and gain comforts we're prepared to pay for. What we can't do is buy off the laws of our universe, and the sooner we see this and accept it gracefully, the more relieved we will be.

An unexamined purpose of living is to make the Four Dual Basic Urges the Purpose of Living:

Avoid: pain, being ignored, disapproval, feeling useless or unimportant.

Gain: pleasure, attention, approval, feeling useful or important.

None of these are bad, wrong, sinful, or to be utterly avoided. They are merely side-effects or byproducts of living, just not the whole purpose of living.

Quiz

The Four Ways of Man

- 1.** **The Way of the Jungle:** Get rid of anything or anyone in my way. List those you know or know of who predominantly live The Way of the Jungle:

- 2.** **The Way of the Law:** Take no more than an eye for an eye (not "your life for my eye"). List those you know or know of who predominantly live The Way of the Law:

- 3.** **The Way of Understanding:** Everyone, including myself, does only what they think is right or proper or justified at the time of doing, with the light that they have. List those you know or know of who predominantly live The Way of Understanding:

- 4.** **The Way of Intelligence:** Knowing what I am, where I am, what's going on here, and what I can do, if anything. Freely doing what I know is to my advantage, knowing that it is to my advantage only if it is to the advantage of all life. List those you know or know of who predominantly live The Way of Intelligence:

(Are you finding that the line distribution here is inconsistent with the lines you actually need? lol!)

Nineteen Points to Understanding Human Beings

by Rhondell, c. 1968

Everyone lives in his own world. It is "his" because only he can experience it.

Everyone perceives reality through his own conditional vision.

Everyone reacts as a whole being to *his* reality.

The person has one drive. He can work toward or away from self-determined integration. The choice is his but the person must be shown that there IS a choice.

Behavior is the method of satisfying needs as seen by the individual, based on his conditioning--most of the time.

Emotion governs the degree of intensity of behavior. Emotion is of two types. (1) Unpleasant and/or excited and (2) calm and/or satisfied. "Emotional" behavior affects the conditioned mind regardless of body needs at the time.

The best way to understand people is to "walk a mile in their moccasins." Be aware that their behavior is to them right, proper, and/or justifiable for the time, place, and circumstances.

Certain decisions are made regarding experiences. These decisions are motivating forces in conditioning the self.

As a result of decisions made by experiences (usually in infancy and non-verbalized), the conditioned self is formed and behaves according to these decisions.

Some values are achieved by self-experience--others by belief in "authorities" and judged as if self-experienced.

Experiences are either (1) applied and used, (2) passed by after being considered useless, or (3) denied or distorted because they contradict previous conditioning.

Most behavior is governed by feeling rather than by physical needs.

Some behavior, motivated by distortions of experiences will be denied by the individual because of its inconsistencies.

Psychological maladjustments occur when the individual denies awareness and lives by distorted conditioning based on the first through the sixth decisions [in the Picture of Man].

Adjustment occurs (develops) and integration begins when an individual becomes aware of his conditioning and decisions, realizes he no longer must be controlled by them, finds out what he is, where he is, what he is doing, and what he can do.

Any experience seen through conditioning may appear to be a threat. The more misconceptions (viewed as threats) occur, the more adaptation must take place. As long as the conditioning remains, it has to be defended--creating a vicious cycle which can be broken only when true perception of experience occurs. The vicious cycle appears to be necessary until truth steps in and shows up the false feelings of emergency.

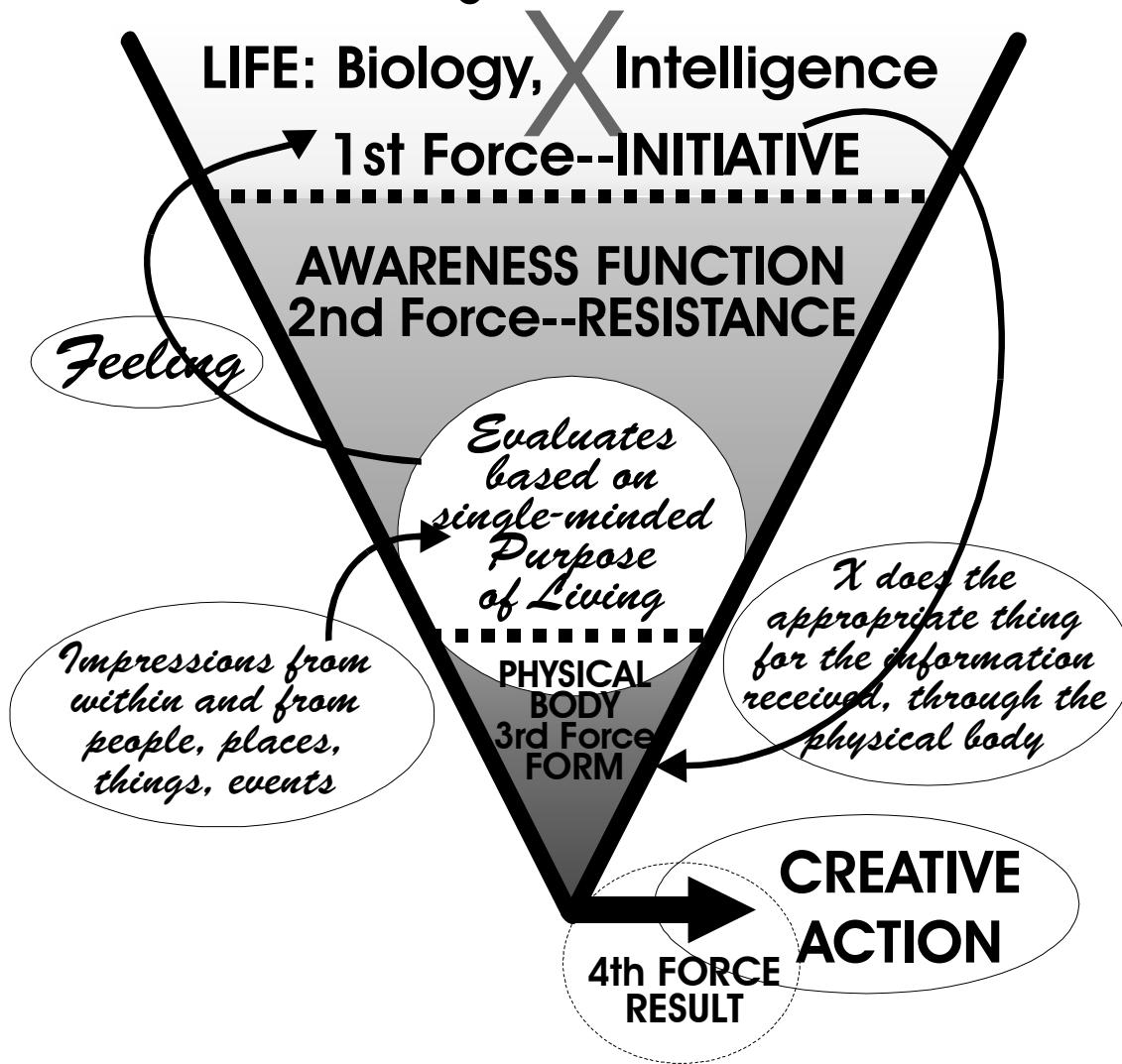
With the absence of fear (threat, judging, criticism), experiences may be seen through true perception and the individual can assimilate and utilize such experiences.

With true perception comes understanding of the self and others.

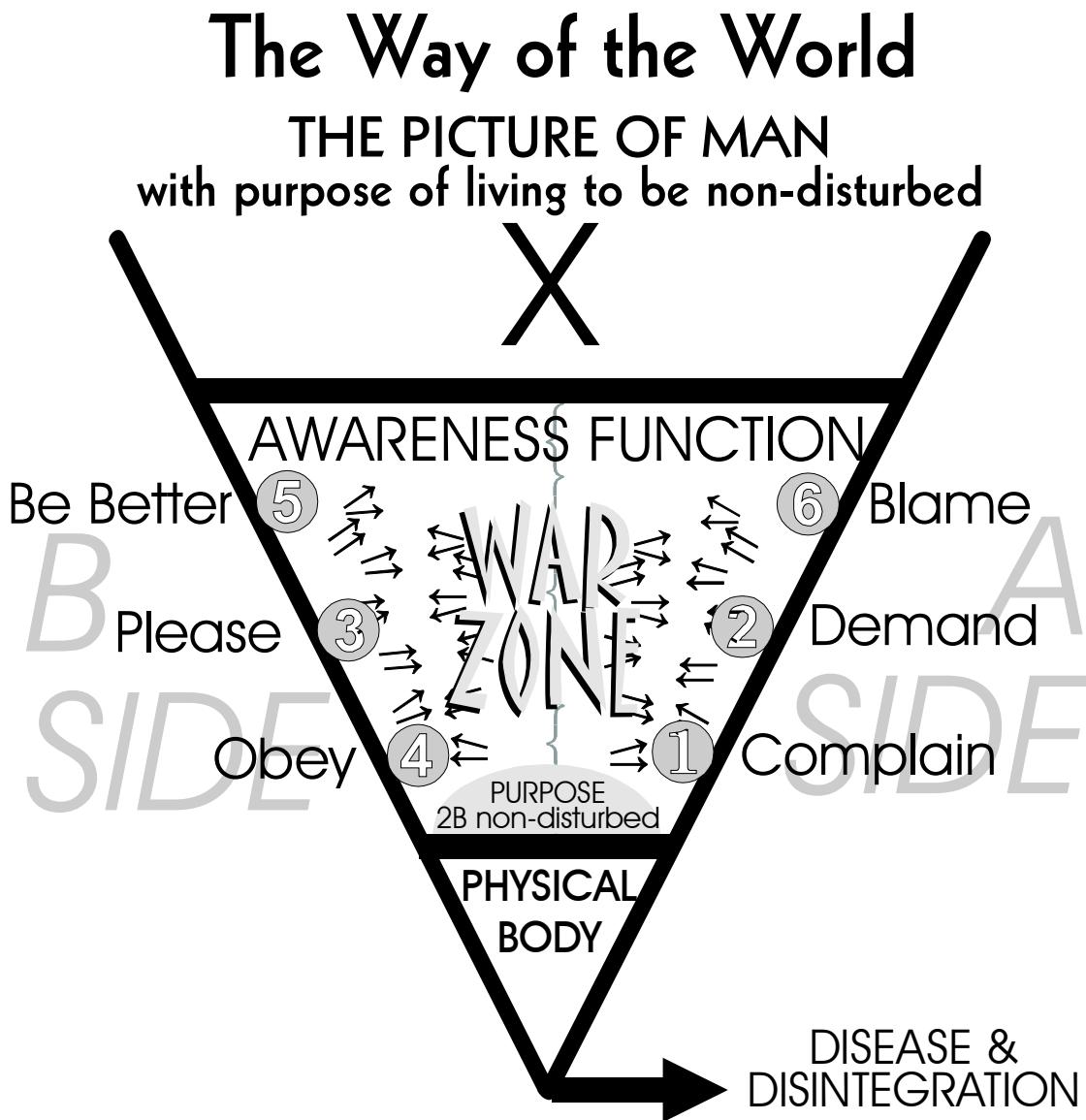
With true perception, the individual replaces the conditioned self values (false feeling of emergency) with true feeling, or seeing things as they are and with adequate response to the real stimuli.

THE WAY of Intelligence

THE PICTURE OF MAN as designed to function



A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is there which cannot yet be precisely defined. Next is the AWARENESS FUNCTION, which is the senses but more than the senses when developed. A developed Awareness Function is more than the "programming" of the brain, it determines feelings. The third aspect is the MOTOR FUNCTION, the PHYSICAL BODY through which life is lived. The fourth aspect is the ACTIVITY of the whole. When a single-minded purpose is the foundation of a person's life, there is no conflict and he or she functions with all aspects in harmony. The person is at ease.. The Awareness Function receives impressions from within and without, from other people, places, things, events. It forms a feeling about those impressions which it does not choose to ignore, and the feeling is in tune with the purpose of living. The feeling of Awareness is a medium of communication with the Life Force, X, which responds appropriately through the Physical Body to the information received, and Action ensues.



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.

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.

Alternatives to the Four Great Games

While planning our virtual *Sanity Island*, I needed to make the propositions of The Way of Intelligence as "3-D" and possible. I wanted the island itself to be an X-shape, and thus had the perfect four spaces to work with (ever notice how these principles are all "fours"?) Games are the nature of life activity on Planet Earth, and the Four Great Games "rule the world". Here at *Sanity island* we have no interest in ruling the world, we want only to be in charge of OUR internal world, so I thought I'd scale down the games a bit, using their fun and interesting parts without the greedy all-consuming purpose. Here's what I came up with:

Jinstead of "**Medical Arts**" (which I notice today is sponsored by "the pharmaceutical research companies"--or in my downhome language, drug pushers), we have a section devoted to **Healing and Wellbeing**.

"**Theology**" has been replaced by **Reflection**.

Commerce and Entertainment is our vastly scaled down "**Big Business**".

"**Power Policies**" hardly exists at all (we don't want to control anyone, or propagate any such thing as beliefs*, though I do have the "power" to

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

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

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

Words of Wisdom

As long as we compete, we're in violence with each other, we have one form of warfare. Whether it is economic warfare or whether it is violent warfare or whether it is verbal warfare, what we have is a war. [Rhondell]

From Neil F.: "I liked your article about calling Not-I's Not-Nows; I would say, "They are Not I, Not Now and Not-So".

The only thing we really fear is possibility. [Rhondell]

The Four Great Questions

A Temporary Purpose of Living

Most people who read newsletters such as this one have probably asked "What is the purpose of living?" This is what brings them to the kind of material found here. Rhondell came up with a slightly more useful way to ask the question; in fact, he put it into four questions:

What am I?

Where am I?

What's going on here?

What can I do, if anything?

Some of these questions are a little odd-sounding. For instance, more people ask "Who am I?" than "What am I?" We seldom ask "Where am I?"--we think we know. "What's going on here?" is not odd, but its answer is seen through a filter, and it could be that filter is foggy or we wouldn't be asking "What is the purpose of living?" in the first place. A useful answer to "What can I do?" is infinitely more available when the first three questions are no longer questions, but are answered and understood.

This often takes longer than one might expect--it can take years, alas, as some of us know! So in the meantime, Rhondell has supplied a Temporary Purpose of Living that will serve quite nicely until (and maybe unless) another one is chosen.

What am I? A privileged, invited guest to a Big Party.

Where am I? On a beautiful estate called Planet Earth.

What's going on here? Lots of games, interesting other guests and interesting things to do.

What can I do? I can be what to me is a good guest, the minimum of which is to be harmless, considerate, and make a small contribution to the party.

It's hard to imagine any purpose of living that is easier to accomplish, easier to remember, and has so little pressure attached to it. It fits absolutely any occasion, event, relationship.

It may be one day you will find and make a different purpose of living for yourself, and certainly that is the privilege of each of us. But if you are sometimes in a quandary about just what that might be, feel free to use The Party Story as an outline--it won't let you down.

You can read the entire Party Story at

www.thepartystory.com

Use It or Lose It

Brain Fitness Program

Jif, like me, your worst nightmare would be senility, you might be interested in The Brain Fitness Program, which jibes so nicely with the material here: Doing new, difficult things will keep brain function from deteriorating. Lots of science to back it up, if anyone needs that! There is a DVD available (you can get it at Amazon) with an introduction to their programs which are fun exercises for auditory and visual strengthening from the standpoint of paying attention. There are samples at the website

www.positscience.com

Highly recommended!

Mail Box

Jhe teachings have been a great gift in my life. I have had many experiences where I have benefitted from them.

I am wondering if people realize the value of reporting in our everyday language. For example, in a moment of anger or some kind of emotion, I take a deep breath and say "Oh, I don't know." What a report. Then in that same moment I catch myself and say, "I DO know." I just thought it would be an interesting discovery to share with everyone and anyone that is interested. Thank you for your loving support.
Love, Jeanie

Yes, a sighing "I don't know" is a lot different than a surrendering, "I don't know." One is apathy, the other vital interest. (And according to a great teacher, "I don't know" is often the first true thing a person ever says.)

Language plays a bigger part than we sometimes realize. I watched an interview of a TV star whose show had been cancelled. Before the interviewer went into that, he discussed at length the star's recent heart attack. Eventually they got around to discussing the show, and the star was asked, "How did you feel when it was cancelled?" "It broke my heart," says he. Both seemed kind of talking by rote and neither "heard" the interesting remark.

Carefully listening to our speech might be a great way of self-observation.

Back to your point, Jeanie, yes, often we certainly DO know what's to our advantage, but it takes more effort to do it \ than to just sigh and be a victim. Thanks for your observation, and your sweet thoughts. oxo

Picture of Man Video

Jif you've given up on viewing our little animation of the POM because of technical difficulties, please try again. My terrific volunteer webmaster Trish (who looks after all of our nearly 100 sites) has installed it differently, and it should run smoothly and without a long loading time. And by the way, she did a search and found that there are people who have found it beneficial and listed it on their sites. If you find any of this material useful, I'd like to hear from you--otherwise I don't know if it's just going out into cyberspace infinitely, without being seen at all. Email is harmonyworkshop@earthlink.net

Our Websites

HarmonyWorkshop.com
Links to all our sites

TheWayofIntelligence.com
This newsletter, and copies of previous newsletters.

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

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

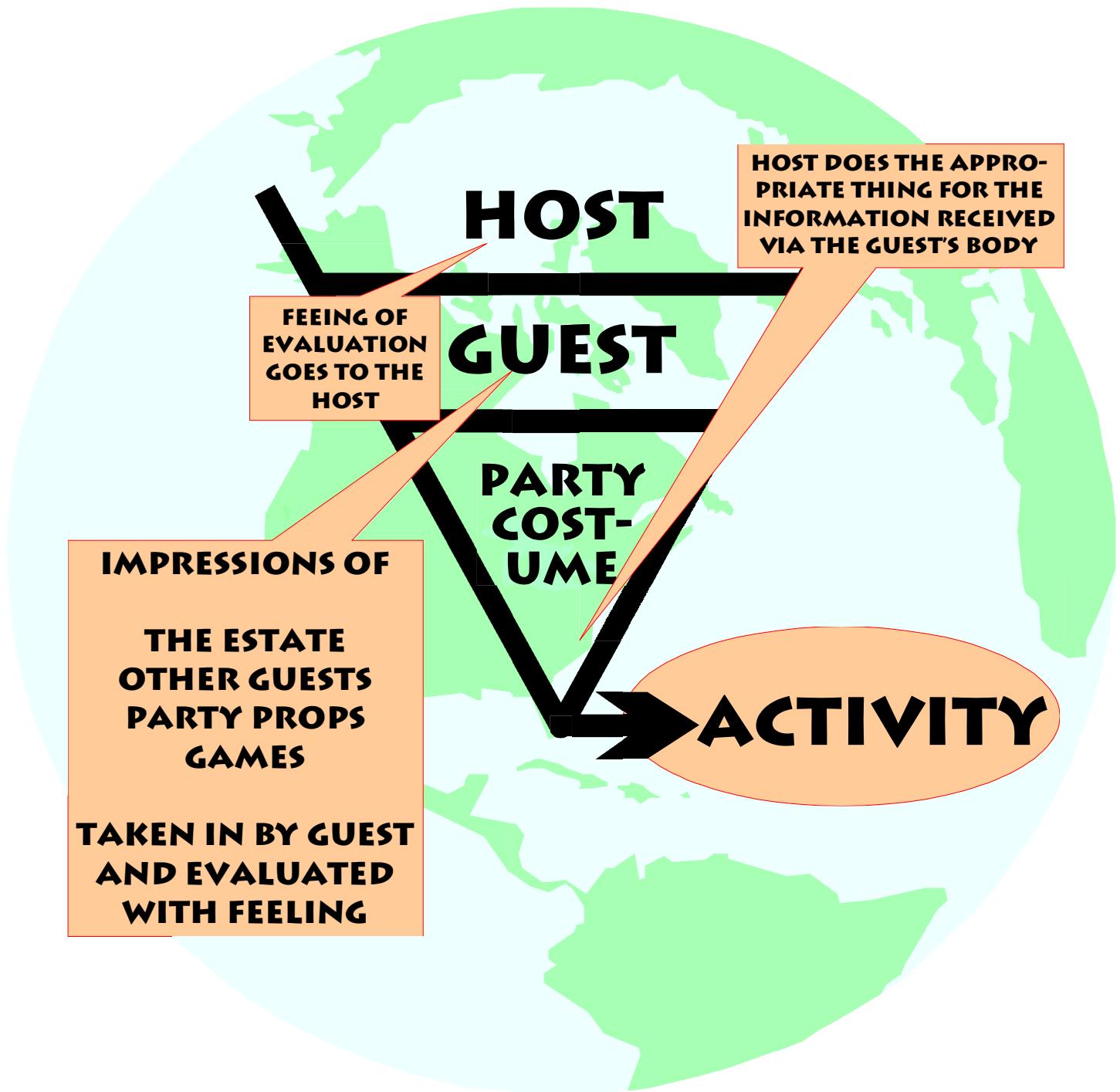
AwarenessJournal.com
Newsletter archive.

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

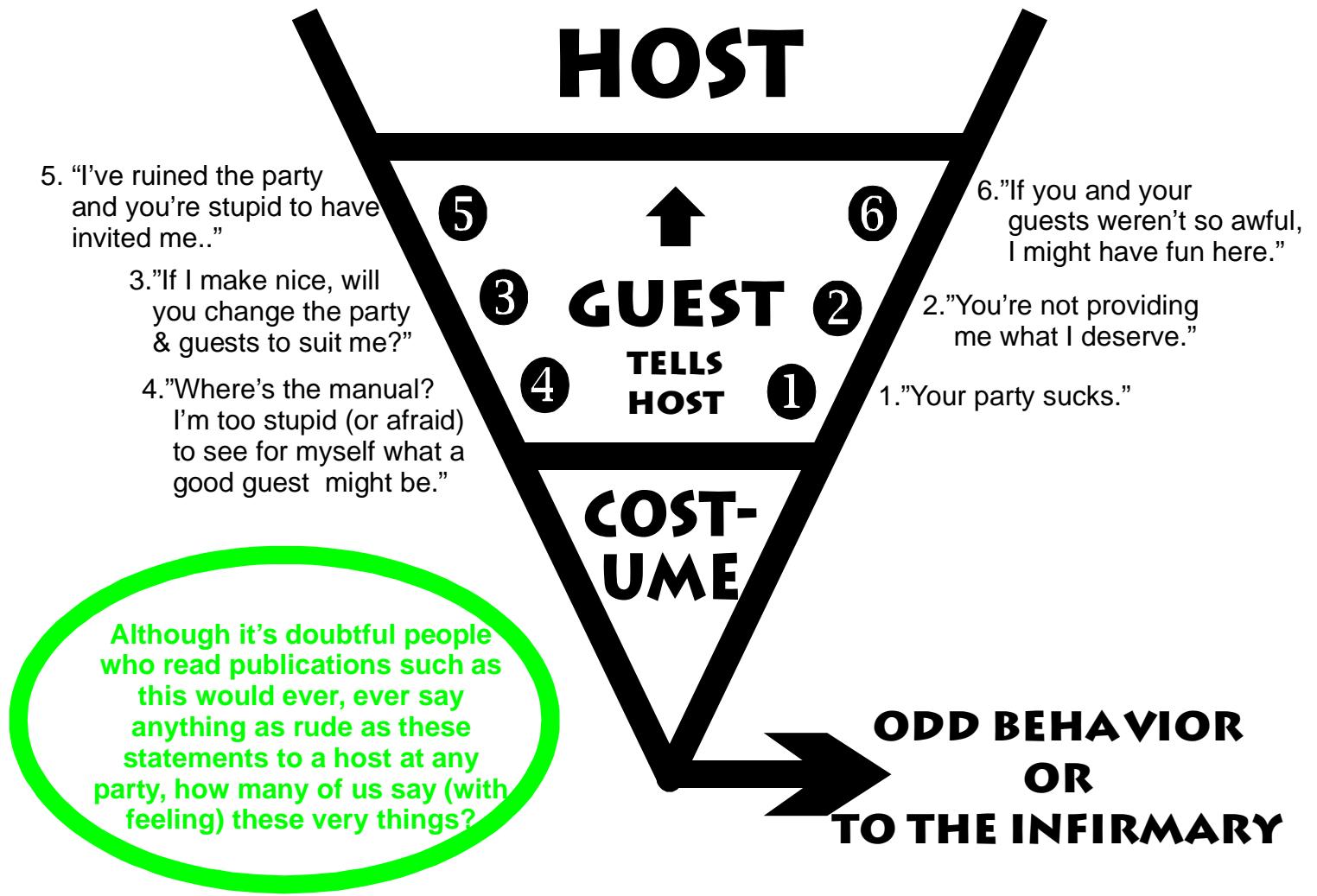
ThanXgiving.com
If you are bursting with gratitude about anything at all and want the world to know, post here.

Rhondell.com
The complete catalog of tapes and books by Rhondell.

Picture of Man As a Guest at a Big Party



PICTURE OF GUEST WHO DOESN'T KNOW WHAT HE IS, WHERE HE IS, WHAT'S GOING ON, WHAT HE CAN DO



THIS GUEST THINKS THE PURPOSE OF LIVING IS TO GAIN ALL PLEASURES ALL THE TIME AND TO ESCAPE ALL DISTURBANCE ALL THE TIME AND CONSTANTLY RAILS AT THE HOST (AS IN ABOVE SAMPLE CHATTER) TO FIX IT NOW.) THERE IS, OF COURSE, NOTHING WRONG WITH WANTING A LITTLE PLEASURE AND AVOIDING PAIN WHEN WE CAN, BUT IS THAT THE PURPOSE OF LIVING???

Bulletin Board

Mail Chaos

If you've emailed Harmony Workshop this summer and got no reply, please forgive me, and try again. We've had major troubles (not even counting hundreds of spams a day) including a crashed server. We've moved the sites to a new host and everything seems to be clicking along now. Certainly haven't purposely ignored anyone, if you didn't hear from me, your email was waylaid to Data Heaven.

Virtual Sanity Island

If your computer has tons of RAM and a video gaming card, you might be interested to check out our virtual Sanity Island. If you even know what this means (lol), send me an email for the address. (If you take Role Playing seriously, this is the place for you!)

Stamps

Our stamps are now available directly online from www.zazzle.com. If you get on their mailing list, you'll get special notices for occasional free shipping or other discounts. Nice for holiday mail. The ThanX Life logo



(without all the postage, barcode, etc.) is available as well for lovely greeting cards or anything else the site sells (dozens of items). I also have a few coffee mugs with the same logo on hand--one is pictured on a recent newsletter cover. Those are \$20, which includes postage, from Harmony Workshop.



Fridge Magnets

If you'd like either or both of these fridge magnets, please send a donation and tell me how many. I'll make them available directly from Zazzle when I've sold the ones I've got on hand. Both magnets are round, and I have a small square of the ThanXLife logo.



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THE SECRET TO LIVING, KEEPING THE MOOD UP AND NOT MAKING ANYTHING IMPORTANT
KTMU
&
NMAI

