



THE WAY of *INTELLIGENCE*

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THANX, LIFE...

FOR ALL these great tools. I can't imagine this journey without them. I'm grateful for the humbling realization that there has always been food, shelter, clothing and transportation no matter how bleak things looked. Thanx for great friends and great Friends. Thanx for a few pretty good talents and opportunities to express them. Thanx for physical senses intact. Thanx for parents who taught me hard but invaluable lessons. I'm so thankful for a sense of humor (appreciated almost as much as the tools!). Thanx for the long-in-coming wisdom to truly know that nothing, even this precious self, is important, what a relief! Thanx for the pretty view out my window, for my precious kitties, and for knowing that it's okay to hurt, that pain itself of any kind is not fatal. And especially, I'm grateful to the bone for my teachers, those who taught me worldly skills such as computers and cooking and photography and more; those who function as mirrors, those who don't and couldn't know what they have taught me, and those who brought my soul into being. This is just a part of my list. My cup runneth over.

What are you thankful for? You might go to www.thanxgiving.com and let us know. **X**

**NUMBER 20
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BEDTIME STORY

RHONDELL

**ONCE UPON A
TIME...**

AN INFINITE BEING

IN INFINITE SPACE

ENJOYING BLISS

(GOT BORED??)

WE SAID we'd talk about the Bedtime Story. The bedtime story for some unknown reason was named bedtime story. It really is a story of how creation of human beings took place. Now, we don't guarantee a bit of its accuracy. But it's possible it could have been done that way. It says that many, many long years ago before there was any time even, there were no planets, no stars, no nothing, there was an infinite being sitting in an infinite space, enjoying his bliss. That's it. And he did this for many, many long, long, long time. No years, because he didn't have anything to [measure] years by. Didn't have two objects, one going from here to there, so no time. And after a long interval of this just sitting in space enjoying his bliss, infinite space, he decided he'd like to do something to entertain himself. He was blissful but he wanted to be entertained. So, like any young person, the first thing he wanted to play with was balls. So he made a bunch of balls out there in the sky, planets, stars, suns, moons, and all those things. And he played with those for many long years, he enjoyed them, immensely, still enjoying his bliss. And, one day he decided he would like to have something more than balls to play with, so he put some living animals on all the planets, or

on the one planet we know of. The rest of them we guess at. So, pretty soon there was all kinds of animals on planet Earth, at least. We don't know about those others. So after some length of time he decided he'd like to have somebody to talk to. So he divided himself, to multiply. First divide in order to multiply. So he divided himself and multiplied it into many, many beings, like all of us creatures around here. And, of course he put in it that they would forget that they were an aspect of himself, just divided. So, we're still forgetting. Every word of it, we don't know it, and it said that if everybody should remember at once what the joke was, that we were just aspects of this infinite being, the whole thing would end and go back to one infinite being and a few balls out there playing around. Now, you think that's correct? I thought it was. So, it's my version of the creation of the human race, okay. You are an aspect of that infinite being and you were designed of course, to have infinite peace and joy and bliss. But we decided to have infinite misery and aggravations and annoyances because we go around making all sorts of little things important. So we get all upset for no good reason whatsoever. Now, was that specific enough for you to work on that? That you can remember? ✕

tone, vibration

"I AM"

NOT I

LIFE

???

???

"I SEE!"

"I LOVE"

"HOW INTERESTING!"

"ALL IS WELL."

"ENTERTAIN ME"

"I HATE _____"

"HOW DARE!!"

"WHAT IF??"

"WHY BOTHER."

NON-RESPONSIVE

DEATH

EXERCISES

PEOPLE OFTEN ask me for Work exercises. Usually I tell them it's much more valuable to make up their own. But since I am asked, I'm happy to present a few. (There are also plenty in back issues of *Awareness Journal* which you can find online at awarenessjournal.com.)

The following experiments align with our theme of "tone" and how unconscious we can be about it, how there are often background or other tones we either take for granted or think we ignore, when in fact they can influence us. **"We are 100% suggestible 100% of the time."**

Although we're a hundred percent suggestible, we can ignore whatever suggestion we wish, but only if we're aware of it in the first place.

It might be a fun experiment (or at least enlightening) to analyze your favorite music using the chart on the next page. Ignore the words, just listen to the sound of it, establish where on the chart some particular song fits, see if you can enjoy the music and go to another level. It could be either higher or lower--the point is NOT whether some tone is "bad" or "good" but whether we are choosing our own inner state or whether the music is doing it for us.

And this isn't to say one "shouldn't" get into music--I get down every few weeks with Otis Redding and Sam Cooke and I thoroughly enjoy the sad tone of Vern Gosdin, and Chopin can take me straight to heaven, as does Enya, and Nora Jones somewhere else. I offer no apologies, but I do it purposely, now.

(When I first met The Way of Intelligence 30 years ago I did an experiment of turning off the classical music I listened to day and night. I actually experienced withdrawal symptoms. I was constantly aware that the music was not there, I craved it, I looked for something to fill that space... it was quite enlightening.)

You might memorize the chart and next time you are making meaningless small talk (where it's not interesting enough to pay attention to), determine where on the chart your companion's tone is. And your own. (It's often easier when doing these exercises to first observe other people, then oneself. But of course observing our self is all that matters in the end. And don't forget the part about not condemning or justifying!)

Next time you are watching or listening to the news, see if you can identify the tone of the newscaster, his or her guests, and the commercials, using

the chart. Eventually you will be able to determine where most mass media resides on the chart. Which means you can determine what people are *really* saying, often opposed to the words they are using.

Please understand that none of the levels on the chart are bad/good, right/wrong. They are just different vibrations. It's up to each of us to live in the vibrations we choose and not let other people and other elements choose for us--because **if we DON'T choose our own inner state, someone or something else will** (because suggestibility is our nature), and it will more often than not be that of victim, "Entertain me," or below.

People sometimes ask, "What is the purpose of this work?" It is to learn to be in charge of your own inner state, and to be able to choose any state appropriate for the events at hand, leading apparently to a kind of immortality. There is a constant effort in the world to recruit us to someone else's tone. It takes a lot of practice to negate this influence, and it can be done, with Work. **X**

FROM MITRA:

"SILENCE IS OFTEN MISINTERPRETED, BUT NEVER MISQUOTED."

I told a few friends I work with about my experience with my Dad's music, and one sent me the following. From a popular song, he re-wrote the lyrics, and I think they are beautiful, an ode to Awareness.

I WRITE THE SONGS THAT SPIRIT SINGS.

I WRITE THE SONGS, I WRITE THE SONGS.

I WRITE THE SONGS THAT SPIRIT SINGS,

SONGS OF JOY AND OTHER THINGS.

UNAWARE, SONGS OF WAR AND DREAD

ENTER IN AND FILL MY HEAD.

IT IS FOR ME TO CHOOSE,

A TALENT I'M FREE TO USE.

THE SONGS I WRITE

THAT SPIRIT SINGS.

I WRITE THE SONGS THAT SPIRIT SINGS,

SONGS OF MANY MANY THINGS.

I WRITE THE SONGS THAT SPIRIT SINGS,

I WRITE THE SONGS, I WRITE THE SONGS.

~ JOHN BARROW

MY DAD, who was 80, left The Big Party recently. He sailed through a heart-valve replacement, sitting up the same day and walking the next. Doctors said he could go home the following day, when, instead, he became infected with that nearly untreatable bacterial infection that prowls hospitals these days. Massive shut-down of all vital organs. He was in ICU on life support for over four months, including some dialysis, and developed a massive bed sore on his back, which required a skin-graft and never did heal. Finally he was weaned off the life support and a week later got to go home. We were all holding our breath, my seven siblings and I, knowing that if we could get him home he'd be okay.

Just under five months from the original surgery, he went home and seemed to be improving, though of course he couldn't talk. Lots of rehab people coming and going and it seemed they were more vigorous with his treatments than the hospital people had been. One day he apparently motioned to my sister that he just couldn't handle it anymore, he was exhausted, and within the week he left, in his sleep.

Of course I was sad, but kept myself overwhelmed with gratitude that he didn't have to return to the hospital, another seemingly endless period of "life" support. (It's no life I'd want to live.) It's what we all wanted most of all, including him.

I have fond memories of him, an extremely gentle man, and bright and funny. Though shocked that it was so sudden, especially when I thought he was improving, I didn't cry. I smiled and radiated gratitude.

I thought it would nice to make a DVD for the service with some of the hundreds of old photos I have of the family, including his parents and even his grandpar-

ents. It took a few days of long hours, scanning photos and building the little tribute. I started with the pictures and spent hours smiling and glad. It was remarkable; we'd been so close when I was young that I had always dreaded this time, and was surprised to find myself full of joy and gratitude rather than devastation.

And then it was time to add the music. I don't even have these in my collection, because they aren't my taste. I had to get them from the internet. But I have memories of listening to them for hours with my Dad when I was a teenager (and he was trying to demonstrate that they were better than Elvis). Well! Suddenly the floodgates opened, I could barely stop crying, and then only with great effort by **"mountain climbing."** Although I already knew the power of music (and any tone), and in fact don't often play music in the background any more because I want to be in charge of my inner state, not music, it amazed me how deeply affected I was because of the associations with those particular tones. I cried almost continually until the little tribute was finished.

I think that today with everyone wired with iPods and even cooking shows having thumping background "music," we don't pay enough attention to this kind of **nutrition**--these impressions are a food of a kind and we want to be careful. Not to say we "shouldn't" go there, rather to say we need to know what we're doing. I found a talk Rhondell did about this subject, it's on the next page. You might want to think about it. **X**

For more on "mountain climbing" see www.marshasummers.com/innerman/mountainclimbing.htm

More on "nutrition at www.marshasummers.com/innerman/levels.htm

THE POWER OF TONE

BY RHONDELL

THE GREATEST SUGGESTION IS DONE WITH TONE, NOT WORDS.

IF YOU CARE TO BE AWARE OF SUGGESTION, BEGIN TO LISTEN TO TONES.

TO UNDERSTAND BLACK MAGIC IS TO BE LIBERATED FROM IT.

UNLESS WE ARE EXTREMELY CONSCIOUS EVERY MOMENT OF EVERY EVENT AND HOW WE ARE RESPONDING OR RECEIVING THAT IMPRESSION OR EVENT, WE'RE GOING TO BE AS CONTROLLED AS A PUPPET ON A STRING.

THERE ARE TWO VERY BASIC IDEAS TO BE AWARE OF, WHICH ARE THE MOST POWERFUL CONTROLS TO THE HUMAN BEING, AND THEY DO AFFECT US: SUGGESTIBILITY AND TONE.

THE URGE to have power, that I'm going to control you ... And if I find I got a little bit of it, I find, it's like they say, a shark gets the taste of blood, you know, or a wolf gets a taste of blood, they go into a frenzy. And a man who gets a feeling of power goes into a frenzy. Take your example again of poor old Hitler. You see a man who gets power, he wants more power, always more.

How does he have power? Control. You see a great speaker get up and he can make an audience all get teary and blubbery and he says he REALLY something or other, you know. Because he controls people by dealing on tone of voice.

The other day somebody talked about having heard a talk on some subject and it got everybody in the auditorium all full of tears. And so I did Mary's Little Lamb, with my appropriate oratory voice, and everybody in our audience broke down in tears. And it wasn't because it was so bad. (laughter) They weren't crying for me, they were crying because of the tone of voice. And she said, Now I see.

We have been led to believe that it was the message

that got us, and it wasn't the message at all, it was the tone of voice.

So you see it is ability to control with a sound. A tone will control. Now once you get this ability, it is a great temptation to use it. In other words, to me the greatest temptation in the world, the one which please deliver us from every day, is the temptation to be a black magician. Because it is so easy.

You can say the alphabet and have people break down and start crying. It all depends on the tone of voice. It's like you can take an organ and you can play on one end of it and people all go to tapping their foot, and you can play the funeral dirge on the other end of it and it depresses us down. You see, sounds have great effects on us. And the black magician learns this, very quickly, that the tone or the sound of a voice or of an instrument or a musical tone, has a very great vibratory rate on our solar plexus.

So you appeal to the belly brain. (Man: ... music?) Right, you can appeal to the belly brain and you can lay it down. Is that right, Rick, here's a good musician, he knows about those tones and it appeals to right here. You hit the

belly brain with it. And you can tie people up and they think they have received something wonderful, glorious and spiritual and all this, and all they got was a sound that vibrated the solar plexus around just right. And somebody else can come along and say the same words with a different tone of voice and everybody starts laughing.

... All the way down including romance, because that's where that goes, too, is the tone of voice. You walk up to a girl and say "I love you, witch" and the tone gets you, man. It's the tone of voice. Man responds to tones. And the greatest suggestion is done with tone, not words. The greatest power of suggestion is in tone, not words. If you ever recall listening to Hitler, you couldn't understand a word no matter how good your German was, he just screamed and that's all there was to it.

I saw a man, trying to demonstrate the power of the sound, with nothing but tone, and about six words, have everybody take everything out of their pockets, the women take their earrings and their pins and their watches and the men take their watches and their wallets, everything, throw it in a box. You know what he told them when they got it all through and they brought it up front? I will repeat his exact words, he said, "Look you

damn fools, I've been trying to teach you for two days not to buy suggestion, you've caught it. Now come get your stuff and go home and don't come back for two days and then we'll talk about suggestion then." He had been talking for days on it and here they all just emptied out everything out of their pockets into the box, bill-folds, coins, wedding rings, engagement rings, diamonds, everything. All from his tone of voice.

Now if you care to be aware of suggestion, begin to listen to tones. It can be done with many things. Including the body tone of the person in front of you. Understand tone and its power in suggestion.

So, to understand suggestion, to understand tone, is to put oneself in a bit of discovery position where you are not a slave.

So, to understand black magic is to be liberated from it, basically, to really be aware of it, not just to hear about it. And talk about. But let's say that it is the most prevalent power in the world, in your and my world today. We live in the midst of it, and unless we are extremely conscious every moment of every event and how we are responding or receiving that impression or event, we're going to be as controlled as a puppet on a string. By whoever happens to want to run the puppet show. I personally don't want to be a

puppet on a string. I want to be me, no matter how clumsy that may be.

And in order to do that, there are two very basic ideas to be aware of, which are the most powerful controls to the human being, and they do affect us: suggestibility and tone. And that any time we're in a state of stress, we are in a heightened degree of suggestibility. So if for no other reason in the world, there is a reason to be aware of ourselves and truly know ourselves, if for no other reason than to quit being a slave. Because somebody's going to lay it on you. They are going to lay one on you if you are in a state of stress. Somebody's going to lay one on you. And the lower you get on the scale, the more everybody's going to suggest to you you've probably got cancer, you know, you read that in the paper.

But nevertheless, we would have everything from suggestion, and the more you're down, the more somebody's going to suggest to you. So it behooves us as individuals to see what's to my advantage, to be aware of ourselves, get rid of our conditioning, which keeps us in a state of stress, which brings us in a higher degree of suggestibility to both verbal and non-verbal suggestion, and tone is the biggest suggester of all. Okay? ✘

IN BOX

HI C., there's always teaching available at this school. Yesterday taking up a suggestion from my wife I began to make a pole on which we could hang clothes on a car trip to visit our son. The purpose was clear and will was in full vigor. Several first attempts were unsuccessful, the saw broke twice, I had to "lengthen" the pole after cutting it too short, "invent" a device to secure the pole to the "oh s---" handles, etc. and all the while my mood was great!! None of the "setbacks" were important. The task was completed. A clear example of conscious purpose and will at work.

Later that day I called my insurance agent to request a refund on the earthquake insurance as California has scheduled reduced rates as of July 1. I was told that both my earthquake and homeowners policies would have to be rewritten (I was disturbed!!) and we began the process. She advised that I would be entitled to a refund but that I would have to deposit 25% of the premium for them to write the new policies even though the refund and the prorated refunds on the cancelled policies was at least twice what they were asking for a deposit. (Now I was hot!!) The corker came when having got through this she said I would

have to make a new application for the policies and we could do that over the phone. I agreed reluctantly but when she asked the square footage of my home, I "lost it" as I had updated all that info after my remodel. She said that they had gone paperless two years ago and didn't have that info. I told her that was a helluva way to run a railroad and said I'd call her back. After some checking with other agents and insurers, I cooled down and will re-supply the info requested. A clear example of an unconscious purpose and will at work!

What was different? With the pole I was making a contribution (being of service) and I met only "passive" resistance." With the refund I was asking another to do something for me (an expectation) and I met with active resistance. John was disturbed before he called the agent. He really didn't want to be bothered with the possibility of a refund but made the call anyway and then got the "run around." With the pole what was of first value was making the pole and getting it to work. With the refund non-disturbance was or rapidly became important.

Patience, making a conscious purpose of first value, and service seem pretty good legs for the stool.* Love and thanX, john b.

I seldom use the phrase "active/passive resistance" because it can be confusing. But you sure did give clear examples of natural resistance and contrived resistance. (I sneered at the insurance lady when I first read your email and again as I just retyped it here.) We have few ideals about natural resistance (we all accept that gravity exists, for instance, and that we can't jump off a roof and expect to fly). But we do have ideals about contrived resistance and when we do, we're doomed. We "expect" the machines called institutions to run like Swiss watches. Ha. The New Man's life is akin to a three-legged stool, needs all three legs to stand, and they are New Purpose, Service, Patience--and oh that Patience!!.

DEAREST C., Thank you again and again for *The Way of Intelligence*. I have the *Assignments* from Rhondell and the *Bits and Pieces of School Work* taped to my computer. They focus my attention on what I can do NOW! Working with the *Obstruction to Transformation* questions has produced surprising answers--answers that have really woken me up to see what's really going on. Thank you again!

Speaking of "What's going on?" I very much enjoyed the articles, prayers, observations

and poems sent in from other invited guests. Two contributions stood out for me in the Summer issue. The first was the observation made by Luz: The WHAT to me is the NEW MAN, the one who considers, the one who wants to be harmless and as more and more light comes into the awareness, the clearer the What becomes.

This observation was expressed in greater depth in Tom's article, *The Grace of Faith Withheld*. (Love the title!) Tom was seeing the What in his own life from many different perspectives. Tom's article was written straight from the heart and I, a fellow traveler, thank him for his honesty and insight.

Love to you, Christine!
XXXXX Robin B.

You're so thoughtful to let the others know how much their contributions are appreciated. I hear it all the time, it's very nice that they're hearing it from you.

THIS IS just an observation: Tom is giving credit to Rhondell for "The Teaching." I am positive Dr. Bob was given "The Teaching" at a restaurant in Albuquerque. He was fond of saying that he was the container not the contents; it's the contents that matter." (See tape 18, par. 5). I believe that Rhondell would turn over in his grave to be given so much credit.

Rhondell in his wisdom did not want to create a religion, a philosophy, or to be put on a pedestal. One must only give credit to the author, who according to Rhondell came from a higher mind. When giving credit, give it to X, otherwise we are only quoting our authorities. Sincerely, L.

Hi, L. Thanks for your note. It surprised me a little, and I'll tell you my take on it, and of course let Tom speak for himself.

I re-read the article after reading your response to it and got a different "message" than you did, the same message I got when I first read (and then printed) it. I took Tom to be stating propositions his teacher had put forth and then his experience with them. And that faith had been withheld exactly because he originally was "quoting authority." That it takes work and experience.

Had I read it as you did I probably would have worked with Tom some to see what he was stating. Of course, only Tom knows what he specifically meant.

And you have nicely pointed out one of the drawbacks of all these marvelous print tools we have. While enabling lots more people to communicate with each other than would be available otherwise, it is not always the clearest way to communicate.

I think this will be a nice bit for the newsletter. Tom (and I)

have seen that people take things differently, and perhaps many took it the way you did, and we'll have an opportunity to clarify. Thank you!

(Hope everyone is smiling--this is kind of funny. Had we all been hanging out at my house, this could be resolved in four minutes! p.s. He is not in a grave, rolling or otherwise!)

I thought about it for several days before emailing. The other thing is faith is used by the internal Not-I's as well as the external Not-I's to report to X which causes the chaos around the world. X responds appropriately for the information received. This is not meant as a critique of the author. Just trying to clarify things for myself. Thanks. L.

Sounds pretty clear to me, L., well said. X certainly responds to Not-I's--that's why Awareness's job is no small thing. (Huge privilege--telling X what to do! Not to mention huge responsibility.) I'm glad you wrote, thank you.

MISS CHRISTINE, THANK YOU for the opportunity to respond. The article in the last newsletter had a few purposes:

The first purpose was to communicate the gift in having Faith withheld when we are not mature enough to handle Faith in a particular area of our lives. The second intention was to share some of the conditioning I saw because Faith was withheld, and what

a gift it was to see that conditioning. Thirdly, as a result of seeing and reevaluating that conditioning, Faith is slowly being granted in areas of life it had previously been withheld as maturity has grown. Fourth, it was intended to be an honest account of the conditioning discovered within because I had observed that vanity did not want to admit any of these less-than-flattering bits of conditioning. And fifth, due to writing about less-than-flattering not-i's, I had hoped to contribute to the readers a little greater freedom in seeing and admitting conditioning that vanity has a hard time acknowledging.

In response to giving Rhondell credit for the Teaching, I can see after reading the article again how that can be perceived that that was what I was saying. That was not my intention. In the places in the article where it says things like "Rhondell said that Faith might be extended to one as they slowly grow in Agape and Grace," to me that is Rhondell speaking from his Wisdom, and the intention was to use quotes like that to setup a point I was writing about.

In response to making Rhondell an authority, I have to plead guilty. This one has had a challenge his whole adult life in making everybody and their brother an authority - a good Catholic boy in recovery. As I am maturing and experiencing deeper levels of

Wisdom and Understanding, that tendency is gradually passing away.

I hope I have clarified a little bit of the purpose in writing the article. Tom

Thanks, Tom--isn't it fun baring your soul in public?! Very nice response. And, maybe the hardest work I do is working on NOT putting our Teacher on that pedestal. I'll do a little baring, you might be touched, and I think it will be of assist to some. One of the last conversations I had with him, sitting on the edge of the bed while he was suffering so. Engulfed in admiration of him based on so many years of watching his demonstrations, and my admiration and compassion for what and especially HOW he was handling what was in front of him at the moment was overwhelming. I said to him, I know it's said that "no one will enter the kingdom (become enlightened) who sees his teacher as above him." I'm much too much in awe of you. He smiled and said only, "I'm aware of that, sweet one." And because I know that in that man X and Awareness were (and are) one, I have Faith that the appropriate action will occur... someday.

The teachers underestand. It's okay. We need to understand that the admonition against making authorities is because we don't then do the work ourselves, become responsible for ourselves. That's

the real issue. They know we are human... do we? X

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 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

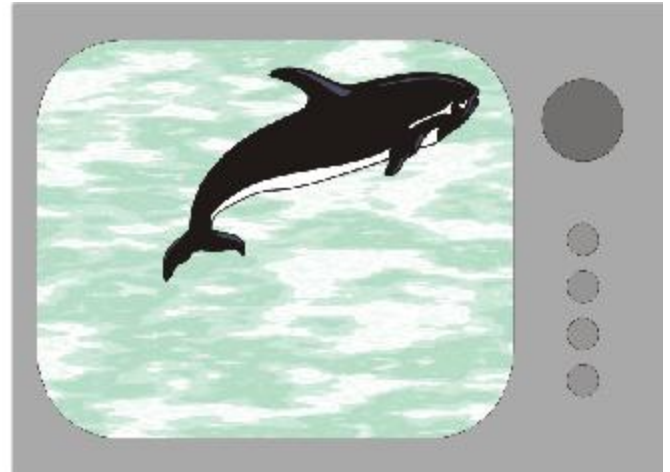
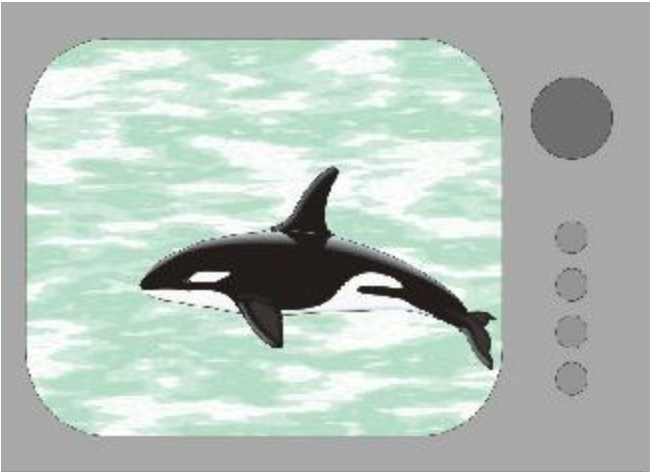
Copies of that newsletter & more

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Links to all our sites

FUN WITH PERCEPTION

IMAGINE YOU are watching a distant aquarium on two (or more) TV monitors. What do you see? Turn to page 14 for excerpts from a fascinating article sent in by Mitra. We can't seem to locate the source, I'm sorry to say. (If you recognize it, please let me know.)



WISDOM WALL

ALL BUT LAST QUOTE COURTESY TOM C.

GRATITUDE UNLOCKS the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our part, brings peace for today, and creates a vision for tomorrow. ~Melody Beattie

JOY IS what happens when we allow ourselves to recognize how good things really are. ~Marianne Williamson

IN THE final analysis, the questions of why bad things happen to good people transmutes itself into some very different questions, no longer asking why something happened, but asking how we will respond, what we intend to do now that it happened. ~Rabbi Harold S. Kushner
(sent in response to the school shootings a few weeks ago)

DO OR do not, there is no try. ~Yoda, Jedi master, "Star Wars"

AUNT CHRISSIE, please don't get mad, because I don't think they look alike at all, but Yoda reminds me of Dr. Bob ~ Cindy B. after seeing "Star Wars" at about age six.

THE PICTURE OF MAN AND TONE

THERE ARE 4 FACETS OF HUMAN LIFE: X (BIOLOGICAL), AWARENESS, PHYSICAL BODY, ACTIVITY

THESE FOUR work together to produce all activity. Awareness takes in impressions from people, places, things, and events both external and internal. It forms a value which is expressed as a feeling. The feeling is "reported" to X ("registered" by the biological function) and the appropriate activity for the information (feeling) received is performed through the physical body.

Awareness uses the senses, which are fairly unreliable as to the true value of something when one's whole purpose of

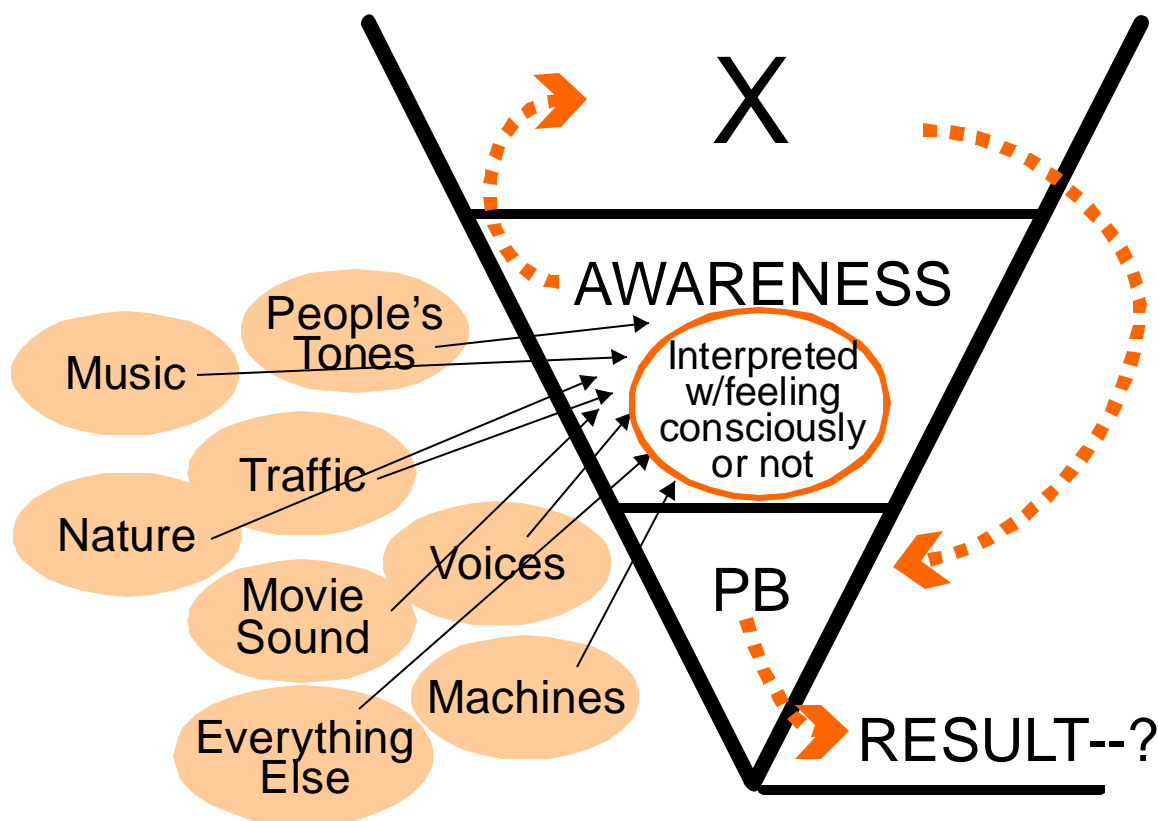
living is to gain pleasure and escape pain. A consciously made new purpose will correct that.

Meanwhile, the substance of most impressions is tone. All life is vibrating; vibration is another word for tone.

There are many tones we aren't particularly conscious of, especially if we live in a city. Some we get used to and ignore. Others may be a constant opportunity to witness our desire for non-disturbance, if we're paying attention.

The tones of other people can be an enormous influence on our valuing, and we really want to be aware of that. Because humans are 100% subject to suggestion 100% of the time, tones, especially those of others, can be contagious.

Here's a hint for those many who ask for simple exercises to work on: Spend a day or a week truly, keenly, listening for tones and seeing if the value we place on them matches the words in the thought process. You might be in for some surprises. **X**



THE NATURE OF REALITY

AUTHOR UNKNOWN

IN 1982 a remarkable event took place. At the University of Paris a research team led by physicist Alain Aspect performed what may turn out to be one of the most important experiments of the 20th century. You did not hear about it on the evening news.

In fact, unless you are in the habit of reading scientific journals you probably have never even heard Aspect's name, though there are some who believe his discovery may change the fact of science. Aspect and his team discovered that under certain circumstances subatomic particles such as electrons are able to instantaneously communicate with each other regardless of the distance separating them. It doesn't matter whether they are 10 feet or 10 billion miles apart. Somehow each particle always seems to know what the other is doing. The problem with this feat is that it violates Einstein's long-held tenet that no communication can travel faster than the speed of light. Since traveling faster than the speed of light is tantamount to breaking the time barrier, this daunting prospect has caused some physicists to try to come up with elaborate ways to explain away Aspect's findings.

But it has inspired others to offer even more radical explanations. University of London physicist David Bohm, for example, believes Aspect's findings imply that objective reality does not exist, that despite its apparent solidity the universe is at heart a phantasm, a gigantic and splendidly detailed hologram.

To understand why Bohm makes this startling assertion, one must first understand a little about holograms. A hologram is a three-dimensional photograph made with the aid of a laser. To make a hologram, the object to be photographed is first bathed in the light of a laser beam. Then a second laser beam is bounced off the reflected light of the first and the resulting interference pattern (the area where the two laser beams commingle) is captured on film. When the film is developed, it looks like a meaningless swirl of light and dark lines. But as soon as the developed film is illuminated by another laser beam, a three-dimensional image of the original object appears.

The three-dimensionality of such images is not the only remarkable characteristic of holograms. If a hologram of a rose is cut in half and then illuminated by a laser, each half

will still be found to contain the entire image of the rose. Indeed, even if the halves are divided again, each snippet of film will always be found to contain a smaller but intact version of the original image. Unlike normal photographs, every part of a hologram contains all the information possessed by the whole.

The "whole in every part" nature of a hologram provides us with an entirely new way of understanding organization and order. For most of its history, Western science has labored under the bias that the best way to understand a physical phenomenon, whether a frog or an atom, is to dissect it and study its respective parts.

A hologram teaches us that some things in the universe may not lend themselves to this approach. If we try to take apart something constructed holography, we will not get the pieces of which it is made, we will get only smaller wholes.

This insight suggested to Bohm another way of understanding Aspect's discovery. Bohm believes the reason subatomic particles are able to remain in contact with one another regardless of the distance separating them is not because they are sending

some sort of mysterious signal back and forth, but because their separateness is an illusion.

He argues that at some deeper level of reality such particles are not individual entities, but are actually extensions of the same fundamental something. To enable people to better visualize what he means, Bohm offers the following illustration.

Imagine an aquarium containing a fish. Imagine also that you are unable to see the aquarium directly and your knowledge about it and what it contains comes from two television cameras, one directed at the aquarium's front and the other directed at its side. As you stare at the two television monitors, you might assume that the fish on each of the screens are separate entities. After all, because the cameras are set at different angles, each of the images will be slightly different. But as you continue to watch the two fish, you will eventually become aware that there is a certain relationship between them. When one turns, the other also makes a slightly different but corresponding turn; when one faces the front, the other always faces toward the side.

If you remain unaware of the full scope of the situation, you might even conclude that the fish must be instantaneously communicating with one another, but this is clearly not the case. This, says Bohm, is pre-

cisely what is going on between the subatomic particles in Aspect's experiment.

According to Bohm, the apparent faster-than-light connection between subatomic particles is really telling us that there is a deeper level of reality we are not privy to, a more complex dimension beyond our own that is analogous to the aquarium. And, he adds, we view objects such as subatomic particles as separate from one another because we are seeing only a portion of their reality.

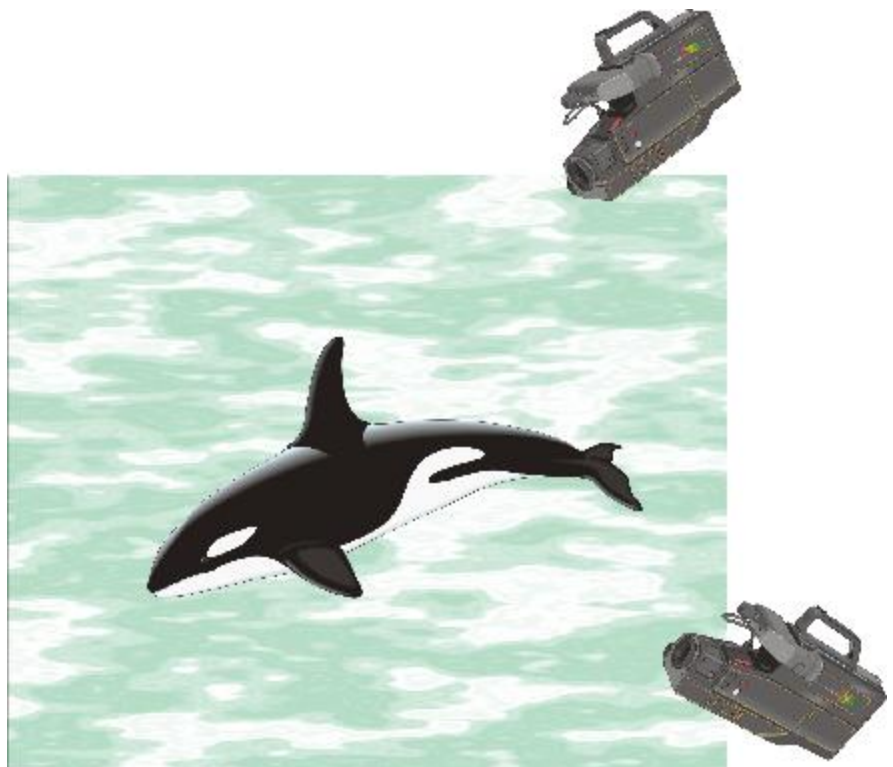
Such particles are not separate "parts," but facets of a deeper and more underlying unity that is ultimately as holographic and indivisible as the previously mentioned rose. And since everything in physical reality is comprised of these "eidolons," the universe

is itself a projection, a hologram.

In addition to its phantom-like nature, such a universe would possess other rather startling features. If the apparent separateness of subatomic particles is illusory, it means that at a deeper level of reality all things in the universe are infinitely interconnected.

[In case you are wondering what this has to do with The Way of Intelligence, I'll say that it suggests the answer to at least two of the Four Questions. See Reference Pages.]

[I don't have this wonderful article in my email anymore, just the printout. If you'd like a copy of the entire 8 pages, please send an envelope with 63 cents postage.]



EASIEST WAY TO GET YOUR TONE UP--LAUGH!

OR AT LEAST SMILE!

ST. TERESA'S PRAYER

MAY TODAY THERE BE PEACE WITHIN.

MAY YOU TRUST GOD THAT YOU ARE EXACTLY WHERE YOU ARE MEANT TO BE.

MAY YOU NOT FORGET THE INFINITE POSSIBILITIES THAT ARE BORN OF FAITH.

MAY YOU USE THOSE GIFTS THAT YOU HAVE RECEIVED, AND PASS ON THE LOVE THAT HAS BEEN GIVEN TO YOU.

MAY YOU BE CONTENT KNOWING YOU ARE A CHILD OF GOD.

LET THIS PRESENCE SETTLE INTO YOUR BONES, AND ALLOW YOUR SOUL THE FREEDOM TO SING, DANCE, PRAISE AND LOVE.

IT IS THERE FOR EACH AND EVERY ONE OF US.

(FROM MITRA)

L.A. Times: Angelica Huston, introducing Sofia Coppola at a Women In Film event: "Sofia and I share so many things in common. We have Oscar winners in three generations of our families, we're fans of rock and roll, fascinated with Japanese culture and tend to wear black clothing. We both had grandfathers who sang opera, and adventurous groundbreaking fathers who gave us starring roles in their films which were met with a volley of hurtful criticism at a vulnerable time in our lives when we had not yet grown into our noses."

A FUN site (not for kids or prudes) www.heardinNewYork.com, where people send in remarks they have overheard around town. *(on the 1 Train) Drunk guy: I have to move down to this end of the train because if I don't I'm gonna hit that ... guy down there. I know I only want to hit him because I've been drinking. If I wasn't drinking, he wouldn't bother me. If I had been drinking more, I'd just hit him. But right now I'm caught in a strange netherworld and I'll just chill down here."*

(Uptown 6 Train) Woman: Yeah, he's got money. Like,

when Michael Jackson tried to buy the elephant man? That kind of money. Giraffe money.

(46th & 8th) Suit on cell: I don't know if going through water is resistance or friction, do you? God! I am so tired of doing the kid's homework.

(Brooklyn-bound L Train) Girl-friend: Oh look, that homeless person is sleeping. We should wake him up. Boyfriend: Why would you wake him up? Girl-friend: Well, like, what if he misses his stop?

FROM MITRA

(Bob Ettinger) Relationships are hard. It's like a full time job, and we should treat it like one. If your boyfriend or girlfriend wants to leave you, they should give you two weeks' notice. There should be severance pay the day before they leave you, they should have to find you a temp.

(Paul Rodriguez) Sometimes I think war is God's way of teaching us geography.

(Unknown, presumed deceased) Do you know why they call it PMS? Because "Mad Cow Disease" was already taken.

(Jack E. Leonard): There's nothing wrong with you that reincarnation won't cure.

BULLETIN BOARD



A postcard from ShareAll

RHONDELL TRANSCRIPTS Our friend Marsha Summers has lovingly transcribed hundreds of hours of workshops, and Jason has installed a great search engine. Many have found it to be a magnificent resource. Go to www.marshasummers.com/innerman/sitemap.htm

PLEASE EMAIL me at harmonyworkshop@earthlink.net not at the aol address.

BACK ISSUES of years of newsletters (this one as well as *Awareness Journal*; *Sophia, Creating a Soul*; and *FTE*;) are now on line. Go to www.THEWAYofIntelligence.com

WOULD YOU like to help fulfill Rhondell's request that the Picture of Man be made available to the whole world? One way you can spread the Good News without promoting is to use these postage stamps on your bills and correspondence. Who knows who might see it?

I've re-done them to be crisper and they are much clearer than they look here. Available in magenta, green, purple, blue. The ThanXLife stamp colored as shown. Please let me substitute a color if I'm out of stock of the one you requested (say so if that's not okay). Cost is an outrageous \$1 per stamp, we make no profit on this one. Order as many or as few as you wish. If you order three or more sheets, I'll make them any colors you wish.

