

**ALONG THE WAY:** Leap for joy when someone criticizes you.

**THIS MONTH'S THOUGHT:** Comparison is an ego device.

**INTEGRATION:** *(Excerpts from the Science of Man Workbook, page 62)*

The first step toward personal integration is that of understanding man in structure and function in his own body. Personal integration is not something that is to be worked for or to be gained. It will take place when all misconceptions are cleared away and not before. All effort is to be spent in the task of dis-identifying from misconceptions; in freeing oneself from the factors of disintegration.

What are some of the advantages of total personal integration? First, there is freedom from all doubt, fear, anger, and grief. There is improvement of conduct. There is the experiencing of extreme physical pleasure. There is intense, ever present, ever fresh joy, deep impartial calmness.

There is freedom from the feeling of insecurity and perplexity.

The integrated personality is directly aware of things without needing to sense them or think about them and realizes a state of being in which there are no obstructions.

The integrated personality does not allow himself to be exploited and has no desire to exploit.

The integrated personality will not be a follower and does not desire and will not have followers. He is a co-worker in working with others to actualize personal integration and will accept co-workers.

A conscious person (integrated person):

1. Lives without conflict.
2. Makes no judgments.
3. Is happy with what is.
4. Has no need to change anything or anybody.
5. Is not controlled by suggestion, although he remembers that he is 100% subject to suggestion, 100% of the time. He checks it out.
6. Knows: What he is, where he is, what is going on, and what he can do
7. Sees that the not-I's are not to his advantage and does not identify with them.
8. Lives in the present moment.
9. Has no ideals to struggle for.
10. Is free to experience whatever may arise in his way today.
11. Has reverence for all Life.
12. Is in charge of his inner state.
13. Is at ease and peace wherever his is.
14. Has no problems, only challenges.
15. Is self-determined, not other determined.
16. Can play any role consciously.
17. Is free of all conditioned ideas.
18. Does not turn his life over to any institution or anything or anyone else.
19. Is in charge of what he does, how he feels and how he acts.
20. Has nothing to be upset about.

21. Is in no hurry.
22. Sees 'what is' clearly.
23. Does not listen to propaganda and does not get caught up in causes.
24. Does things for the joy of doing, not because he has to.
25. Uses simple good manners.
26. Is not sentimental.
27. Does not give advice.
28. Has no choices to make.
29. Pays attention.
30. Does not know what ought to be for anything or anybody, including self.
31. Sees clearly what is and the value of what is.

**A STORY:** I have been watching self and others. What I have discovered is very interesting. Whenever the body experiences discomfort—nausea, headache, diarrhea, etc—the first comment I hear is: “Hmmm. Must have been something I have eaten. .”The first thing I ‘blame’ is food. I mentally go over what I have eaten in the last 24 hours, even though I have read or heard over and over that the inner state is primarily responsible for the state of physical imbalance. One more time—fear, guilt, inferiority, anger and their many synonyms—produce chemicals the physical body is not equipped to handle and therefore must adapt to. They are not proper to man. This adaptation is called illness.

So why would I blame this adaptation on food? In some cases maybe it IS food. Food poisoning is hard to ignore. However, most likely it is not. It is easier to blame food than it is to do the work of observing the inner state for demons and bits of stress and pieces of conditioning. It is hard to pinpoint conditioned ideas that develop subtle areas of conflict. In other words, I’m still looking for that easier, softer, non-disturbed way.

When I woke up this morning the body felt leaden. Immediately I blamed the heavy meal I had eaten the night before. I recognized that I was trying to ‘figure it out’. There are many factors that influence the body. I quit that senseless trip and remembered that I am free to experience whatever comes my way. All of the resistance dropped away. I’m not saying that I immediately felt better. No. But the inner conflict that keeps the vicious cycle alive was gone.

I am free to experience whatever comes my way.

### **WATCH OUT FOR THIS VIRUS!**

I got an e-mail title Virus Alert. It couldn’t be stopped by Norton or McAfee. It appears to affect those born before 1960. Watch out. It sneaks up on you.

Causes you to send the same e-mail twice.

Causes you to send a blank e-mail

Causes you to send e-mail to the wrong person

Causes you to send it back to the person who sent it to you.

Causes you to “SEND” before you have finished.

Causes you to hit “DELETE” instead of “SEND.”

Causes you to hit “SEND” when you should “DELETE.”

It’s called the “C-NILE” virus.

**DR. BOB:** April 1974

Life is somehow put together so that there is always some little resistance to our every little want- called second force. So, there is something you want to initiate – whatever it is – you will always find there is a resistance – either active or passive. Maybe I want to plant a garden and so you go out there and there's some old hard dirt and have to plow it up or dig it up – you have to do something to break it up –the resistance to it and then you put the seed in there and its got to have resistance – cause you hang a seed in mid-air and spray water on it - it will make a sprout, but it won't ever make a plant because it has no resistance. And then there comes a form and then and there is a result. So man has tried and sees as his problem to rid himself of all second force. We see any little resistance as a problem. But it is the greatest thing there is, because without this resistance we would all be in about the form of some jello that hadn't been put in the fridge yet – it just runs gooey all over because without resistance you wouldn't have any strength. So man sees this as his great problem that he is always trying to overcome it. Now you never overcome it, but you can adapt it to your use. You can see the value of it. So you think you're going to find a world without resistance? You have never been without it and you will never exist without it—no matter what – there is always a second force. If you will notice, X is always trying to build forms and these forms stand up, whether it's a tree, a dog or a cat, they all stand up. Then there is an aspect of universal force, which is second force and it's all the same one that tries to knock all those things down. Man may sometimes refer to second force as God. That's when he writes up something that was “an act of God” –knocks a few upright things down flat. The rest of the time he calls it the “devil” because it upsets something he wants. Without second force we would have no being. So it is the expression of love of a Divine Intelligence. So, I'm very thankful for second force. There is a resistance to everything I start to do.

**THINK - ACT - FEEL** It is a fact that human beings are so designed that how they act determines how they feel. Now, most often, people first notice they feel a certain way and follow by acting that way. THEN they think, “How miserable I feel.”

If one has a short nights sleep and gets up feeling tired, one will usually act tired. What the sleepyhead doesn't know, or forgets, is that if he or she continues the day acting sleepy because he or she arose feeling that way, the principle will work beautifully and he or she will thus feel tired all day, having acted upon that feeling.

To consciously act out roles, one must first think how one would like to feel, act upon that thought, and in a short time (it varies from a few minutes to perhaps half an hour) one WILL FEEL the way one chose to feel, based upon ones conscious thought (choice) of how to feel.

So it is a great advantage in being a conscious role-player to know that the director can perfect the actor's performance by thinking FIRST how the actor would most advantageously feel in a role, then acting upon it, rather than the usual chaotic, non-directed performance, which is based first upon how one feels.

Do I want to feel say, depressed, angry, fearful, tired, “unhappy”, upset, bored, nervous, ugly, fat, sick, miserable, stupid, etc, etc., or do I want to feel serene, joyful, happy, optimistic, artistic, companionable, lovely, FREE? The choice is entirely up to me, the writer, director and actor in my own scripts.

Victims always act on how they FEEL. A conscious human being, star of his own play, always THINKS first, then ACTS, and the FEELING follows.

