

ALONG THE WAY:

Dr. Bob will have a workshop in Los Angeles January 9, 1993. Contact Christine Thompson for details at 213-660-0219 or write: Harmony Workshop, Inc., 318 E. Broadway, Glendale, Ca., 91205.

For those interested in having Dr. Bob come to Odessa, Texas, please contact Mary Parker. She is standing by to work out the details. 915-368-7941; 4249 Bonham, Odessa, Texas 79762.

LIFE'S WORD: (page 12): Shall thou say to Me, "Does God do it all and is there nothing for me to do?" Yea, I do it all; thou hast but to Be, and to Grow, and I see fit to develop thee. When thou canst no longer hold thyself up as a separate person from Me, thou wilt surrender to Me and I will use thy body to radiate My love to others.

SCIENCE OF MAN: (lesson one):

Another idea of the school: That man has emotions of anger, guilt, fear, inferiority, insecurity and their many sub-divisions like jealousy, like envy, like resentment, all of which man was not designed to have and therefore stress to him. And when he has stress there is many adaptations to stress which is disintegrating. So these basic emotions, of anger, guilt, fear, insecurity, and subdivision, like envy, jealousy, resentment, and so forth, are not proper to man. He was never designed to have them. That is due to his conditioning, to his basic conclusion that the purpose to living is to be non-disturbed and to the many suggestions as to what is to blame, how he should do, and etc. And that these basic emotions bring into being a state of being called greed, vanity, and pride. Now we will define greed as wanting more, better, and different. No matter what one has, after a little while, even though one is very delighted with it to begin with, one grows weary and tired or it, or one begins to take it for granted. One begins to accept it as being entitled to it. And one wants more better and different. That is greed. Vanity is all the 'Not-Is' having a false picture of ones self as always being in the right, being a very wonderful person that is mistreated. And pride is defending that false picture of self. Take care of doing the work. To only hear the words, even if you listen to them every hour, would do nothing. But if one applies, and does the work, one will find many great things.

WHO IS IN CHARGE OF MY INNER STATE OF BEING? (p.38):

Now, we refer to something called SECOND FORCE, which means there is a resistance to everything initiated.

The four forces involved in any completed thing are INITIATIVE, RESISTANCE, FORM and RESULT. Let's take a very simple thing like making a pot, get some clay and mix it with water and you have a mold, a resistance. After you pour the mixture into the mold you have a form. a pot: and, it has a

use, you can put your plants in it.

Now, in the human world, everything that we start has to have some resistance.....There is no way that we are going to get along without some resistances to the things that we all do.

The "Not I's" suggest that all these resistances are bad!

THIS MONTH'S SHATTERING THOUGHT: The "Not I's" have only one purpose in mind: Destroy the living being!

A STORY:

Flying an airplane has brought much joy into my life for many years. Even as a little girl I was fascinated with aircraft. When I heard a plane, I would run outside to spot the plane and my eyes would follow it until it was out of sight. Aeronautics class seemed much more fun than Home Economics in 1946 as a high school freshman. I was interested in what forces went together to make an airplane fly. Guess what it was? Resistance!

The resistance of the wind meeting the wing of the plane causes a difference in pressures on top of the wing and the underside of the wing. This pressure creates a vacuum that lifts the plane up. However, without the resistance of the wind meeting the wing, there would be no LIFT. I am grateful for this information as I push in the power and start the take-off roll down the runway. Resistance gives lift, not only to a tiny plane, but to aircraft weighing many, many tons. Resistance is, therefore, transformed into power.

Resistance comes in many forms. The car won't start; it rains on the picnic; someone throws my dolly in the dust; things don't go my way; inertia immobilizes me; distractions keep me asleep; others criticize or disapprove of me; and on and on. If I'm asleep, I will complain and blame, forgetting that resistance is the force that grows and evolves me. It can lift me above the "world" and it's hypnotic spell to heights of beauty and joy. The challenge I have is remembering that resistance is a precious gift.

I will remember to remember.....

HEADLINES: (p. 15 and 16)

Without an understanding of second force, every expectation will be based on an ideal, and will result in a sense of disappointment, which produces a feeling of being hurt, and then a look for the cause of being hurt. This results in the emotions being manifested which mankind are not designed to handle--anger, guilt, fear and insecurity, which are stress and lead to disintegration.

When one is awake to second force, one's expectations are based on fact. The fact: that one or more things will be in the way, or interfere, with the aims or purposes, or plans, that one initiates.

This is called being a new man, a man with knowledge. One who sees second force as a helpful challenge to inner and



outer development or completion of Self. This new man expects second force to manifest in all affairs, is free to experience second force, and continues toward the aim or purpose; and, makes a worthwhile discovery on the way.

Not being conscious of second force, one is mechanical and reacts to his or her own destruction.

It could be said that, the factor manifesting the most difference between the old man and the new man, is how each sees second force.

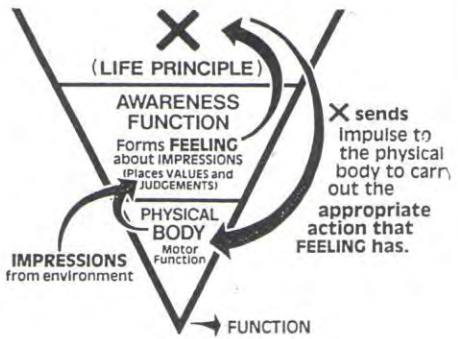
THE PLACE OF LANGUAGE IN THE TEACHINGS: (p. 25)

Forms of resistance:

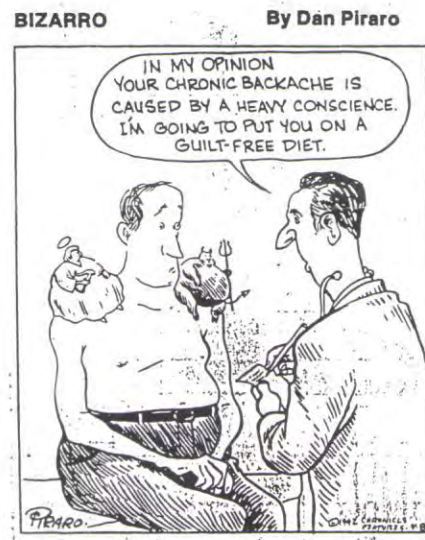
- Resisting all forms of what is judged painful.
- Resisting all possibility of losing that which is judged pleasurable or comfortable.
- Resisting not having one's own way, NOW!
- Resisting not getting one's rights.
- Resisting any reflection on one's image of self.
- Resisting any challenge to one's beliefs.
- Resisting failure to realize one's expectations.
- Resisting change.
- Resisting making up one's mind.
- Resisting experiencing what is, from moment to moment.
- Resisting knowing oneself.
- Resisting agape.
- Resisting saying "NO".
- Resisting consciously playing a role.
- Resisting giving up all pre-conceived opinions.
- Resisting disidentification.
- Resisting a quiet mind.



You will never be nondisturbed, for long at a time, as long as you live in this world.



THE PICTURE OF MAN ©



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