

*The book is precious!**many thanks!**See you soon? }*

ALONG THE WAY: Dr. Bob will be at the Chapel of Light, Whitney, Texas June 11, 12, and 13. For information call the Chapel of Light 817-694-5312.

THIS MONTH'S SHATTERING THOUGHT: If you don't like to be alone, you probably bore other people, too.

SCIENCE OF MAN: (Lesson 11)

So, what is, is living by reporting 'what is' to X and seeing 'what is' as good, or valuable or worthwhile. And X operates upon it. In this way, man recognizes his oneness with X, with Spirit. If he could foresee and could change the future, and change all the events in it he would have no comprehension of X. He would never realize his oneness with X, that he was a function of X. So, 'what is' is so designed by an almighty loving creator that one would be given every opportunity to discover one's oneness with X. Because one never knows the future. But, regardless of what happens, if one sees 'what is' and sees its value, X operates upon it, and one sees that one does not need to know the future. That everything is an ever-changing, ever-loving panoramic of change. And one could be comfortable with change, comfortable with the unknown and recognize the oneness with X, the union with X. If one could do what the ideal says, the what ought to be, what one has valued, one would be in a horrible state of existence. The most boring, the most tedious, the most fretful form anyone could be in. One would see the whole panoramic future and see everything and know that it was coming. You know on a given day you're going to get burned. You know on a given day you're going to receive news that a loved one has passed away. There's nothing you can do. You know the future. Wouldn't that be horrible?

Now, when one sees what is, is Truth, is a fact, but one feels that what ought to be, what would be good, would be for a different fact to be in existence, one is in a state of mental conflict, mental struggle, mental resistance, emotionally all torn up, and, of course, reported to X that things are in a terrible shape, that one is in an emergency, X prepares the body to fight or run. And, of course, that is nothing to fight or run from. It is only because the self says, "What is is not good. And that what ought to be would be. So, what we've got to do is to change 'what is' into something what will be what "I" call good." And this is the work of the self. And I observes this and sees that it is necessary to totally dis-identify from the self. And to begin to see value for I, the observer, begins to see the value in 'what is'.

Now, before I can begin to see value in 'what is' and remotely begin to operate the self entirely, it must be cleansed as we have seen. So, the first thing that it will do is write down all the things that the self reports as being good. It would be good we put in the general terms to be non-disturbed, to have pleasure and comfort, to escape pain, it's good and what ought to be for that I would have



approval and escape all disapproval. And that I would have lots of attention, escape being ignored or rejected. And that I am important. That everybody is controlled by me. And I'm not inferior because nobody fails to obey me. And then, of course, that complaining would change 'what is' into something that would suddenly be 'what is' would be good of what one sees. That sticking up for rights would change 'what is'. And that pleasing people would change 'what is'. And that believing and doing what I'm told by authority would change 'what is' into something that I knew ought to be. Or, that appearing to be different on the surface, putting on a different mask would change what is. Or, that by blaming something, that it would change what is. However, what is is the fact. And a fact is very difficult to argue with. But, you see, the person wants to be a magician and change what is into something different that one would call good. And, as one observes, one knows very little about what good and valuable in living experiences. One sees challenges as bad. And sees lack of challenges as good. But, if those are looked at, all challenges are good. And every 'what is' is a challenge. And one would appreciate 'what is', the ever-changing. Each one is a challenge or an opportunity for one to be more conscious and more aware. And to further show up the fallacy of the self, the what ought to be. And as we have seen, when we something for an illusion we no longer are tempted to involve or to identify with that illusion.

A STORY: The word "gratitude" is composed of nine letters of the alphabet. I have been studying this combination of letters to see if I could discover what the word really means. You probably already know, so ignore the following.

At one time I thought I felt gratitude when I found the lost car keys, received a refund from IRS, or accomplished something that was difficult. This was not gratitude, just a spurt of adrenaline that felt good. It could be called excitement.

Gratitude, perhaps, is a sense of well-being that permeates every cell of the body. It heals, regenerates, and instantly destroys the "Not'I's". This state of being seems to be very worthwhile to develop. It is not something that somewhere along the line overtakes me and perches on my shoulder as I plod along. However, with work and attention, it can be developed.

I started by looking at the physical body with a sense of wonder. Something indefinable called Life indwells this magnificent instrument. A highly developed nervous system and brain continually sense and process information. This is called awareness. Incredible! Chemicals, vitamins and nutrients are extracted from the food, delivered to each cell to grow, nourish, and maintain the body. Outstanding! This is nothing I can do, it is done for me, day in and day out.

year in and year out. Unceasingly. Miraculous!

I can be thankful for pain, because it is teaching me. I can be thankful for discomfort, because it has a message for me. Everything that is needed to support this Life is given to me. Food, clothing, shelter, transportation, friends, games to play, interesting things to do. What is, therefore, is mighty wonderful. To complain because Life is not what I think it ought to be would be what? Ingratitude!

And of course, the Teachings. The ideas are priceless. Just to have some information to experiment with to increase the understanding of what I am, where I am, what is going on and what can I do is a gift beyond defining. I have been given, as an undeserved gift, a way to develop into a fully conscious being---if I do the Work.

I will remember that I can feel gratitude by acting the way I want to feel.

I will do the Work. I will remember.

THE PLACE OF LANGUAGE IN THE TEACHINGS (p. 24):

THE TONE SCALE OF ONE'S HABITUAL ATTITUDE

- | | |
|--------------------|---|
| 1. Apathy | Inability to function |
| 2. Fear | Inability to find what to blame |
| 3. Held resentment | Hate |
| 4. Anger | Sticking up for one's rights |
| 5. Boredom | Non-interest |
| 6. Contentment | At peace with circumstances at the moment |
| 7. Vital interest | Interested in "what is" for the sake of itself, not because it fulfills any purpose for self. |
| 8. Enthusiasm | Intense interest, joy, vitality. |
| 9. -- | -- |

HEADLINES (p. 46): When one is feeling thankful, when one sees relationships of forces and sees the beauty of it, when one sees others as spirit, when one is interested in the rhythms and beauties of life, one's inner state is joyful and one is being in a wonderful place in his or her spiritual inner world -- heaven.

CALVIN AND HOBBS

By Bill Watterson

