

ALONG THE WAY: Ooops! I goofed! Dr. Bob will be at the Chapel of Light, Whitney, Texas June 11.12.13, instead of June 9. June 9 is a Wednesday, for Heavens's sake. For information call the Chapel at 817-694-5312.



THIS MONTH'S SHATTERING THOUGHT: DON'T PUSH!!!

SCIENCE OF MAN (Lesson 10):

Now, there is more than one reason for asking the person, each of us, to write down what we observe. What I, the observer, observes. Write it down and keep a record of it. Everytime that we do anything you have more than one entry for it to be in to the inner man. If I hear something or see something, that is one entrance in. One is through hearing, the other is through seeing. And if I don't act upon it, nothing happens. It is just a bit of trivia in the trivia box. But if I write it down, now it is put in the action center of the person as well. And if I've really looked it over after I've written it down, have seen it and heard it, I will value what I have discovered. Now we have another center involved. And when two or more centers are involved in any given bit of observation, anything that one is aware of, and acted upon, and valued, and seen or heard, that is really seeing, that is being conscious of it. One is only taking notice of it if one only seen it or heard it. One is only taking notice, one has not understood it. One has not brought it truly within the being. It is only in the trivia box. But when it is seen or heard, written and valued, then it is truly won, and it cannot be taken away. So there is a very definite reason for writing it down, keeping a record of it. As one keeps this record, one sees the value of it. So, two or more are gathered together, two or more of man's inner centers of activity are gathered together in one activity, then something really happens. X operates upon it.

Now, as we keep our records we will observe that the self is an illusion. That it's whole ideas are all based upon suggestion. It's based on the ideal that the whole purpose of living is to be non-disturbed which is an illusion. Now, you cannot force seeing something as an illusion. You can see that it is not valid and as you observe it in action, you can begin to observe that it is an illusion. In other words, really seeing something in a new way is something one experiences again. Report, observe, write, and review, which is to value it. And see the value in what one has done.

A STORY:

A few weeks ago the body experienced a cold. Now, I won't go into all the boring details. You have probably had one or two. You know what they are. Of course, my symptoms were much more severe than yours ever could have been. Before I could take a rasping breath, I was sucked into the vicious cycle. Fortunately I didn't have a thermometer, or the results might have been disastrous.

After a siege of violent coughing, a friend suggested that cough syrup would help. Wanting to avoid discomfort, I nearly fell for it as relief would have been paradise. But then I remembered that coughing is one of the body's ways of rejecting foreign material, a way of restoring balance. This purging included viruses and bacteria, as well as corn bread and popcorn hulls. So, I decided the short term pain was worth the long term gain.

What did I learn from this wretched experience? What information did I find that enabled me to put value on it?

Well, for starters, the BIG ONE. I found remnants of the basic decision to be comfortable and non-disturbed at any price. However the price was too high. I'm no longer interested in quick fixes and more interested in experiencing freely this gift of discomfort and value the messages it is sending me. I also observed the tricky little Not-I's using "not feeling good" as a place to put the blame for any indiscretion or "failure". I was cranky with a co-worker and heard self justify this behavior because, after all, I didn't feel good. (Note from Science of Man: Whatever we blame controls I.)

Having enjoyed excellent physical well-being, I had lost compassion for those who were ill, including self. The self-condemning Not-I flipped through the indexes of probable causes, looking for the emotion that had set this physical adaptation into motion. Alas! Not-I's searching for Not-I's. Disgusting!

Someone would ask me, "How are you"? I forgot that this was merely a salutation, not a question seeking information. Somewhat asleep, I would start to tell them. Immediately their eyes would glaze over and their attention strayed. Thankfully, they were not interested in hearing what a tough time I was having and what a poor, pitiful victim I was.

The body is an incredible instrument. It's infinite wisdom produced powerful antibodies for future protection. What a hoot! The skills to restore balance in the body are wise beyond defining. My responsibility is to provide, as near as possible, optimum conditions for continued good health. This involves adequate nutrition, some sort of activity, a healthy environment and a vitally interested state of being. I will pay attention because I put value on feeling good. I now have a more clearly defined point of reference as to what it feels like to feel good. Gratitude is boundless!

It was a challenge to be joyous when I didn't feel joyful. But I gave it my best shot and accumulated some experience in playing the role. It was not easy, but I found out that it is possible.

And lo, it came to pass.

HEADLINES (p. 18): Whatever man's inner state, he brings forth a corresponding state in his outer world. If one's inner state is in conflict, there is conflict in one's outer world.

LIFE'S WORD (p. 25): Many pray, "Lord, make us humble", yet when I visit them with humiliation, they recognize not My hand!

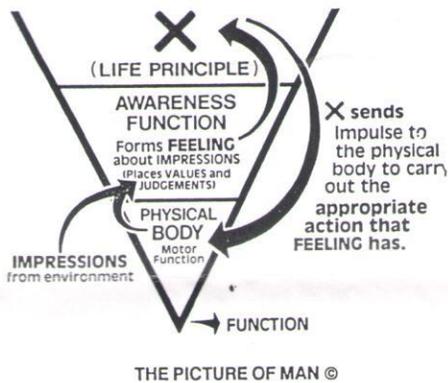
NOTES ON PERSONAL INTEGRATION AND HEALTH (67):

Is peace of mind something one gains or is it what remains after all feelings of emergency are gone? Can all feelings of emergency be gone while the person still holds misconceptions? Can a person have peace of mind while he is searching for it? Does the searcher always have a feeling of urgency? Can there be peace of mind and a feeling of urgency at the same time?.....This work is only concerned with getting rid of something so that that which is already there can be expressed in all its wonder.

SUGGESTED READING: Adventures in Kinship with All Life by J. Allen Boone. "...listen for the good counsel from the silence as it gently speaks to each of us in the infinite language of all life". (p. 89)

WHO IS IN CHARGE OF MY INNER STATE OF BEING? (p. 16)

We have determined the basic human error - That sensations and circumstances determine my inner state...and THAT IS NOT TRUE....



"Grandma says of all the things you wear, your expression is the most important."

