

**ALONG THE WAY:** We don't own anything. It was all here when we got here.

**THIS MONTH'S THOUGHT:** Feeling like a victim has nothing to do with anything outside ourselves.

**SCHOOL TALK #53- LIVING WITH STRESS:** *(Excerpts from a talk by Dr. Bob Gibson. Continued from last month)*

If you could see, "What's going on here?" Seeing grown bodies inhabited by infants sometimes is interesting. We used to put out that the world is populated by infants many of which have grown bodies and technical educations. Every now and then you meet a person who is grown up and that's a pleasant surprise. So the way to be never disappointed is to assume the first. That the world is populated totally by infants many of which have grown bodies and technical educations. Then when you do meet a grown up one, you have a pleasant surprise.

So, when we have seen what is going here, we have put ourselves in a position to be at ease with all the things that are going on around us and there is nothing important. You see, whenever you make things important you are very anxious. As long as you're not making it important, it doesn't matter. If I made it important how you treat me, what kind of expression you have on your face when you look at me, I could be in a mess in a very few minutes. He looks like he might be looking down on me. He looks like he might be critical. So if we so, "So what? He looks like he's looking. That's all." He's probably totally unconscious of where his face is. You don't pay any attention to all that. It's not anything to take personal or be involved with in any way, shape, form or fashion.

If we look at all these little things and we could live with what's been called 'stressful' situations all our life, we would find that we had precious few, except a few environmental stresses. You can't do much about the weather. You can't do much about the temperature. You can't control it. But about 90% of all the stresses that tear people up can be avoided simply by seeing what we've talked about today. We've eliminated about 90% of it, if we use it. If we don't use it, it doesn't eliminate any. But if I see what's going on here is not being done to me. There is absolutely nothing personal about it. Nobody's out to pick on me. If you get your head twisted just a little bit it looks like the whole world is down on you. The question is: Why did this have to happen to me? And on and on it goes. We can sit and feel sorry for ourselves and feel that we're total victims of everything under the sun and that everything that is going on is directed at me. Or I can see that it is just people acting out their unconscious conditioning that is going on and it really doesn't matter.

So if we can put here: I'm going to keep the proper question up all the time: What is going on here? And I'm not going to use the improper one: What's being done to me? We evolve into an objective being rather than a subjective creature.

So when we begin to see that we want to be a conscious creature, a conscious being, which is going toward being unlimited. Now the more that I'm a subjective creature, I'm in total limitation. Everything and everybody determines what I'm going to do. In other words, I'm totally other-determined if I'm subjective—what's being done to me. We are living beings and can be totally self-determined. We can determine what I'm going to do. I can determine how I'm going to respond to all the stimuli around. But if you go on the defensive, which is purely a mechanical reaction, you're going to be defensive every time someone says something that's not complimentary. Some people

you can't even say a compliment to without them going on the defensive. When we begin to see this we see that that person is not in charge of what's going on in their life at all. They're not in charge of the way they're going to feel. They're not in charge of what their responses are. They're purely mechanical.

Now if we would be an evolved human being we would be responsible for our responses to stimuli. We would be responsible for choosing our own inner state of being. We could choose how we're going to respond to challenges. Now if you can be in charge of how you're going to respond and in charge of your own inner state, you're pretty well evolved into a conscious being. Can somebody make you feel bad? Can somebody come along and produce a bad feeling in you? Not unless you give them the authority to and you don't take charge of your own responsibilities.

So, being responsible and being free are the two sides of the same coin. If I am going to be living in a world of a lot of people and most of them highly conditioned, it would seem that it would be to our advantage to be in charge of our own inner state, in charge of your responses to people.

When you realize it is unnecessary to be on the defensive and challenge everybody's statement about you or to you, you begin to be objective instead of subjective, the body starts repairing.

**A STORY:** As many of you know, I have been in the process of marketing my book, *The Short and Tall of It*, for the past year. It is the story of my life—or rather, it is a story about life. Many of the Teaching ideas are tucked discretely between the pages.

My position from the beginning has been to have low expectations as to how far the book goes. I'm always delighted and surprised when someone wants to buy a copy.

Several weeks ago I was driving home from Dallas and decided to take the back road home instead of the Interstate. I had been looking for a pair of red tennis shoes and spotted a shoe store on the outskirts of Waxahachie. No red tennies there, but I noticed a Hastings book store a few doors down from the shoe store. I grabbed a book and a media package, marched into the store and asked to see the book manager. It didn't take long to schedule a book signing. On the way out of town I stopped at the local radio station and they consented to have a radio interview. When I got home, I called the editor of the Waxahachie newspaper and they set an interview with one of their writers for a feature article to come out before the book signing.

I'm not implying that Spirit was interested in Hastings having a book signing for me. However, I had made a decision months ago that I did not know what direction the book was going to go, but I would follow through with the nudges that came my way.

All of the above came about because I was looking for a pair of red tennies. All of it was a joyful experience. What was going on? For a few rare moments I was totally present.

The Teachings say that it is possible to live spontaneously. In fact, that is the only sane, joyful way to live. So what is it that keeps me from living this way all the time? Hmm. The mistaken idea that I think I know what ought to be. The self plays around with plans and schedules because it feels safer when it thinks it knows what is going to happen. To live on the edge of not knowing is too risky, too scary. I buy that suggestion and therefore block the nudges that are there for me to observe. The nudges are filtered through the mask of old decisions that are still operating.

Spirit operates only in the present. If I am ever to be one with Spirit, which is ultimately our destiny, then I must be present, conscious, in this very moment. This is a hard assignment for this one who has lived most of life in the dead past or the unlived future.

“Man is that he may have joy,” Dr. Bob told me. The Teaching material gives me all the tools I need to remove the blocks to joy. I will observe, re-evaluate and dis-identify from all conditioned ideas limit my joy.

I will pay attention to the present moment. That is the only place where I experience joy.

**THE BASIC IDEAS OF THE TEACHING:**

- 1) To be knowing the Not-I's and their pet ideas.
- 2) To be in a state of Self-remembering:  
What am I?  
Where am I?  
What is going on?  
What can I do?

When one remembers that I am the awareness function of X, a privileged invited quest, I see clearly that there is nothing in me that knows what ought to be; that there is nothing in me capable of judging whether any situation or any person is either good or bad; that there is nothing in me that can know the future even one second ahead or even wants to.

I see that I am free to respond to the moment and therefore have no need to be in charge because, more than likely, I already am by merely being able to respond rather than be reacting.

This is the end of the state of being called “having a problem”

This is transformation.

This is the ending of disintegration, therefore integration.

This is being born anew.

**DILBERT'S RULES OF ORDER**

1. I can only please one person per day. Today is not your day. Tomorrow is not looking any better.
2. Accept that some days you are the pigeon and some days the statue.
3. Needing someone is like needing a parachute. If they aren't there the first time, chances are you won't be needing them again.
4. I don't have an attitude problem, you have a perception problem.
5. You can go anywhere you want if you look serious and carry a clipboard
6. Eat one live toad the first thing in the morning and nothing worse will happen to you the rest of the day.
7. Be cautious of the good opinion of others.