



ALONG THE WAY: I will be a good guest on this beautiful estate called Earth.

THIS MONTH'S SHATTERING THOUGHT: So what!

SCIENCE OF MAN (Lesson 5):

The function of the physical body, is an instrument of the expression of X. The body is a function of X like the awareness is a function of X. And its function is to express into physical activity that which awareness said was true and valuable. And the body is the instrument of X, like the awareness is. Its first function is to maintain the instrument in existence. X keeps it in a state of repair. It prepares it for whatever awareness said was the actual circumstance. If awareness reports there's great danger because someone disagreed with it, X prepares it to fight or run. And as we have seen, it must adapt to that. And if that adaptation is seen as a danger and not the work of X, then again, it is prepared to fight or run. And this gradually goes on to a deterioration. And the body falls apart. But if I is awake and aware and reports, the body is functioning, it is adapting to your adaptation, it is burning up the mobilized and unreleased energy that one time when I was asleep one of the Not-Is reported to you it was in danger. Then you see all the physical symptoms are over with very quickly and very shortly the body is being completely renewed, if correct information goes to X from I and the conditioning is dis-identified from, the body undergoes a rejuvenation the same as the awareness is a new man. Because it is no longer being used for purposes which does not exist, but which was reported by a Not-I in the name of I to X. Now as we observe this we will see how the body completely changes as I observes self and does not identify with self. Self owns houses, cars, opinions, bank accounts, view points, rights, and I only observes. I am a function of X that observes the self and X renders inoperative those various bits of conditioning one by one as they are observed and reported to X. One does not have to judge, condemn or justify the Not-Is. X knows what to do, the same as it knows what to do if the house is afire, and one reports it, X gets the being out. If one hears from the body that water is needed, one only reports to X - water is needed - It doesn't say it is good or bad, and X gets the drink. Gets up, walks to the tap, to the refrigerator, pours out a drink, swallows it. All of which are miraculous happenings if one ever observes. Do you know how to walk, or are you only aware you want to go to the door and all of it just takes place and you experience the walking, you are aware of the walking. But if it was left up to one of us to figure out which muscles to move in sequence, first, second, third, fourth, fifth, in order to bring about the act of walking, there would be no walking. Function is to bring about the play of X in awareness, bringing about the ever changing series of events that continually gives man all the values and the joys of

living when he can report accurately. When he has been taken over by usurpers and they're talking in his name, that function demonstrates very clearly that error is being reported to X. But X only accepts as fact everything that the awareness reports to it, whether it be from a Not-I or an I. So, we see very excellent reasons for observing the Not-Is. They're speaking in your name to the source of all energy.

A STORY: The boring day at work had finally ended. With the last remnants of energy, I made it to the car and drove home. The prospect of a nap was an obsession. I hardly had the energy to open the door. The phone was ringing as I stepped inside. I started to ignore it and crawl between the welcoming sheets for some much needed rest. However, I picked up the receiver which weighed 500 pounds and weakly answered. The caller was a friend of mine inviting me to play bridge.

The energy change was like a bolt of lightning. In a millisecond I was experiencing a completely different state of being. With enthusiasm I said, "Where and what time?"

The illusion of boredom masquerading as fatigue had hypnotized me. When vital interest took over, the illusion disappeared.

Yes, there are times when the body needs rest. Yet, I have to pay attention or I confuse boredom/inertia with fatigue. A tremendous amount of energy is present when vital interest kicks in. The "Not-Is" are tricky. They want to keep me in a state of boredom then they have control of this energy. A state of vital interest sweeps them away--totally, completely and immediately..

Am I in charge of my inner state or not? With the aid of the tone scale, it is easy to answer the question, "Where am I?" I am not in charge if I am feeling apathy, fear, anger, resentment, boredom or, possibly, contentment. These states of walking/waking sleep are the work of the "Not-I's". Vital interest is a consciously chosen state that I am in charge of. I can develop this state by taking the appropriate action that agrees with this feeling that I want to feel.

I want to feel good.

I will act the way I want to feel.

THE PLACE OF THE LANGUAGE IN THE TEACHINGS (p. 20):

FOUR DUAL BASIC URGES

1. To gain comfort and/or escape pain.
2. To gain attention and/or escape being ignored.
3. To gain approval and/or escape being rejected.
4. To gain importance and/or escape feeling inferior.

HEADLINES (p.9): When one is unaware of having the four dual basic urges as the purpose of living, one is manipulated by all the suggestions offering the gain side or threatening the escape side.

When one is conscious of the four dual basic urges, one

can use them as one pleases and is free of manipulation by inner and outer suggestions.

NOTES ON PERSONAL INTEGRATION AND HEALTH (p. 86):

Misconceptions from infantile decisions and misinformation results in CONFLICT.

Conflict results in FALSE FEELINGS OF EMERGENCY.

False feelings of emergency result in the bodily preparation to fight or run in situations where fighting or running is impossible, resulting in CHEMICAL UNBALANCE AND NEUROMUSCULAR TENSION.

Chemical unbalance and neuromuscular tension result in an uneasy feeling that requires ADAPTATION.

This adaptation may take many forms. One of the most common is unusual cellular activity to release the tension and use up the chemical unbalance to restore the body to a state of equilibrium. This process is called disease and results in more false feelings of emergency.

LIFE'S WORD (p. 22):

I require no man to give. If thou givest because thou thinkest it will please Me, know that I am already pleased with thee, and nothing which thou canst do can alter My pleasure, nor can cause My displeasure. Thou hast all favor in My sight now and I would not have thee do anything with the object or purpose of gaining My favor.

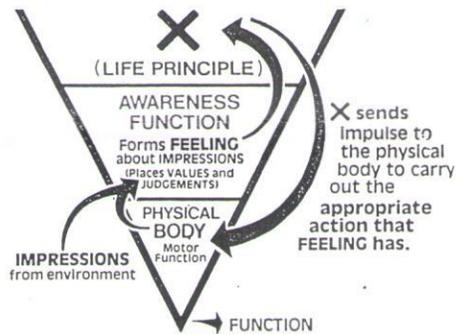
WHO'S IN CHARGE OF MY INNER STATE OF BEING? (. 52)

SELF-KNOWING and SELF-REMEMBERING are the two subjects that everyone has to have in order to be able to be in charge of one's own inner state.

Now, the thing that comes up FIRST is that A PERSON WOULD HAVE TO HAVE A PURPOSE AND A WILL IN ORDER TO BE IN CHARGE.



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



THE PICTURE OF MAN ©

THE BUCKETS

