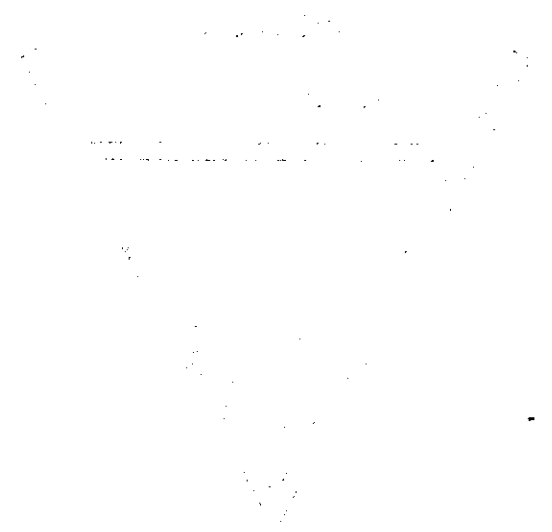


THE PICTURE of MAN



IN STEPPERS

By PHONDEL

The PICTURE OF MAN[®]

for 12-Steppers

By Rhondell

THE PICTURE OF MAN FOR 12-STEPPERS
By Rhondell

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INTRODUCTION

Alcoholics Anonymous, the granddaddy of all 12-Step Programs, has been around a long time, since 1935. It has endured, and continues to thrive, with over a million members worldwide, because it is different than other addiction cure programs in one fundamental way: it recognizes a Higher Power than man as he is.

As countless people can testify from their own experience, Bill Wilson, co-founder of AA with Dr. Bob Smith, spoke the truth when he said:

“When an alcoholic applies the Twelve Steps of our recovery program to his personal life, his disintegration stops and his unification begins. The Power which now holds him together in one piece overcomes those forces which had rent him apart.”

In *The Picture of Man for 12-Steppers* we are presenting this idea – when disintegration ends, unification begins – in diagram form, in hopes that this expression of the principle will be of assistance to recovering addicts and their families.

Note to the reader: The information contained here is merely theory until you have checked it out for yourself. Please do not “believe” anything you read here; rather, experiment with it actively in your life to see if it is valid. If you find it of value, using it will make it your own.



THE FOUR QUESTIONS

The Science of Man, of which the Picture of Man is a part, is designed to enable people to understand the four fundamental questions of mankind: *What am I? Where am I? What's going on here? What can I do?* Those who know – and live – the answers can be called wise.

Everyone can see the advantage of Wisdom – with Wisdom you might not have done some of the things which only led toward destruction of yourself and your relationships with those around you. The first step in gaining Wisdom is understanding; acting on understanding creates Wisdom.

The addiction which brought you finally to a 12-Step Program was the result of lack of understanding of the four fundamental questions of life and their answers – a lack of Wisdom. This ignorance produced tremendous conflict, which you tried to obliterate with some outside substance or unusual behavior. Conflict is the root of all “problems.” The Picture of Conditioned Man shows how the trouble came about, and the

impossible means used to try to deal with this conflict. The Picture of Man as he is designed to function contains no conflict.

WHAT AM I?

I am Spirit having a human experience; I am a living *expression* of a Higher Power full of potential for consciousness and creativity. This expression is made up of four functions: The Biological Function (Higher Power), the Awareness Function, The Motor Function (the physical body) and The Result, which is the activity I carry out in the world.

WHERE AM I?

I am in the physical world, here on planet Earth where there is constant stimulus to the senses, and where resistance arises to all initiative. Stimulation and resistance are natural to this world, they are part of this place.

WHAT'S GOING ON HERE?

Challenge. Opportunity to develop, to create. Games, great and small, which I may play or not.

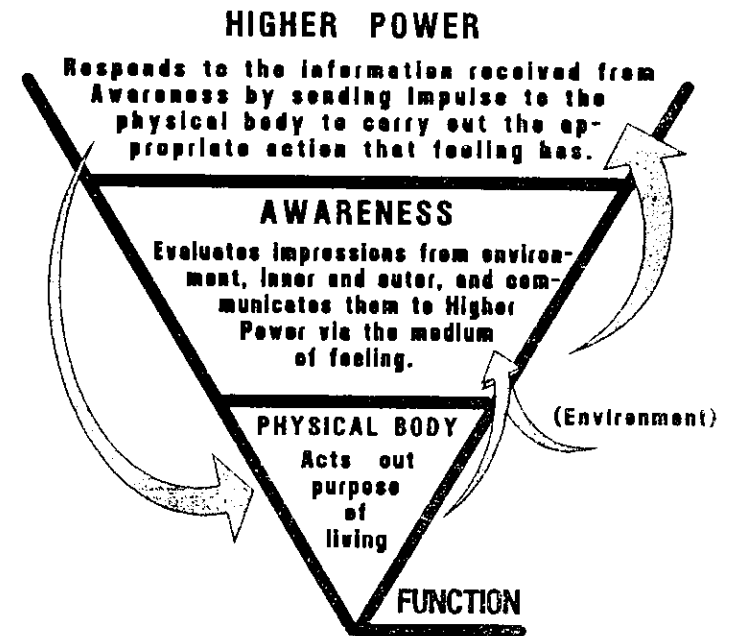
WHAT CAN I DO?

I can recognize what I am, where I am, what's going on here, accept it gracefully rather than as a victim, respond consciously rather than react. When conflict and disintegration stop and unification ensues, I can initiate and create.

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The purpose of the Awareness Function is to evaluate the impressions of both inner and outer worlds taken in through the physical body, the senses. These impressions, when evaluated by Awareness, form an inner feeling; this feeling is communicated to Higher Power and Higher Power causes the appropriate activity to take place via the Physical Body in response to the information received.

If these impressions are misinterpreted by Awareness, if they are not seen clearly for just what they are, the feelings communicated to Higher Power are inaccurate. If I form two conflicting feeling messages about



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an event, conflict results and I cannot communicate effectively with Higher Power at all.

Eventually I will do almost anything to stop the conflict, even if these actions are ultimately destructive; for the moment, they stop the conflict.

The Picture of Man describes this situation so that I can understand what is going on. With clear, accurate perception I then know what I can do.

From Disintegration to Unification

NOT-I's

"I'm falling apart..."

"I'm going to pieces..."

"I'm coming unglued..."

We all know the feelings of conflict, struggle and resistance. We all have heard the chattering in the head, the constant arguing with self, the

words or thoughts or voices inside that are continually at war. We all know the feeling of disintegration.

And it is true that there are several “selves” within, all battling for attention. They never agree, and cause untold misery. (Some 12-Steppers refer to these chattering “selves” as the Committee.) Whatever I may call them, they are *Not I*. They exist solely to feed of my substance and to destroy me. These are the forces Bill W. referred to “which had rent him apart.”

A “Not-I” can be easily recognized: ANYTHING derogatory about myself or another is Not-I. Any prompting of fear, greed, anger, insecurity, revenge, hatred, guilt, blame, inferiority, self-improvement, belief (as opposed to understanding), helplessness, pleasing for effect, complaining, is generated by a Not-I.

The Picture of Conditioned Man is a very simple diagram showing these conflicting selves, and how they lead to our “falling apart.”



MASTER DECISION – THE PURPOSE OF LIVING

The unborn babe lives in a virtual Paradise. The temperature is constant and comfortable; no effort is needed to get nourishment; sounds are muffled; he or she floats in a perfect environment, the non-disturbed state.

Entry into the new world from the uterine world is quite a shock, to say the least. The journey is cramped. The infant is plummeted into a world of bright lights, strange sounds, a sudden and different demand on the lungs, a cooler temperature, and possibly is slapped immediately! Very soon the automatic food supply is cut off, gentle or not-so-gentle hands are groping at the little one, chemicals are put in the eyes, a syringe into the nose and mouth, and other indignities ensue. Soon after this trauma the first hunger pangs occur.

Is it any wonder that the new arrival makes an immediate *decision*:
The whole Purpose of Living is to regain the non-disturbed state.

From that moment on the child will base all of its activity toward becoming non-disturbed: gaining pleasure and escaping pain on all levels, at all times.

The Science of Man refers to this as *The Master Decision*. It is the primal purpose of living, of all activity, from the moment the decision is made at infancy until *consciously* unmade, probably many, many years later, if ever. (It is a fairly accurate view of things for an infant. But is it necessary for adults?)

With this Master Decision firmly installed, the infant finds ways to ensure it, to get non-disturbed.

The first is *To Complain*. Adults will usually respond to an infant’s complaints. When the baby is hungry, he cries; he is fed. When wet, he cries; he is changed. When cold, she cries; she is covered or cuddled.

So this First Decision, *To Complain*, does seem to work for an infant. However, even the baby soon finds that it does not always work. Sometimes he or she is ignored. When this happens, the Second Decision is made *To Stick Up For Rights*, to DEMAND his or her way right now. Every parent knows the difference between a “legitimate” complaint cry, and a “Sticking Up For My Rights” cry.

After about two years, the child is no longer an infant, and parents may become baby-deaf on occasion. The little one remembers how much loving attention she got when she cooed and smiled. So when her demands are not immediately met, she will coo and smile in order *To Please Them* to get her way. This is not spontaneous joyful behavior; it is calculated to get one’s way, and is the Third Decision.

Pretty soon the child’s world expands somewhat and he may go to pre-school or to other people’s homes to visit, he hears about policemen and other officials. He is instructed *To Obey Authorities* or else, the Fourth Decision. The child learns right away that obedience is necessary to avoid unpleasantness or pain, even if obedience is against his wishes.

This is where CONFLICT begins. Complaining and demanding are not compatible with pleasing. The little Awareness becomes fragmented. It has devised contradictory means for trying to achieve its Purpose to be non-disturbed.

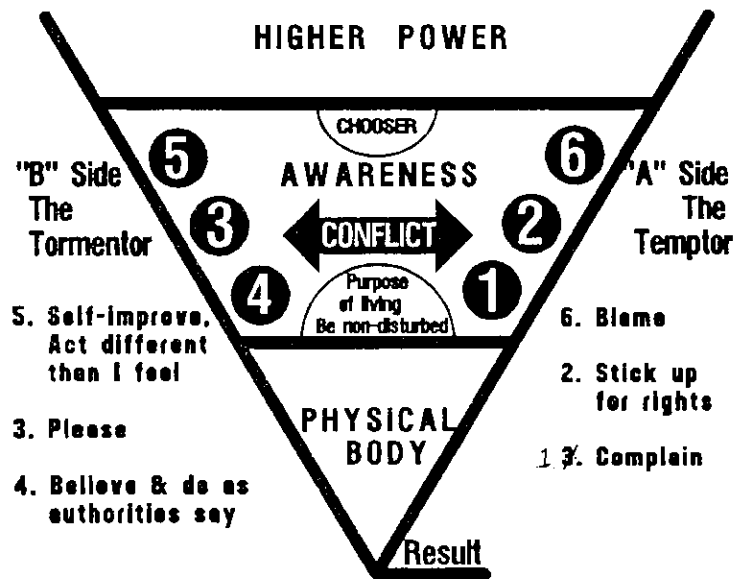
The fragmentation continues: Some of us grew up in homes where we were belittled. We may have been told we did not meet the expectations of our parents; that we weren’t as good as our brothers or sisters, or other children; that we were inferior in some way. Even children who were reared in loving homes will eventually get this misinformation from peers, and then, more subtly, from advertising and other influences. So the child makes a Fifth Decision: *I Should Be Different Than I Am, I Should Act Differently Than I Feel*. Of course, if he is acting differently than he “should” be, he feels GUILTY.

By the sixth year, at the latest, the little one gets fed up with all this and decides, *If he, she, they, it were different, then I would be happy*. In other words, he blames everyone and everything for his dissatisfaction. This is the Sixth Decision, BLAMING.

You can see the conflict inherent in using complaining, demanding and blaming (the A-side) AND obeying, pleasing for effect and self-improving (the B-side) as equally “valid” methods to gain non-disturbance.



So we have described the fragmented awareness, a Master Decision that the whole purpose of living is to gain pleasure: attention, approval, appreciation, being important; and to escape pain: being ignored, rejected, disapproved of, feeling inferior or unneeded.



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Each decision takes on a separate existence, pretending to be the real Self (Awareness unified with Higher Power), which it has usurped. The more they are used, the stronger they get. These decisions run the child's life; until a decision is consciously unmade, it remains active.

Eventually a "chooser" is made, which is our picture of ourself. It is what tries (but ultimately fails) to make peace by choosing which Not-I will get its way.

Thus the child grows up with his or her whole Purpose of Living to be non-disturbed, using the six conflicting decisions to try to achieve this. Children grow into adults without ever having consciously examined their purpose of living or the methods used constantly to try to achieve it.

Look around and you may discover that most adults are infants with grown bodies and technical educations. They are trying to live lives of getting their way – non-disturbance – with conflicting infantile methods.

CONFLICT

The real disintegrating factor is the war between the A (complain demand, blame) and B (obey, please for effect, self-improve) sides of the fragmented awareness. The infantile decisions of how to get one's way just won't work, they conflict. One cannot be sticking up for rights and be pleasing everyone. How can everything be "my fault" and "everyone else's fault" at the same time?

So the war goes on. A-Side screams for violent action NOW to rectify everything – to get my way. Then B-Side comes up and feels guilty for acting like that, pleasing for effect, quoting authorities instead of evaluating for self, trying to self-improve, and on and on it goes.

People try to cope with conflict in various ways. Alcohol, speed, cocaine and other stimulants, rage, gambling or shopping binges quiet the B-side for a little while; they allow the A-Side to complain and demand one's "rights" and blame without interference from B, which ordinarily would be saying, "You shouldn't be doing this." The subduing of conflict may even (but not always) cause euphoria, for a little while. When the substance wears off or the binge is spent, B comes back with a vengeance, quoting every authority opposing the previous behavior, feeling guilty, apologizing and trying to "make up" for it. The "normal" state of conflict returns and the vicious cycle of trying to still it with outside substance begins all over again.

Substances such as pot, barbiturates, large amounts of food, or other binges, quiet the A-side temporarily. Rather than heighten the energy of A, they subdue it, allowing B to relax a little, possibly even feel euphoric, because its opposite warrior has shut up for the duration of the substance's effect, temporarily stopping the conflict. When it wears off, complaining, demanding and blaming take hold, it's everyone else's fault, conflict is in full sway, and the "need" for more substance is seen as the method to shut up the conflict.

The real meaning of the first step, I am powerless, is that these A and B methods (Not-I but which pretend to be I) with which I have been completely identified since early childhood – complaining, demanding, pleasing for affect, obeying authorities, feeling guilty, self-improving, blaming – are completely ineffective ways to be in charge of one's life. They simply do not work, and especially they don't work together.

Letting go of these erroneous decisions as to the method of gaining non-disturbance is a major step in the recovery and integration of every addict (and everyone else, by the way).

But there is something to see even before this, there is work to do to prepare the foundation enabling us to do the second step, recognizing a

Power greater than ourselves which could restore sanity. That is to question my purpose of living.

Every 12-Stepper is grateful for the past which has brought him or her to the point of recovery, no matter how rugged it may have been. Conflict can be seen as a great gift which allowed us – forced us! – to look honestly at our purpose of living.

There is nothing “wrong” with pleasure – physical, mental, emotional, spiritual. Everyone enjoys at least some pleasure, attention, approval, the feeling of being useful. There is no crime in not liking pain – nobody enjoys pain, being ignored or rejected, feeling unneeded or worthless. But pain cannot always be avoided. Physical pain is a message from Life to check up on something awry. Mental, emotional and spiritual pain are misunderstandings, both by the “inflictor” and the person suffering the pain. But these things are part of life on planet earth, they are *side-effects* of living, not the purpose of living. (And when we understand what’s really going on here these events aren’t even painful.) So the misconception is that one’s whole purpose of living is to be non-disturbed.

The beginning step, not only for 12-Steppers, but for every human being who wishes to live life to his or her full potential, is to examine my purpose of living.

This is done by careful observation of every activity done throughout the day (and night), *without self-condemnation or justification*. One need not change any behavior at this point. Merely observe, objectively as possible, the motive for the action. A little retrospective observation may be valuable, too. What was my purpose in taking a drink? A pill? Eating a whole chocolate cake, promiscuity, gambling away the rent, being a doormat, controlling others? Look carefully to see if it was – and perhaps still is – to gain pleasure on some level, and/or to escape pain on some level, to stop conflict, despite the consequences.

It cannot be over-emphasized that the re-evaluation of one’s purpose of living is the absolute foundation of true unification.

RIGHTS AND PRIVILEGES

You and I and everyone else were born naked, helpless, unable to speak the language, and broke. Were we born with rights? Not really. We had one or usually two or more slaves to look after us. Were we born with privileges? Most definitely.

Do we have a right to life? It can easily be taken away. Is it not rather a privilege? What people think of as rights, but which can be taken away – food, shelter, clothing, transportation, power, wealth, affection, life itself – are all privileges. What can be taken away was given, therefore a gift. The world today makes much ado about human rights, as you well

know. But make a list of them. Any that can be taken away cannot, therefore, be rights, but are privileges.

The way to keep and enhance one’s privileges is to *not* see them as rights, but as gifts. What rights *do* we have? We have the right to be in charge of our inner state; we have the right to be responsible. These cannot be taken away from us (although we often given them away).

The Science of Man teaching about rights and privileges is a whole new way of looking at life for most people. Do not believe the teaching, but check it out for yourself. Experiment, try to prove it wrong. Pay attention to what’s going on here and then determine what are your rights and what are your privileges.

REGARDING “CO-DEPENDENCY”

While the term “co-dependency” has not been exactly defined, there are 12-Step groups across the country meeting to work on the “inability to maintain functional relationships,” with emphasis on certain behavior that represses the expression of oneself in order to appease the addict or other “dysfunctional” persons in relationships. The Science of Man addresses this behavior precisely.

Everyone whose whole purpose of living is to gain pleasure on all levels and escape pain on all levels is in conflict, because they are using the six decisions (complain, demand, blame – the A-side and obey, please for effect, self-improve – the B-side) which always conflict. Often people will use one side or the other predominantly.

The addict has made the subject of the addiction his “god” – the substance abused or the unusual behavior, instead of his Higher Power, rules his life. The “A” side of the Conditioned Picture of Man dominates the person. Complaining, sticking up for “rights” and blaming “justifies” the behavior. The addict’s full attention is on the substance or binge behavior, he desires it, it controls him.

While some co-dependents may be addicts, the focus of co-dependent behavior is from the “B” side of the Conditioned Picture of Man, toward the addict, toward other people. The “B” side also has usurped the proper place of Higher Power and placed god-like status upon others. It says, Please them, obey them, act different than I feel in order to gain their attention and approval, and to avoid rejection or disapproval. It uses a subtle form of control over others in order to try to maintain this verification from the addict or other person that “I” exist.

The truth is that I exist whether others “validate” me or not. I am an expression of Higher Power and do not need to suppress the expression that I am in order to maintain another’s acceptance, or to “fix” everything and everyone (or anyone). The “B” side voices which constantly badger

the co-dependent to please, obey, act different than I feel, take on others' responsibilities, and especially "don't rock the boat," are merely decisions made in infancy and childhood, not appropriate for adults, and certainly *NOT I*.

The addict sacrifices his or her life to substances or binges; the co-dependent sacrifices his or her life to the addict or otherwise disturbed person, eventually to all relationships. Both addict and co-dependent are trying to fulfill a purpose of living that is inaccurate (to gain and escape), rather than to live a creative life. Neither method works. Binges and the abuse of substances and co-dependency demonstrate the fallacy of this purpose of living. All are miserable, it just doesn't work.

The task of the co-dependent is to re-evaluate her purpose of living, and re-evaluate the *real* Power in her life. The co-dependent has turned her life over to another person, or persons, rather than to Higher Power. She has it upside-down.

Higher Power does not require you to please It, accept anyone else as Its "authority," or repress or falsify your feelings in order to honor It. You are an expression of It, *partners* in a true, functional relationship. Other, outer, relationships can certainly mirror your inner relationship with Higher Power, but they are not meant to replace It.

The co-dependent's life is full of fear and contains no joy, which is really no life at all. The fully integrated, unified, human being is co-dependent upon his or her Higher Power, not upon any other person. When one is living from the place of this partnership, the Real "I" can serve and/or please others, if it's appropriate, from the center of real Love, not from fear. This is authentic, dynamic, loving relationship.

REAL LOVE

The 12 Steps are carefully designed to assist us in letting go of blame — both of ourselves and others. Every 12-Stepper knows that blame and guilt are completely non-productive. The only purpose they ever fulfilled was to justify addiction and co-dependence.

While the eighth and tenth steps of inventories are certainly worthwhile, the Science of Man provides an additional tool to eradicate guilt and blame once and for all so that we can start from this moment on living a productive and fulfilling life — right now. Again, this is not an aphorism offered up to be swallowed whole, nor proposed as a belief. It is something you can check out for yourself immediately.

Anything I or any other person ever did, is doing, or will do is felt at the time of doing to be right or proper or justifiable to that person, with the light (understanding) he or she has at that moment.

Your parents weren't "ideal"? Every single action they ever did was felt at the moment of doing to be right or proper or justifiable, just as every single action you ever did was felt to be right or proper or justifiable at the moment of doing.

It is true that justifications break down — you can recall how you justified another drink or fix or binge or stifling of creativity. That was with the light you had at that time. The light flickered a little brighter, the justification fell apart, and when it did — and not before — you ended up in a 12-Step program.

Spend as much time as you can checking this proposal out. Start with your own life. Look back at the feelings that prompted every type of behavior — at the time it was felt to be right or proper or justified. When you can see this, you can afford to expand your understanding to include everyone with whom you have ever had a relationship, or ever heard about — everyone.

This is a very powerful Teaching — understanding and living it will empower your life as you never thought possible. Understanding and living it will enable you, at last, truly to Love. Check this out for yourself.

GAMES, GREAT AND SMALL

We said we are expressions of Higher Power having a human experience on planet earth. What's going on here? Maybe you see it as great tragedy, or utterly bizarre, or wonderful for everyone else but unlucky for you. All of these are lopsided views.

What's going on here are games we can play — or not. Interesting games are always challenging. The marriage game, the family game, the citizen game, the money game, the war game, the church game, the doctor game, the fame game, you name it. All worldly activities can be seen as games: there are players, rules, penalties for breaking the rules, officials to monitor the play and enforce the penalties, and rewards for some of the players.

It is popular today to say one comes from a "dysfunctional" family. It would be interesting to meet someone who did not! When members of a family have as their whole purpose of living to gain and escape, they live in conflict, within and with each other. Any family full of people in conflict will be "dysfunctional."

Beyond this fundamental, families are "dysfunctional" partly because no one knows it is a game. Perhaps mother sets the rules, perhaps father, or maybe both do. There are penalties for breaking the rules, rewards for playing well. Children may be draftees into the family game, but we are not children — we can play the game, or we can leave.

There is no requirement by your Higher Power to play any game (although it seems obvious It did come to this big earthly party with you in order to participate).

When you find yourself involved in a relationship of any kind, you have chosen to play a game. Play it, or not. It's up to you.

Some people are very skilled at the money game, play it well, and reap piles of rewards. Others appear to be playing it well and then we are surprised and maybe amused to hear that their house of cards collapses. They lost. But it is all a game.

Maybe you paint and would like to exhibit your work—the Art Game. Or write and would like to publish—another game. Or do professional comedy or amateur sports, play Earth Mother, or learn entrepreneurship—all games.

A game that we happen to play is the Meeting Game. The most common complaint heard from one end of the country to the other is this: “The 12 Steps have saved my life; I need to attend meetings; I can't stand the politicking that goes on there; I haven't been going as much; I really do need to go; oh, what am I going to do?”

Well, you can start playing the Meeting Game, and *go!*

The object of the game is to support each other in maintaining sobriety. The rules are not overly stringent: Show up. The trouble arises when some people don't realize the object of the game and think it is another game: the Power Game. They are the self-appointed officials, trying to penalize everyone who doesn't give them power (by boring them to tears if nothing else). Because people don't know it is a game, because the purpose of most people, sober or not, is to gain pleasure (attention/approval/importance) and escape pain (being ignored/rejected/feeling stupid or worthless or powerless), part of the group will tend to fall into A and B teams (beginning to sound familiar?). The A team will complain, demand its rights, blame everyone who interferes. The B team will quote authorities, try to please the person who appears to have power, and feel responsible for the whole show. A big Picture of Conditioned Man!

While certainly not all 12-Step groups have power games going on, if you does, watch for the Power Game at your next meeting. See if you can identify the people playing the various Not-I roles No. 1 through No. 6 in order to usurp the attention intended for the real purpose of the meeting: unification.

(It is very useful to learn the six Not-I decisions by number and as you hear them, identify them. Someone is complaining, you think “No. 1”. Someone quoting their authorities, you think “No. 4” and so on.)

When you can see this clearly, you can freely go to meetings, and play your *own* version of the Meeting Game, i.e., play by the rules you know in your heart will facilitate your sobriety (which includes serving

your companions who have the same purpose). Ignore the disintegration, which is all the manifestation of Not-I's.

When Not-I's are ignored they slither off and go away, perhaps to bother someone else who will pay them attention. You needn't pay attention to Not-I's. Recognize them for what they are and then ignore them, getting on with your purpose.

The character of an entire group can be changed by one or two conscious people with real purpose, those who know what they are, where they are, what's going on, and what they can do. Check it out for yourself.

All worldly activities are games, if people but knew this! With a little observation, you can know it. When you participate in worldly events, remember you are playing a game. If you “lose,” remember it was *just* a game. (And when you win, it was *still* just a game!) Maybe you would like to play a few more rounds. Maybe not. It doesn't matter, really, it only matters that you see what's going on here.



DUTY AND RESPONSIBILITY

While the events of the world are seen as games full of challenge and opportunity, this is not to say that Life is frivolous. If you want to live a unified life, there is responsibility, and there may be duty. Responsibility and duty are different from each other.

You are RESPONSIBLE only for your own inner state, your own experience of life. You are not responsible for anyone else, not anyone. It is up to each human being to be responsible for himself or herself, for one's own inner state.

You may or may not pick up a DUTY now and then. A duty is something we do for another—not because we have to, but because we want to. Duties are ways of serving Higher Power... Life. We can pick up duties and we can lay them down. It is entirely up to each individual which duties he or she will take on, and here is a hint—one's duties will correspond with one's purpose of living.

Do you have a responsibility towards your family? No. Do you have a duty towards your family? If you want to. If it is necessary for their wellbeing, you will probably want to. If your presence is not necessary for their wellbeing, if you don't want the duty, you are free to drop it.

It is sometimes difficult for people to understand the difference between duty and responsibility. Many people feel responsible for everything and everyone. That is merely B-side Not-I's, the pleasing, obeying, guilty ones. You are responsible only for yourself. Others feel responsible for nothing, most especially not themselves. That's the A-side Not-I's,

the complaining, demanding, blaming ones. This is why blaming is such a popular activity – if you, he, she, it, they need to change in order for me to be happy, then I have given all my power away to you, him, her, it and them – and I am thus not responsible. This is a big lie of the Not-I's, that others are responsible for my state of being. Only I am.

So if you are playing the family game, you are responsible for yourself, and have chosen a duty toward the others. And it is reciprocal – they have no responsibility towards you, and a duty only if they choose. Can you play a game under these conditions? You can, and will, if you are willing to be responsible for yourself.

CREATIVITY

The Science of Man shows there is not really “cause and effect” – there are FOUR forces of creativity. They exist everywhere and can be seen for the looking.

The man-made world of conflict and woe says, for instance, that an unhappy childhood *causes* the *effect* of addiction. Lately the pendulum is swinging in the other direction and new “evidence” is uncovered that addiction, of certain substances anyway, may be inherited, i.e., genetics *causes* the *effect* of addiction.

None of this is accurate.

Our world is made of four great forces: INITIATIVE, RESISTANCE, FORM, and RESULT. They all work together, producing the manifestation apparent in every corner of the world, on the grand scale, and in a single moment of your life.

- INITIATIVE is the Idea, Will, Intelligence, Intention, Spiritual Impulse – Higher Power. It goes forth, and always meets:
- RESISTANCE. A Resistance to the Initiative always rears up to meet Initiative. It is part of the earthly realm and is absolutely essential in order to create a
- FORM. The manifestation of the dance of Initiative and Resistance. It may be something tangible, or may be a slightly less tangible *event*, which produces:
- RESULT, something to respond to.

Here are several examples of these four forces in action. Ponder them, and then begin looking around you for examples. You will see them everywhere if you remember to look.

Initiative – A man wants to make a pot. He pours molten metal into:
Resistance – A mold. Creating:

Form – A pot, a container. Which leads to:

Result – A tool to use.

What would happen without the *resistance* to the initiative? Would he ever have a pot?

Initiative – A vegetable seed is a tiny speck of potential. It is the idea of a vegetable with will to grow, incredible intelligence within, ready to burst with spiritual impulse.

It is put in the ground, in dark, cold, heavy Mother Earth – Resistance.

The Initiative of the seed pushes up against the Resistance of the Earth, and *in time*, Form appears, a beautiful vegetable.

The result of all this activity is up to us, the Form is something to respond to. Maybe we can admire it. We can breathe the oxygen the plant produces. We can harvest it. Maybe it is time to produce more seed and so we can leave it be. In any case the Fourth Force, Result, is a gift with which we may do as we please.

A seed “planted” on a piece of wet tissue, say, may sprout a little, but without resistance of the earth it will never fully form: no creation would occur, it will never produce.

Nature is a wonderful place to start looking for the Four Forces in action. With a little looking we can understand the necessity of all Four Forces and apply our understanding to relationships, both internal (Awareness and Higher Power), and all the many relationships we have with others, from fellow traffic jammers on the freeway to spouses and children and parents and friends – anyone.

Initiative – I want to stop drinking or using or otherwise bingeing. (The Result of previous behavior has become intolerable.)

Resistance – The physical body has the shakes; or I am a nervous wreck; or I don't know how else to have fun; or I am feeling lonely, misunderstood, unloved, afraid. The physical body and the Not-I's (fear, greed, anger, insecurity, guilt, blame, etc., all the derogatory thoughts) may work separately or together, but they work as Resistance to our Initiative to stop the bingeing.

Clever people can see right away that when “failure” of the Initiative to pursue its intention occurs, it was overwhelmed by Resistance. When this happens the intended form, sobriety, does not take shape; the result is altogether different than the intention.

Initiative is overwhelmed by Resistance only when it did not get the correct information from Awareness. We can say the Initiative – Will – is weakened by an improperly functioning Awareness. It needs to be strengthened in order to meet Resistance. *It cannot be strengthened while Awareness is allowing disintegration to occur.* In other words, Higher Power cannot be reached properly while conflict is going on. Conflict

weakens the whole being—Higher Power, Awareness, Physical Body, Function.

It took an enormous Initiative to get yourself into a 12-Step program. Somehow—usually out of dire necessity—you worked in concert with Higher Power to bring you where you needed to be. The support of your friends in the program helped to sustain your strength when it wavered a little. And every meeting you attend, and every one of the 12 Steps you do, increases this strength, and at last you are a strong Awareness allowing Higher Power to live your life.

You did not become an addict because of your genes or your upbringing. You became an addict because you are a human being in a realm where Resistance rises up to meet every Initiative. Your Initiative of living—inaccurately based by Awareness on the desire to regain the non-disturbed state—was weaker than resistance it met. Awareness was contaminated with decisions that are Not-I but call themselves by your name. Your life was disintegrating because conflict based on an erroneous purpose of living prohibited us from communicating accurately with Higher Power—Who is always there, except that Awareness may be too busy listening to conflict to allow It to live your life.

RESISTANCE AND IDEALS

Some people have a very difficult time accepting that this is a realm where resistance always meets initiative. (Somehow they got the idea early on that ideals were all over the place, just not here for me yet, but attainable.) They live their whole lives striving for the ideal—and never quite get it. Or if they do get what they had perceived as an ideal, it turns out to be temporary, or not quite what they had imagined, or they are obsessed with the possibility of losing it.

This realm we live in is not a realm of ideals. Ideals exist in the imagination, and in the future, which is to say, they don't really *exist* at all. Our lives are lived in the present, always. The past is dead and the future does not exist.

So people often are disappointed or angry when they realize that it is not the purpose of living to chase ideals, because they do not exist. They are disappointed or angry to learn that resistance will always arise to what they want to do. Well, they might as well be disappointed or angry at, say, gravity, a great and ever-present example of the second force of resistance. (And just what would we do without gravity?)

Accepting gracefully that we live in a realm where resistance arises to initiative is a mature and unifying act. Since we have no choice in the

matter—it is the nature of the world—we might as well accept it gracefully, and get on with the great opportunities and challenges of living.

FEELINGS—THINK, ACT, FEEL

We have said that most adult behavior is based on the infantile decision to gain pleasure on some or all levels and to avoid pain on all levels. What are pleasure and pain but feelings? We could just as well say that most behavior of mankind is to obtain a feeling. Do people desire things, or do they desire a feeling they imagine those things will produce? When we say we want to escape pain, we are seeking a “better” feeling than the one at hand.

Addicts (and others) use substances to change their feeling, and in extreme cases, to obliterate all feelings (because living is seen as completely painful).

It is the nature of our existence to experience feelings. Some are mere sensations (heat, cold, thirst, etc.). Others are not merely physical, but reach beyond hearing, tasting, seeing, smelling, and touching. Vital interest, joy, compassion, awe of beauty, the fulfillment of creativity, thankfulness, serenity are examples of accurate expressions of Higher Power felt through humanity. Would you like to live a life full of these kinds of feelings?

What brought you to a 12-Step program was, rather, a sickness at heart due to fear, greed, anxiety, insecurity, anger, inferiority, conflict and other such derogatory feelings. These feelings are not natural to the human being, which is an earthly expression of a Higher Power. They are disintegrating and lead eventually to death.

People—and not just addicts—do all kinds of things to alleviate these obnoxious and un-human feelings. If they connect into the big machines in our society which produce fame and fortune as a by-product of their purpose, thus alleviating for a little while some of these unpleasant feelings, they are congratulated and admired. People who do drugs or alcohol or binges to change or obliterate their feelings are not applauded. While this may tell you something about our society, it obscures a basic fact: people everywhere are acting for the purpose of getting a better feeling.

The Science of Man says it is a hoax to teach people that it is *necessary* to get something from outside themselves to alter their feelings. The earthly expressions of Higher Power—people—have a marvelous capacity, based upon the accurate communication between Awareness and Higher Power, to take charge of feelings, rather than let them control you. You can feel any way you choose simply by acting out that feeling!

This is no secret – children do it all the time – but it is for the most part ignored by everyone. While you are urged to check this out for yourself, as well as everything presented here, a little reflection will show you you have already experienced this phenomenon in your life many times.

One variation of it is sometimes called “second wind” and usually occurs when we are doing something we are vitally interested in. We have a pleasant feeling about what we are doing, maybe tinkering with a new computer, or involved in a hobby, or visiting with an interesting person. It is long past the time we usually would be tired, and a little waning of energy is experienced. The interest is compelling, however, and we push it a little, acting as though we are not tired, and in short order we have a new surge of energy to continue what we are doing, a “second wind.”

This ability of the human expression of Higher Power is a wonderful tool for unification. No matter what feeling may be consuming you at the moment, you can change it by acting out another feeling.

If you are anxious, you can act serene. In a few minutes you will feel serene. If you are bored, you can act interested, soon you will feel interested. Whatever feeling you have at any time can be changed to another feeling, just by acting out the new feeling.

Is this “pretending”? Yes, at first. There is no law that says you cannot use pretending as a *tool* to take charge of your inner state.

It works in both directions: you can be feeling thankful, for instance, hear a suggestion to blame, start acting out blame, and your wonderful feeling of thankfulness will vanish. And this is what most people do. They feel a certain way (where did it come from? Suggestion.) Because they feel that way, they act that way. Then they think, Boy, do I feel awful today. Feel→Act→Think = FAT (as in fathead!). The Science of Man says the way to unification is Think→Act→Feel. Think of how you would like to feel. Act out that feeling. Then you will feel that way! Think: What does serenity feel like? Act like you feel serene. Higher Power will respond to this by granting you the feeling of serenity in short order.

A little experimentation with this principle will prove to you that you are not helpless, a victim of anyone or anything, nor in need of anything outside yourself to feel just fine. You can be in charge of your inner state. Check it out!

THE VICIOUS CYCLE – DISINTEGRATION

The disintegrating life is often called a vicious cycle:

- *Desire to change the unacceptable present inner feeling*
- *Substance abuse or binge changes the feeling*

- *Aftermath of another unacceptable inner feeling*
- *Desire to change the inner feeling with substance or binge*

The viciousness of this cycle is obvious, and is what brought you to a 12-Step program to put a stop to it.

This behavior is doomed because it is based on lack of information and mis-information. Here is what underlies the vicious cycle:

An unpleasant inner feeling is falsely felt to be an emergency by the infant decision residing within Awareness that the whole purpose of living is to escape all pain and gain all pleasure.

This false feeling of emergency is communicated to Higher Power.

Higher Power responds to the feeling of emergency by providing extra energy to cope. There is no real emergency – just an infant-made perception of emergency. The extra energy is made available but since there is no real emergency there is nothing for it to do.

Eventually, in Its striving to restore balance (the great gift of adaptability of Life), Higher Power uses up this immobilized energy either by unusual behavior or tissue cell alteration, or both.

Energy to cope with violent emergency was provided, and it will take violent activity to use it up. It cannot remain immobilized, it must go somewhere and do something.

Example: Sue is nervous about attending a large birthday party. This apprehension is uncomfortable and thus seen by the infant-made Awareness as a threat to her whole purpose of living, which is to be non-disturbed. Any threat to one’s purpose of living is the definition of “emergency” – whether accurately perceived or not.

Higher Power responds to this message of “emergency” and supplies enough energy for Sue to fight or flee the horrible threat that she is (inaccurately) feeling is about to do her in. The extra energy, which she is not using to fight or flee, is causing unusual sensations, which she again perceives – inaccurately – as a threat. She takes a couple of drinks at home to try to change the inner feeling. At the party she has a few more. Unusual behavior ensues (drunks do not act like non-drunks, usually. Drinking to excess is atypical. The loss of physical and mental control is bizarre). A binge of some kind burns up the immobilized energy. If no binge occurs to burn it up, the energy will lodge in cells somewhere in the body and cause tissue cell alteration and breakdown – disease.

Next day, Sue remembers her unusual behavior and is embarrassed. Or maybe she can’t remember *anything* and is frightened. These feelings are communicated to Higher Power as another emergency, more extraordinary energy is supplied, more unusual sensation is felt, and thus the vicious cycle. Caught up in this, without information as to the real function of feelings, and with mis-information as to what to do about it.

Sue is doomed to the vicious cycle – we know she will use more alcohol to try to alleviate unpleasant feelings.

Binges of any kind will use up the immobilized energy (outer violence). “Good” folks who are too polite to binge get sick instead – since the energy was not worked off, it settles in the cells causing unusual sensation and tissue cell alteration (inner violence). It is very easy to check and see if this is what led you to substance abuse or other binges.

Note: Sometimes people who learn about the vicious cycle question the wisdom of Higher Power, that it would provide energy for a false emergency as though it were a real emergency (and it will, unfailingly). What they are forgetting is the intimate relationship between Awareness and Higher Power. Awareness is a *function of* Higher Power, and you can’t get much closer than that. When Awareness is misinterpreting the impressions received – thinking everything unpleasant is a threat and everything pleasant must be gobbled up immediately – it is not doing its job. It is not “reporting” accurately – it is communicating inaccurately. Higher Power will respond to whatever is reported with feeling by Its Awareness function – that’s Its job. The job of Awareness is to report accurately.

THE LIVING CYCLE

When Awareness is reporting accurately to Higher Power by evaluating impressions as to their advantage to me, or not, the unified process of the Living Cycle is beautiful to behold. It will never fail you.

- (1) **True perception.** (An impression is evaluated as to its advantage.)
- (2) **A true feeling ensues.** (Because I am free to experience, every thing is okay – maybe not pleasant, or “perfect,” but okay.)
- (3) **Chemical balance occurs.** (There is no extra and immobilized energy.)
- (4) **Creative action is possible.** (No disintegration.)

The process works exactly the same way if there is a true emergency (although you must admit these are very rare occurrences).

- (1) **True perception.** (A small child is running into the street.)
- (2) **True feeling.** (Catch her before she gets hit by a car!)
- (3) **Chemical balance.** (Exactly enough energy is provided for you to run to the child and grab her.)
- (4) **Creative action.** (You dash, spending the extra energy right then. The appropriate energy is appropriately spent, with nothing left immobilized. The child is rescued.)

True emergencies are seldom a problem in our lives. People seem to wake up at these times, evaluate and report accurately, and do the appropriate action. Troubles occur when we live in a state of false emergency.

The Living Cycle is available to all of us as soon as we stop paying attention to the infant decision that the whole purpose of living is to gain and escape, and the six so-called “helpers” of complaining, demanding, quoting authorities instead of checking it out, pleasing for effect, guilty self-improving, and blaming. Free to experience = The Living Cycle.

The false purpose of living and all of these erroneous Not-I’s try to keep us deeply enmeshed in the vicious cycle and prevent unification. Don’t fall for it!

SUGGESTION

Did you know that all human beings are 100% subject to suggestion 100% of the time? It is part of the nature of Life on Earth. Acting on suggestion is what led to your disintegrating state.

Any threat or promise is a suggestion.

It was a suggestion that drink or drugs or binges would change your inner feeling into something more pleasant. It was a promise, but a shallow one. When the substance wore off, the inner feeling was worse than before. The dire results were not part of the promise, were they? You can see that suggestion is often a lie.

People use suggestion to control others all the time. Many sales people, for instance, would be out of work without the handy tool of suggestion to make sales. Parents use it to control their little banshees. Institutions use suggestion for their bread and butter.

It is the nature of the human being to be *subject* to suggestion *but he doesn’t have to act on it*. What he has to do is evaluate it. A suggestion received will always be evaluated, consciously or unconsciously. But if it is not to my advantage, I am not under any obligation to accept it. Part of the unification process is to stop reacting to suggestions, greedily accepting promises and fearfully accepting threats. I can stop reacting and *respond*, instead, by evaluating whether or not it is to my advantage.

Does a hit of cocaine or a drink contain a promise? That I will feel better than I do? Probably. Is it *to my advantage* to take this substance and momentarily change my feeling? Most likely not.

Suggestions are everywhere in our world. They refer to our health, our morality, our intelligence, our finances, our personal value, our value within a group. They threaten and they promise. They presume we are not capable of evaluating for ourselves what’s going on and what is to our advantage.

The Science of Man says you are fully capable of being responsible enough to evaluate what is to your advantage; that you can transcend the usual reaction to threat and promise by responding, instead. The definition of *reaction* is to unconsciously act on the stimulus of threat or promise. The definition of *response* is to consciously evaluate a stimulus as to its advantage.

Be always on the lookout for threats and promises. They are trying to usurp your own innate good sense.

FREE TO EXPERIENCE

A great deal has been said here about feelings. Most 12-Steppers have run the gamut of human feelings, and in their sobriety are learning to cope with feelings responsibly.

While it might be nice to give you a manual telling you how to be perfectly "happy" all the time, we can't. No such manual exists, or ever will. We are expressions of Higher Power living in a realm where Resistance meets every Initiative, and this may be painful sometimes (though certainly not always).

People are afraid of pain. Addicts nearly kill themselves trying to avoid it. When the pain of addiction became greater than the pain it was supposed to obliterate, 12-Steppers took charge.

And sooner or later anyone taking charge, working toward unification, will realize that a little pain is part of this world *and it's okay*. When we really see that, act on it, experience it, we are on that day liberated.

We act on this knowledge that our world may contain pain by *letting it be*. That's all there is to it. Resistance always arises to our initiative of living. That's Life on Earth. Did someone ignore you? It's okay, let it be. Did someone disapprove, or neglect to compliment you? Let it be. Are you scared to attend that big party without a drink to calm you down? Be free to go, scared, let it be and see what happens. Your mother didn't love you, your father didn't understand you? Be free to be an adult with a history of this sort. It's not important.

When we are free to experience the pains of this world, we have matured into responsible, unified expressions of Higher Power. It is only then that we can truly enjoy the pleasures that surprise us all the time. We can enjoy pleasure when we are free to hurt a little. We can enjoy money when we are free to be broke. We can enjoy companionship when we are free to be alone. We can enjoy Life when we are free to experience the little deaths of pain or rejection or feeling inferior.

Unification rests on the foundation of freedom to experience whatever arises along my way today, and to respond in a way that is to my advantage. This little manual has given you some tools to enable you to

do this with a bit of effort. 12-Steppers are well on their way toward unification. Use the tools and make them your own.

A catalog of other books and tapes by Rhondell is available from Harmony Workshop.

For additional copies of this booklet (\$7.50, including tax and postage) or for further information, or assistance with the material provided, or to set up Science of Man workshops in your area, please feel free to write us at:

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The Four Dual Basic Urges

GAIN	ESCAPE
Comfort and pleasure	Pain and discomfort
Attention	Being Ignored and/or rejected
Approval	Disapproval
Feeling important, being needed	Feeling inferior or worthless

The Four Dual Basic Urges are neither bad or good, they are just part of living. The Four Dual Basic Urges are not the Purpose of Living, they are side effects of living.

