

**THE
ULTIMATE FORMULA
OF LIFE**

by

H. CHARLES BERNER

This book is dedicated to all the persons
I have worked with personally through the
years, for they have presented to me much
of the information contained herein.

First printing September 1967
Second printing March 1968
Printed by PDQ Reproductions
Orange, California

PREFACE

These lectures were given at the
Second International Ability Conference
sponsored by The Institute of Ability.

If you have any questions or if you wish
more information about Abilitism,
write me at The Institute of Ability,
Post Office Box 798, Lucerne Valley,
California 92356, United States of America

Enjoy this book and I hope you will use it
in your Life.

H. Charles Berner

TABLE OF CONTENTS

- Lecture 1 - Outline of the Ultimate Formula
- Lecture 2 - Ramifications of the Ultimate Formula
- Lecture 3 - The Mind
- Lecture 4 - The Body and the Physical Universe
- Lecture 5 - Interpersonal Relationships
- Lecture 6 - The Steps of Abilitism

LECTURE #1
OUTLINE OF THE ULTIMATE FORMULA

I am going to give you an Introduction to the Ultimate Formula of Life. It is a nervy thing to do--to suppose that anybody could dare call anything the "Ultimate." Before we are through with these lectures, perhaps you will agree with me that we have here a formula that, if it is so, if it is true, would be an "Ultimate Formula."

First, a preamble about what I have to say and the attitude I prefer that you take toward it. It consists of two things: First, don't believe anything I say. Take it into consideration; look it over--you may or may not decide it is so. But don't just believe what I say. That isn't what I am seeking to achieve. I would be defeating my purpose if I tried to get you to believe me. Second, if I tell you only things you already know and with which you agree, you would say, "He is very smart, he agrees with me." But we would get nothing accomplished. So there may be a few things here that you are not already aware of and will be new to you. Don't think, "Well, since it is something I haven't heard before, I can't possibly agree; therefore, I must be disagreeing with him." I am not asking you to believe or agree with what I say, nor am I asking you to feel that because you haven't heard it before it is not necessarily true. It doesn't have to be one way or the other. Just leave it open for consideration and if you find out it is so, fine. If you don't, all right; however, what I have to offer you is the best that I know at the moment and I think it is pretty good.

What I want to communicate to you right to begin with is the Ultimate Formula. I want you to see why an Ultimate Formula is needed. There have been many efforts to find out what is important in life: What we should do? What we should be? What we should have? Should we try to get money? Should we try to find love? Should we try to have friends? People sometime say, "What I should strive for is fun or sex and this will answer all my questions about Life." "Companionship, property, that is what I need, lots of property," or "Power, or high position or status in one form or another," and so on. Some people strive for acknowledgment. Some of the outstanding men in the world will strive for acknowledgment. They want recognition for their achievement. Some people want health. "Maybe that's what we should strive for; maybe we should strive for health."

Basically, (and I am not going to defend this point here at all) there isn't anything that one should do. There are many things you could do but there is no basic, underlying, fundamental purpose or cause to your existence that says you should or should not do something. However, people want a standard. The Ultimate Formula is a standard. It is a formula based upon the fundamentals of Life. I want you to know, first, however, that there isn't fundamentally any standard. The Ultimate

Formula is right next to the fundamentals of Life. When I say fundamental, I mean fundamental, right to the rock bottom essence of what Life came from. People want a standard. "Should I do this or shouldn't I?" "What should I do?" "Should I take this job or should I take that job?" "Should I try to become a doctor, president, inventor, or what?" "What should I really strive for in Life?" People are looking for a guide to Life. They want to know what to do. Preachers tell people what to do; philosophers tell people what to do; and lots of people look for someone to tell them what to do.

The Ultimate Formula answers their query: "What should I do?" "Should I set out to earn money?" "Maybe I should get in fights--go to war and shoot people." "What should I do?" "I know, I'll enlist in the Army." "They have plenty of people they want me to kill." Well, that is something, but is this what one should do in Life? Is this the purpose? To kill people? Is this a worthwhile purpose? Or maybe raise a family. A lot of people are engaged in raising a family and have spent their lives raising a family. That is something to do. Well, maybe that is what one should be working on. Raising families. Maybe one should be meditating all the time. Maybe that's what the purpose of Life is. Maybe one should align his Life by meditating whenever one can--every moment. Maybe eating, ah, that's it. Eat. That's it. Anything that contributes towards eating --that is it. Maybe one should do nothing. Maybe that is the best way. There are certain philosophies, and religions that say the way is one of the many I have been mentioning here. Maybe it is to praise God. Pray to God. Worship God, worship this or worship that and then all things will come to you. How does one know?

I have asked these questions for years and years and years. What is the best thing to do? A lot of people never have asked this question. They just go on and whatever happens, happens. It is a fatalistic point of view. Maybe the best thing is to die. You know--just die. Blow your brains out and that is the end of it, or is it? What is the best thing? I think it is a very acute question--what is the best thing--because there are so many things you could do. There are a lot of things. Maybe one should take a vacation, a trip around the world; maybe one should build a house; maybe one should watch TV all the time because what is the use of life anyway. Maybe one should be a go-getter, become a business tycoon. Maybe the answer is to help other people. Become a nurse and help people heal their bodies, talk to them, hold their hands. Maybe love is the answer. There are a lot of things to look over here. People, in any case, whether they know it or not, are operating off of some standard, some guide to their livingness. Maybe one should be trying to bring about advancement in science. Maybe that is the route. Find out the truth about the physical world. Maybe that is the thing to do. WHAT SHOULD I DO? There are a million--no, ten million--choices of combinations and combinations of choices of things you could do. "Should I join the Peace Corps?" "Should I open a casino in Las Vegas?" "What should I do?" "What should I be?" "What should I have?" "What should I work for?" Basically, I told you, there is no basis. It is

purely arbitrary. You have your choice. You can do what you like. Nobody is going to make you do anything. People might try but they can't make you do things.

There have been many solutions offered. The Ultimate Formula is one of these. There are two basic types of solutions. One type is the arbitrary one: "Well, people need something so let's give it to them." Christianity was growing slowly in its first two or three hundred years and it was so much like a lot of other religions that some bishops got together and held a council at Nicaea in 326 AD. The bishops decided that they needed something to give the people, something definite to hold onto so the people could see that their religion was something definite. They took a vote; they voted on how the Christian Religion ought to be structured. "Should we believe in reincarnation?" They voted it down. They voted on what tenets they thought would hold in their religion. This is an arbitrary method of saying "This is what you ought to do." In effect, they were saying "What you ought to do is this and this and this, and your life will come out the way you want it to come out." "Follow this rule and this rule and this rule." They voted. They were arbitrary decisions and after they were through voting arbitrary rules for Life, the Dark Ages began.

There is another arbitrary way of setting up a standard and that is by saying that "Whatever the nature of the physical world is we will follow." This is the scientists' approach. They assume that truth consists of the nature of the physical world. The way gravity is, the way light is, is what truth is. If one understood the way atoms are structured and if he followed the rules and regulations of the physical universe then things would come out the way he wanted them to come out. And there is a certain advantage to this because it isn't wholly arbitrary since if people regulated their lives in accordance with the rules and regulations of the physical universe, they will at least be in harmony with the physical world. People may be miserable and unhappy but they will have plenty of color televisions and Cadillacs and they will at least have plenty of water to drink and food to eat. Although it may not appear to be arbitrary to live by natural laws of the universe, the decision to do so is arbitrary.

There is another way that has been used as a standard of what one should do. That is the political way. Forms of government have been set up; constitutions have been designed; and laws have been passed that say "You do this and you don't do that, and if you don't do what we tell you, we'll enforce it upon you." Lawmakers try not to make them arbitrary but in the final analysis they vote, or a governor or president or dictator said "Do it this way." Children are ordered to go to a certain school. If they don't, their parents are sent to jail. That is a way of telling people what to do. That way it gives them some guide, doesn't it? That is one solution that has been offered.

There are two choices you have in dealing with people. One choice results from failing to get them to understand what you are trying to get at. The leaders, the government, the police, the people who are responsible for a society, in desperation say, "You can't get people to

understand so that they will do right; therefore, the only choice we have is to manipulate them," "We can't get them to grasp what we are after so we will have to manipulate them"

The other choice is to not give up trying to get people to understand

Let's take up the ways of manipulating people. What are they? One way is to control people's environment. In other words, set up the financial structure in such a way that people have a certain amount of money or income. People are provided a certain type of clothing. For instance, in Russia their fashions are determined by the state. In dictatorships the environment is largely determined by the dictator like it is in Red China.

Another way to manipulate people is to threaten people's bodies if they won't take orders or won't understand. "We will put you in jail, we will punish you, we will torture you, we will kill your body." This is a way of manipulating people. When people fail to get others to grasp and understand what they are trying to get them to grasp and understand, then they tend to use these other methods. Another method is by manipulating the people's minds; you know--saturation advertising--"This is good for you." "This is a status symbol." "Do it this way because this is a way you can be popular." You can condition somebody's mind by brainwashing techniques. You give them drugs, hypnotize them. Put certain thoughts and suggestions into their minds so that they will do what they are told to do.

It is important to recognize that there are two ways of approaching people. You can manipulate them by some of the ways I have been telling you about (controlling their environment, controlling their bodies, or controlling their minds), or by not giving up trying to get people to understand. (You could simply forget about people but that is not really a way of approaching them.) There is, however, one apparent liability to getting people to understand; it may turn out that your ideas, when you are talking it over, might be wrong. They might get you to understand what they are talking about and then you might do what they say because you have understood it. So you are putting yourself in jeopardy of changing your own position. Certain teachers and dictators and people in various positions are not willing to do that, so they give up trying to get people to understand when they won't listen to reason. "You won't listen to my way, so therefore, you must be wrong and you won't do right, so we'll arrange it some way." This is one approach to saying how people are going to behave, what people are going to do.

In Abilitism we take the second route. We have not given up. In fact, we are trying to renew hope in the approach of dealing with people on the basis of understanding. A lot of people teach about love and understanding and that sort of thing. Well, I hope to give you here some actual, technical, exact information about how to achieve understanding and how Abilitism works through understanding to set people free.

There are three ways people have tried to free themselves. One way has been to revolt. You see, you keep revolting. Revolutions haven't worked too well, although a time or two there has been a little progress, but it was because the people had become a little more able.

Another way is to make a declaration that people are free. It says, "You are free." "You can do anything you want to." "You are free to jump over that 10-foot wall, right?" Well, you are free to, but can you do it? Just declaring freedom of speech doesn't help people to be able to speak and get their thoughts across to the other person. But it does give them an opportunity and that is a step in the right direction. The third way is to increase a person's ability to get his communication across to others, thereby increasing his ability to act freely because he has the ability to be free, not because anybody necessarily gives freedom to him, but because he simply has the ability to do that which he sets out to do. Abilitism takes the third way. This is the kind of freedom that is true freedom. By increasing ability we are not using a method of dealing with people on the basis of manipulation. We set them free and in setting them free, we help them to get their own ability. When they are free to do as they please, not as someone else pleases, they can follow their own goals, not someone else's goals. People then make their own choices because they have the ability to do so.

In Abilitism we base things not on arbitrary approaches, but upon all of Life. You can think I mean naturalism; however, by Life, I do not mean Naturalism. By just letting nature take its course, one is not exerting freedom of choice. That is letting the natural and organic determine your life. This is one approach however, and is based upon some aspect of Life and has some virtue. But in Abilitism we base what we are doing on the basic nature of Life; what you truly are. This is the basis and the approach we take.

Let me outline for you the Ultimate Formula. It will take us some while to build this up part by part, so bear with me as we go over it. The first part is "The Five Parts of Life." There are five categories and these are observable categories. They are not arbitrary. They are based upon direct observation of Life. First, there is you. There is you as a conscious being, you are conscious of what you are receiving right now. This is the first category. Second, you have a body, and that is another category of Life: Your body. You are conscious and to say that you as consciousness and your body as one is a theory; it is not necessarily provable at all. It is an idea, but the fact that you are conscious is not a theory, and that you consider this to be you is not a theory, and that you have a body is not a theory; so there are two parts of Life right there--you and your body. Third, you have a mind. You can picture thoughts in it, and can see things in it; you have memory recordings in your mind, you can remember all kinds of things and all these memories make up your mind. The third category is your mind. Fourth, there is the physical world around you--the walls, the floor, the ceiling, the sky, the earth, the stars, the air, the space, the time that is going on. These are all part of your physical environment. That is the fourth part of Life. Fifth, there are other people--other people as conscious beings like you. When I say other people, I don't mean them as bodies or personalities or as their minds, but as conscious beings. These are the five categories of Life.

The second piece of the Ultimate Formula involves four basic as-

assumptions. There are only two that are important to us. In Abilitism we assume two basic things that are not provable, which doesn't mean they are not true, but they are not provable; therefore, they are called assumptions. We bring our assumptions right out into the open and let you know what they are. We do not say that they are provable truths because they are not; they are just assumptions and they are workable assumptions, but we can't and don't try to prove them.

One assumption is that you are a conscious spiritual entity without prior source. That you are you, and you are your own cause and your own source. You are cause since you are not being caused by someone or something else and therefore, anything you do you are causing. That is tantamount to saying that you have the attributes of God. God is without prior source. A child who asks his mother: "Who created God, where did God come from?" if she knows anything about religion or theology she says "God did not come from anything," and if you have any kind of grasp of the concept of God, then you would see that that was so and what I am saying here is that you are God. Because if you are without prior source, that leaves you with that choice. We will develop this as we go but I just wanted to tell you that it is an assumption that we have--that you are God. You are not like God, you are not one with God, you are not similar to God, but you are it, him, the idea, the concept, you are it. You are not becoming it, you are not getting like it, you are not a part of it, you are not evolving to it, but you are already that way. That is quite an assumption.

The second assumption is that there are other people and they are equivalent to you. So that makes for more than one God, doesn't it? It makes for all kinds of Gods all over the place. It sounds like polytheism but it isn't because polytheism involves the worship of many Gods and that isn't what I'm talking about here. I am saying that there are other people; they do exist. You can't prove that, by the way.

One can know this but one cannot prove it. So, we assume that there are other beings and that they are equivalent to oneself. If it is correct that you are God and that others are equivalent to you, then they are also God. Their own true basic nature is the same as yours. Don't get this mixed up with a pool of Godness. I am not referring to a pool of Godness that everybody is a part of. I mean distinctly and exactly that each person is individually and separately God! I don't want any misunderstanding at all as to what I mean.

Now remember, I am not asking for your agreement. This is just an assumption. It is not provable. Try it on for size and see how it works for you--that you are God and that the person over there is God. This situation would make for an awfully tough tangle. Well, that tangle is Life!

There is a third part of the Ultimate Formula that brings all the parts of Life together. The basic relationship between the true nature of people (and their true nature is God-ship) is stated in the Ultimate Formula.

Life is basically, in its activities, a two terminal activity. What I mean by terminal is an end point. The two basic endpoints in Life are

you and the other person. Everything else is in between.

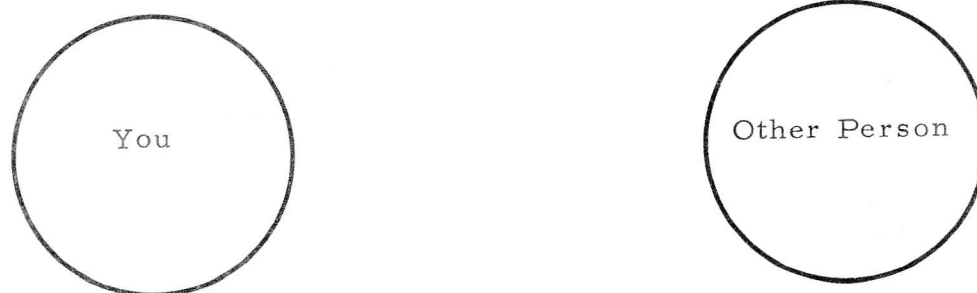


Diagram 1

There is you, and there is the other person. Two people--there's you a spiritual entity without prior source (that is the first assumption), and there is the other person who is equivalent to you (that is the second assumption). All the rest that I have to say follows from these two basic assumptions in Abilitism.

Life is basically two terminals. The true end points of Life are you and the other person. This is important because it tells you how you can align your whole Life. This is where Life comes from. It doesn't come from anything or anyone else. Whether you agree or not doesn't matter. I am not asking for belief, you understand, I am just telling you that this is the way I have found it to be.

There have been teachings that Life is basically monistic: That there is One and that is all there is. Also, there have been teachings that Life is dualistic. In the Physical Universe you will always find an up and down and a right and left, a this way and a that way. The Physical Universe is dualistic. The argument as to whether Life is monistic or dualistic has been going on for over 10,000 years on this planet. Which way is it? It is neither one. It is both and neither. You are you and he is he; that makes two terminals but at the same time you are God and at the same time he is God.

What goes on between people? There's really only one thing that goes on between people and that is understanding. All of Life takes place between people but the common denominator of it all is understanding (or the lack of it).

Understanding can be broken down into three parts. The most obvious one is communication. You have a thought and you want another conscious entity over there to have that same thought. You, then, are going to have to communicate it to him. It is self-evident that we do communicate with each other; we do it all the time. I have a thought and I get it across to you. Once you make the assumption that there is another person and he is conscious, then it immediately follows and is self-evident that people do communicate with each other. So we get a

thought going from here,

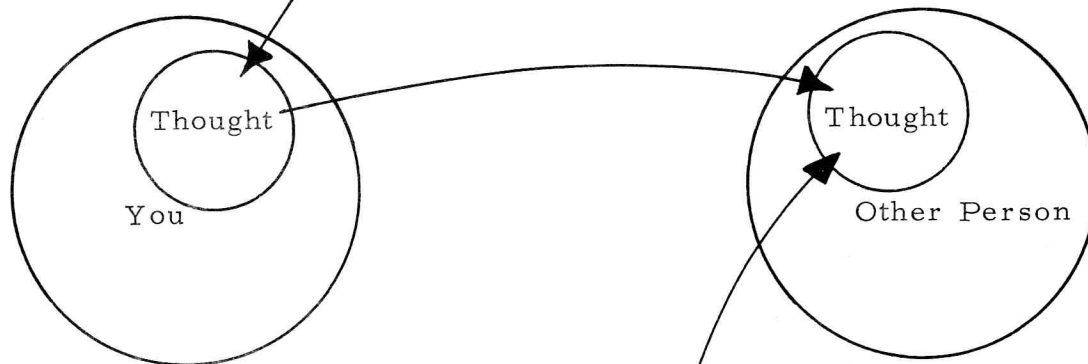


Diagram 2

so that this person has the thought over here. And if he receives the same thought, then one has in fact communicated. If it is the same thought or if it is only similar, you have gotten that much communication across.

We could spend ten hours on communication by itself but we have a lot to put together so I am going on. When one person has duplicated the other person's thought, you have reality. A state of reality exists when one person duplicates another person's thought. If I say, "There is a wall there," and you say "Yes, I see a wall there," then we both have the same thought and it is real to us. But if someone says, "There's a pink elephant there," and we don't get the same thought, we may think, "That guy is crazy." There is no reality between him and us. But when someone else has the same idea you have, you get along fine and you have a reality existing between you. This is what reality is.

The third part of understanding is Affinity. Affinity consists simply of your recognizing the existence of another person as a conscious, causative being, equivalent to yourself. Realizing the fact that there is another conscious being over there, not just a body to be handled, not just a mind to be manipulated, not just some thing or animal to be dealt with is Affinity. When you recognize that there is a conscious being over there who is equivalent to you, an entity who is important and who is an individual to himself, when you have your attention on that, then you have affinity.

People have wondered through the ages what love is. It is very simple. When recognition between two beings is mutual, when it is going both ways, when two persons at the same time and simultaneously are recognizing the other person, it is love. It is affinity if the recognition is one way or the other by itself. But if it is mutual affinity, it is love.

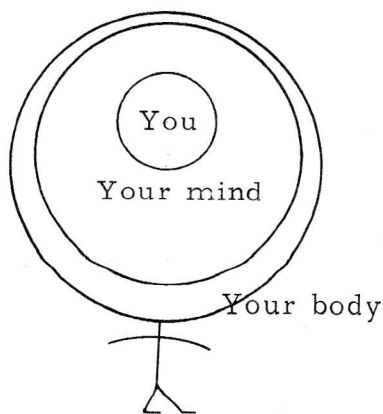
What is going on between people is Communication, Reality and Affinity.

Well, one might ask, "What is all this other activity I am aware

of?" "What is this body business?" "What is this mind business?"
 "What is this physical world business?" "Where did it all come from?"
 "What is all this?" Well, this is a big question and it will take quite a
 while to answer. Let's look at this. When people recognize someone
 else, they are doing it by their own decision. They don't have to recog-
 nize another person. One doesn't even have to consider the other exists.
 You have your choice and you are related to other people by your own
 choice only. There can be no enforcement of relationships between peo-
 ple unless you have a mind or a body or a physical universe with which
 you have your self confused.

Your true nature is that of a conscious entity. You are you. But
 you have a body and you have a mind. When you look at something with
 your attention, for example, you look at a wall and then close your eyes,
 you get a memory picture of it. You make memory pictures in your
 mind; this is what the mind is made up of. You can probably go back
 and get a memory picture of the school you went to when you were
 younger. That is mainly what your mind is. It consists of these pic-
 tures and they are around you. You can close your eyes and you see
 them. People get their minds mixed up with their brains, but your
 mind is separate from your brain. Your brain is in your head.

I had a discussion one time with an old sea captain who had been on
 board ships since he was a boy of about 12 years of age. We were having
 a discussion about whether one's brain is one's mind or one's mind is
 one's brain or whether they are separate. I kept trying to show him how
 the pictures he has couldn't possibly fit into his brain and he just could
 not get the idea because he had all those pictures shrunk down and put
 in his head. But there was one he couldn't get stuffed in his head. That
 was a picture he saw standing on the deck of a ship. I had him remem-
 ber standing right there on a deck and there was the deck out there and
 there was the mast and out there were the sails and these were not in
 his head. You see, he could picture himself right on board that deck
 and there wan't anything he could do to stuff that picture inside of his
 head. The picture was in its own space. The mind has its own space
 and it has its own time. In fact, it is a universe to itself. It is all
 around you--the mind--in its own space.



Your physical
 environment

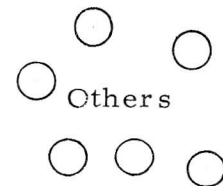


Diagram 3

You can look at these pictures and see them and it is self-evident. Anyone can do it. If you look and just see black, well, at least you are seeing a picture of black. Or if you look and see nothing, you are seeing a picture of nothing.

All right, there is you and the first thing that surrounds you is your mind. The second thing that surrounds you that you will find yourself inside of is your body. You are trapped inside your body. The mind isn't inside your head; it is all around you. You will find yourself also encased in your body. You find yourself inside the universe of your body. Your body also has its own space and time. Outside the body you have matter. There is energy, like light; there is space and time. So you have these things around you. Then there are the other people there too. They also have minds around them and they also have bodies and they also have an environment around them--such as chairs, tables, an earth to walk on, stars to look at, air to blow and water to run. (See diagram 3) Now, if you wanted to send a communication from one person to the other person, you have a job on your hands. One has to get through his mind, through his body, through space and through time. Then he has to get through the other person's body, his mind, and finally to the other.

What goes on between people, I have said, is Affinity and Reality and Communication but it must go through all of these things.

I asked a lot of questions at the first part of this lecture. Now I want to answer them. What is important? What should we do? What should we be? What should we have? Shall we try to have chairs and tables; should we try to get mastery of our minds, should we try to be healthy or sick or dissipated with our bodies? Get the body drunk all the time? Is that what we should be doing? Should we be trying to be president? Have status, or what? Remember all the questions I asked and all the solutions that have been offered. What I am telling you is this: There are two things that are important in Life. Only two. One is realizing your own true nature and the other is communicating with the other person, and that is all. I'll show you in the next lecture that self-realization is one of the easiest things there is. People have become confused about self-realization because they get it tied up with their minds and with their bodies; and they, therefore, think self-realization is body or mind realization. Self-realization is simply realizing what you truly are.

The real job consists of clearing the path from you, not from your body, but from you to the other person. That is what is important. Nothing else takes priority over clearing the path from you to the other person according to the Ultimate Formula. That is it. Should you become president? Well, you can now answer that question. Does becoming president contribute toward clearing the way of communication and affinity and reality between you and the other people? Should you earn money and get rich? Well, it depends. Are you going it to have a large house or are you doing it to clear the path between you and another person? It depends on what you are trying to do. I am suggesting a standard for you overtly and definitely, but it is based not upon an arbitrary

but upon the fundamental structure of Life... your own true nature and the other person's own true nature and a clearing of the path between you and other person. That's all that is involved.

Self-realization, which people have worked on for centuries, you can achieve in 5 minutes. There's nothing to it when you know the Ultimate Formula. That's one job and you get it out of the way first. The second job is to clear the path between you and the other person. Anything that contributes toward opening up that channel is beneficial and anything that closes up that channel is destructive. And it is the toughest, roughest, meanest, most buried channel that you have ever come across in all of your lives. It is really rough and to find your way through that is quite a task. I am going to show you how to find your way through it. I am going to show you how you can guide your life to better relationships with all other people.

Why is it that some people know so much and can do so little? The answer is evident. Knowing is a quality of you. I know, as far as I am concerned, in the sense of pure knowingness, just about anything and everything. But what can I do? Well, I can do quite a bit but only to the degree that I have opened the path up with other people. Why is it that I am able to help people as well as I am and get them to live their lives better in their own consideration. It is because I have opened up this channel more than a lot of other people have. Some people have gotten this channel quite opened and some people have it shut down. Sometimes it is mostly because of their minds and sometimes it is mostly because of other people, but all of these are involved in one way or another. You have to handle them all; you have to handle them in the right order, the right sequence, with technical exactness.

The Ultimate Formula I've just outlined for you.

LECTURE 2

RAMIFICATIONS OF THE ULTIMATE FORMULA

I am going to tell you now about some of the ramifications of this outline that I have been giving you on the interrelationship between people. I knew about this relationship clearly and precisely in 1958. It took me eight years to realize the importance of it. It is first and foremost in Life. One of the reasons, though, that I didn't realize how important it is was because there are so many ways to avoid it.

Here are some ways you can avoid the Ultimate Formula. I have given you an outline of the formula. It is the interrelationship between conscious beings. The important thing is the opening of the channel between people. This requires communication. Communication is important. Communication is the universal solvent. If a person would communicate, everything would be fine. If he only would. But why doesn't he? How does a person avoid communicating?

One way is for a person not to be responsible for his own thoughts or to consider that he did not cause them. You are the cause of your own thoughts. You are the source of them. However, if you get the idea that your thoughts come from your mind (and indeed most people do think their thoughts come from their minds), then your mind tells you what to do. You will think thoughts such as, "I should do this and that," "I should feel this way or that," "I should have this attitude." "I should want to do that," or "I wouldn't want to do that." Your mind tells you without your thinking about it yourself. Your mind, then, could tell you to do things other than to accomplish the Ultimate Formula. If you are doing them, then you are not accomplishing the Ultimate Formula--the accomplishment of straightening out your relationship with your fellow beings.

Another way to avoid the Ultimate Formula is not to consider the body to be important, and here is where we start to strike some pay dirt. There have been many teachings that the way to handle life is to withdraw from your body; to pull away; to go off and meditate; or to go into a cave and withdraw from life and that sort of thing--that this is the route to salvation--it is the route of self-realization. But it is not the route to happiness, success, health, accomplishment, and a satisfactory life because satisfaction is only accomplished by straightening out relationships with your fellow being and having an intimate (and when I say intimate, I don't mean body to body, I mean conscious-being-to-conscious-being) relationship with a fellow being. Many teachings of eastern religions have said "withdraw from life." "Life is an illusion, therefore it is false, and it should not be dealt with--pull away from it and only think of God. Just keep your attention on God. Meditate on God. Meditate on the nature and the concept of God." Well, if you do pull back and withdraw from life and then just think about it, all you are

actually doing is just thinking thoughts about God in your own mind. Then you are not actually reaching towards another person. You are accomplishing nothing. You are getting nothing done. Contemplating God results only in thought, while in reaching another, you are touching God.

Self-realization takes only a moment and by dwelling on it you can avoid the rough road, the hard road, the tough road, of getting through to another person by saying "the way to handle Life is meditation, withdraw." Be goal-less. The Zen Buddhists teach a lot about that being goal-less. There is a certain amount of truth to it except that you get rid of all your goals, including the one which is the only source of happiness or accomplishment or satisfaction, and that is the dealing with another conscious being. It is true that you can withdraw from Life. You have that choice. You can separate yourself entirely from it and you can do that at any time. However, no one finds that satisfactory. Anybody who does it, even those who go to an extreme such as the Indian yogas who through yoga practices and get into a state of Samadi or nirvana, will, if they stay there long enough, finally realize this. And they come, so to speak, back to earth and, unfortunately, to the same old problems.

The true wise man, the true teacher, the true master does not withdraw from but enters into Life. These other people are trying to accomplish self-realization, which is the simplest thing there is, but they think that by withdrawing they will get power and ability that they can use to cause effects upon their fellow man, make things levitate and create impressions you can see--in other words, become miracle performers. They have the hope of withdrawing so they will become a part of some ultimate power and source, and therefore become able to do miraculous things. It doesn't work that way due to the nature of Life. If there were a pool of energy out there or a pool of power which you could tap then you could do it that way, but it never works that way. You don't see anyone doing it. They try and they cause out-of-control effects here and there but that is all. The people who get anything done are the people who don't withdraw but enter into and through Life and do not avoid dealing with other people.

There are those who don't want to deal with anything that is "real," and "real" means dealing with other people. They say "I love other people, but it is that nasty physical world." "It is contaminating me with the guck and grime and sweat of Life." They try to pull away from that. They really don't want to, but it becomes too much for them so their answer to Life is to pull away and to pull back.

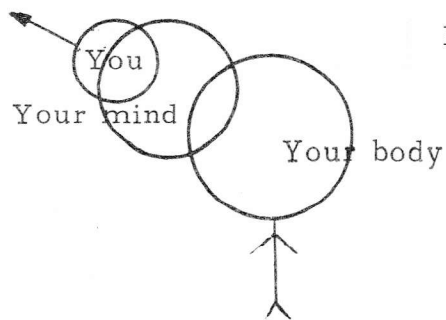


Diagram 4



I can tell you right now that it is impossible to pull out of it. You can imagine and think the thought that you are pulling back and away but you can't--it is only an idea. It is a concept, it is not a true thing. You cannot pull away and still keep Life going at all. All you can do is to decide that another doesn't exist. You can do that and just go your own merry way. But you cannot pull back from Life and tap some big magic power from "big daddy" (see diagram) that is going to give you all the force and energy you need to tell you what to do because there isn't any "big daddy." The "big daddy" is you and you can't back up outside of yourself. You see, you can't get outside of yourself. As a conscious being you can try to pull away but if you do, you'll pull you mind and your thoughts right with you. People do try to avoid Life. The many religions of the East have tried to do this and this is where the Westerner gets in his argument with the Easterner. The Westerner says, "Wait a minute, you have to deal with Life." Westerners tend to get right into it and they get into it so much that they become engrossed and enmeshed in bodies and food and sex and money and property and all of that sort of thing. By doing this they lose their own true nature. This is their error.

The Easterner and the Westerner are both mistaken. If they were not, they would be successful, or at least making good progress toward it. The correct way is to enter into Life with the intent of reaching others.

To try to avoid those things that are between you and the other person is to fail. You will miss because you can't succeed by avoiding it. You can't go through some little trap door and come out through some other little trap door and say, "I am telepathic and I am thinking thoughts to all people at all times and I am causing the Earth to be the way it is." I'm not saying that telepathy isn't possible. Telepathy is very much possible but a lot of people get caught up in their minds and they think they are doing it when in fact they are not doing it. Sometimes there are mechanisms that go on automatically. They think something or something suddenly comes to them; they don't know how it happened, they didn't do it, it just happened. A lot of people have this phenomenon happen to them--it just happens. Well, these people are not in control of it, they don't know what they are doing; they are not the cause of it; they can't turn it on and turn it off as they see fit. It is just some phenomenon that happens. It happens to some people and not to others. They are not running the show, you see. They are just the effect and what happens is there are a lot of mechanisms from the past that are set up in the mind that will sometimes trigger off a telepathic message from one person to another. That's not the same thing as saying "I'm going to think to you a certain thought and bang!" "Now, what did I think" and it always comes out correctly. Now, who do you know who can do that? There's no record to my knowledge of any person on the face of this Earth who was ever able to do that. Some have thought they could but they were kidding themselves. Now and then they get little pieces of a thought, threads of it, parts of it, a little bit, a kind of general impression, you see, and one person could do it maybe a

little bit sometimes and sometimes he couldn't do it. The reason is barriers are in the way. Most of the people who think they are doing this are really just imagining it in their own minds; an unfortunate thing but you may as well face up to it. That is a way of avoiding dealing with people.

Dealing with people is not easy; it is hard, it is difficult, it is troublesome, it is time consuming, it takes quite a bit of effort and strain. All the problems that exist are between people. All problems come from what is going on between people. There is nothing else influencing you, there is nothing else going on, it is just between you and other people and that is all. That includes your mind and all the trouble you have with your mind; it includes your body and all the trouble you have with your body; it includes your Physical Environment; the world and all the troubles you have with money and property and possessions.

All these problems resolve down to problems between you and other people. We'll see how this works out as we go along. But people try to avoid this. I know, I tried. I tried very hard to avoid this, the phenomenon that it is necessary to go through Life.

There have been many teachings about the path. Have you ever heard about The Path? The way--the path? The way of Life? These teachings would have you think that the way of Life is to improve you for you to be in a higher and higher state. However, I say you will never be other than you are. You are already perfect. It is a mistaken idea that a pathway goes higher and higher, up and up. It is a very devious thing. I don't know whether it was done intentionally or accidentally but it comes about this way: If there is a ladder for you to climb, then it implies that you are at the bottom some place and you have room to go up. So therefore you are less than the ultimate. In other words, you are less than God. You are less than the top of the scale in any case. Now we have, if you will look over any of our literature something called the Ability Scale and even it gives you the impression that you are going up the scale to a higher and higher level of state of being, and that is not true. I want to correct any impression that one may get by reading any of our literature and looking at the ability scale. The Ability Scale does not go up. The Ability Scale goes horizontally. It is between you and the other person and it goes across. As you become more and more able you can reach out further through your mind, through your body, and out across the physical universe, through the other person's body and the other person's mind and you can actually reach the other person and "touch" him as a conscious being. That is the path, that is the way. This idea of going up is simply an invalidation of yourself. You are not some lowly being that is evolving up a scale of consciousness. from some low physical level of a worm to a body to some higher state of consciousness. This is in-

correct. It is a misleading theory and you see at once the error when you see that all that is going on is what is going on between you and the other person. There are paintings of pictures of a light in the sky and a pathway going up to this light in the sky. This simply symbolizes that you are down at the bottom, you are always at the viewpoint that is always at the bottom. There is a light up there and you have to achieve that point. You'll never make it because you are already there but it makes you have the impression or the thought that you are down at the bottom which you aren't. One way to really get a person going, if you want to trick him, would be to say "well, you are down at the bottom of this hole and you've got to get out." So he struggles and struggles to get out of this imaginary hole, but he isn't in any hole and he can't ever get out, no matter how hard he tries. There is no way to achieve a higher state of being because that is an unexistent state. You can only get more able to deal with other people. There is nothing wrong with you right now. You are you and you have always been you, and you are now, and always will be you. Even time doesn't have anything to do with it, as you'll see in a little while. You are you and the only place you have any trouble is in dealing with other people. There is no limit to your ability by yourself. You have it all right now. You run into trouble, though, and you think you are less able when you try to do something with someone else.

This idea of a pathway leading you up is wrong. I've known a number of people who have asked me how high up the scale they have to go. The truth is you are not improving at all. You are not getting any better. There is no change in you at all. You are already perfect and the only thing you are doing is straightening out your relationships with others.

You could have the idea that you are just a little worm that is trying to struggle his way up the ladder of greater ability. However, I tell you, you are that which knows. I assume you already know. That's why I can tell you these things. It is ridiculous to talk about theology at this level without having written 500 pages of introduction first, except I assume that you already know what I am talking about. It is just matter of clearing the path between the two of us. It is not up to some light in the sky. People have chased that light and that rainbow for countless ages and have never found it because it isn't there. But there is, in fact, the other person. There he is, real, you can talk to him, he can talk to you, so there's nothing mystical or far out about this. What I am saying may sound far out, but it is right down to reality-- dealing with the other person.

I told you that self-realization is very simple. And it is. You may already have gotten the idea. Well, let me tell you this. Self-realization, that is, realizing what you are, is only a thought away. Just one thought. It is very simple. All you have to do is get the idea of what God is and that you are that. Whatever your idea of God is, is you. It's that thought but you have to think that thought. If you don't think that thought, well, then you haven't realized what you are. You can't think "I'm that God over there sitting on a throne, he's got a white beard and

a big robe and he is on some cloud some place." No, it is, "I am on a throne with a white beard and a big robe sitting on a cloud," if that is your idea of God. Now, if your idea of God is an all-knowing, all-loving, all powerful entity, well, then that is you. People have thousands and tens of thousands of ideas about what God is, but it is only the thought -- I am God. You are not becoming God, you are not evolving to God. You are not developing so that you can qualify as God.

People have thought they had to prove themselves by getting straightened out first and then they will let themselves have the idea that maybe they're a little better. Well, this is a separate problem. It is a separate activity to straighten out your relationships with your fellow man. That is separate from self-realization. Self-realization consists of realizing what you are, and I have told you what you are. That doesn't mean you realize what you are but if you will think a single thought, just one thought, you will know what you are. You don't have to meditate, you don't have to consider, you don't have to go withdraw from Life, you don't have to go anywhere, do anything, pay any money, take any courses, have therapy applied to you, or anything. It is just one thought. Just a thought away--I am God. And you can just think that and if you want to think it, that is it, you are done, you are through. You have realized yourself. That is all there is to it.

But do you see what is involved in that thought? It implies the idea of responsibility. If I am cause, if I am all knowing, then I know things; but "I am so stupid," you might think. Now, wait a minute, if you have the thought "I'm so stupid," then you are not thinking the thought that you are God, are you? You are thinking, "I am stupid." There are a lot of ideas you can have about yourself. You can think you are a personality; that you are a great guy; or you are sad or depressed, miserable, hateful, happy, joyous, successful, a failure, conservative, a liberal, or you are this or you are that. You can have all these thoughts. But these are less than the one thought that I am talking to you about. All these other thoughts are just substitutes for your true self. When you substitute for yourself, you are denying your own true nature. But it is only a thought. I am not saying "Get the idea that I am one with God." That is this idea: "There is God and I am one with him." That is not what I am talking about. I know this is heresy, but I consider all people to be free. I assume that. And if they are free, well, then they are free. There's no enforcement between people; interpersonal relationships are by choice only. You are not "One with God." Because that gives the impression that there's God and you become one with him. There is God and I am going to become one with him. Then I'll be God, but only in the future. No, you are already and always have been. Now, again, don't believe anything I say. Please don't because if you do, then you are taking my thoughts and not doing it yourself. You wouldn't be God then. But if you receive my communication and hear what I have to say and get the idea, then you think the thought or you don't. That is up to you.

The only thing you have to do is communicate with someone else. If it wasn't for that you wouldn't have anything to do. Because by your-

self you can do anything instantly. The thoughts you can control are your universe. You are the God of them. But then around you is your mind, those mental pictures and attitudes that you can get into that you can't change; those mental pictures that you get that you can't get rid of. These mental pictures are the universe of the mind. And you are encapsulated in it. Around you are all those thoughts, pictures, recordings and attitudes that you can't get out of or into at will. Therefore, it is not your universe. It is the universe of the mind.

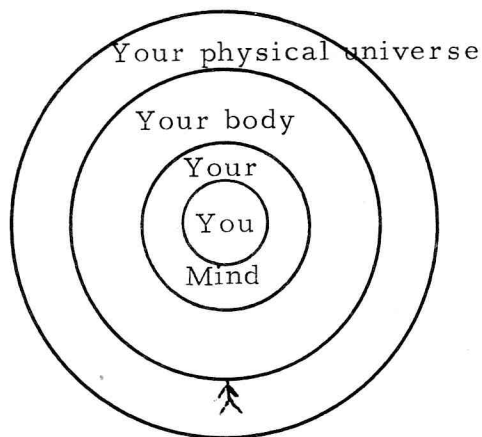


Diagram 5

Now, next is the body. You are completely surrounded by your body. It is a universe to itself. There's you, then there's your universe, if you have anything at all that you can influence, and then there are those thoughts and the pictures you can't influence which compose your mind. There is your body which is around you. There's the Physical Universe which is around that. Now each one of these is a capsule within a capsule and there is no way out of them except to remove them. You can't just jump out.

Death is not a way out because after your body dies you will still have your mind with you and your mind will go on and on until it is driving you crazy. You can't reach from you to Physical Universe and move anything without your body. You have to have a body. So you get another body. If you don't know what can happen if your body dies, you can read a booklet that I wrote called "A Guide Through the After Death Experience."* It is put into modern language, Western language, which is easy to understand. It tells the story of what happens in your mind when you leave your body at death. You may be able to see the room, but you can't do anything. After a person leaves his body, he thinks he can levitate things and make things move around. What he is really doing is moving things around in his mind. He probably is seeing it move but no one else sees it move. I'm not saying he doesn't do it

* Order from the Book Store, Institute of Ability, P. O. Box 798, Lucerne Valley, California 92356, U. S. A. \$1.00 (Tax included)

mentally. He does; he can see it in his thought; he can see that box move from one side of the table to the other, but out in the physical environment a box does not move from one side of the table to the other because no one else sees it. And that's the important thing. No one else sees it. It is important because it is the other person who counts. You count and he counts but when you are trying to do something with someone else, to demonstrate an ability, then moving something around in your own universe does not count. You can do anything you want in your own universe. There is no limit to your ability. The problem is to get somebody else to go along with you. That is the problem of Life. I told you how you can realize yourself. It is just a thought. And when you can do that, you can conceive of anything, of any concept. You can get the idea of being in any state of being without limitation. I have no difficulty with it at all. I worked on it for many years until I was able to do it and then I found out it is just an idea. But moving this little box from here to there in your own thought means nothing except that you are free to do as you please and at least you can do that much. There is some advantage to that but the thing that is stopping you from moving the Physical Universe box by thought is not your mind and it isn't your body, it is the other person not going along with you. That is what is stopping it. That is where the problem lies. And you cannot ignore him because the physical world is the thought of each person duplicated. Remember I said that one person has a thought, and another person has a duplicate thought. Maybe a person thinks the thought "a box." If he communicates "I'm thinking a box out there," and gets that thought across to the other person, then the other person will say, "Oh, you are thinking 'box' out here," and the second person thinks a duplicate box. Now they have a "real" box, that they both see; it is a duplicated thought. We will go into this in detail in another lecture. The point is this--that the problem of helping people is not self realization. Self-realization is important because if you don't do it, you won't have a chance of getting anywhere. People who are not self-realized think thoughts like: "If I am nice to people, things are going to come out right." "If I make money, things are going to come out right." "If I take vitamin pills, things are going to come out right." Or, "If I do exercises, things are going to come out right." That is nonsense. The only thing that can make things come out right is you. You can straighten out your mind, straighten out your body, straighten out the physical world. Only you can do something about it.

On the other hand, a lot of people think, "Well, then, bodies aren't important." They are important. The body that you have that is standing between you and other people is really there, and it is important. There are a lot of people who get on the spiritual kick that bodies are nothing but fleshpots of sin. We'll devote a whole lecture later to bodies and how to handle them; how to apply the Ultimate Formula to dealing with bodies. They are not fleshpots of sin. They are only things that are between you and other people. There is your mind, your body, space, time, energy, matter, resistance and all the things which need to be dealt with and dealt with in order and precisely. You can't go

around the interrelationships between people. A lot of people have said that the trouble with Life, and the thing that needs to be handled in Life, is your mind, because if you handle your mind, then all things will be resolved. That is not true. I have handled my mind. I know a number of other people that have handled their minds and all is not fixed. Things are much better; a mind is a part of it, but education and psychotherapies to handle the mind, even if effective, are not adequate to straighten out all of Life. And if you care to talk to any of the people who have their minds straightened out, they'll tell you the same thing. They may not know what is there to be handled but they know mastery of the mind is not enough.

Then there's the health food nut and the exercise fiend. I eat health foods and I am an exerciser, but I'm not a health food nut and I am not an exercise fiend. There is a difference because I am doing it for a different purpose. The people who say "get your body healthy and vibrant and then all your problems will be over," are not correct. They straighten out their bodies but they themselves are still a mess and they still can't get along with other people worth a nickel.

A person might think "If I only had my house in order and the dishes washed; all the clothes pressed and everything in the closets; a brand new car all greased and gassed; and my shoes all shined; and plenty of secure stocks and bonds in the bank; and I am making all kinds of money; and the lawn is clipped; and I have a 5000 acre ranch and every fence post is straight and neat and whitewashed, then everything could be fine. Well, most of you people already know that that is not enough. It is not enough just to love thy neighbor as thyself. That is not enough in itself. Just to love and to hope for the best as you slowly wither away and die of cancer is not enough. It is a start in the right direction; in fact, all of those were starts in the right direction. They themselves as ends in themselves are nothing. You see now how they fit together, though. You straighten out your mind with the idea that it is an interference. You straighten out your body and you make it healthy so that it is a marvelous vehicle and seems less and less of a barrier between you and other people. Sitting there on your bed all tired out--you can't deal with other people, can you? You are tired, withdrawn, fatigued. If you are straightening out your body just to have big muscles or to be a specimen of health just for health's sake, what's the point? People will often do this. They will say, "If I look handsome and pretty, well, then I can make a good impression on other people. Deep down inside, underneath, the person is trying to reach the other person, but he is not open and above-board with it. There is nothing wrong with looking good. I think it is fine. I love to see handsome and beautiful people, but it depends upon their intention. Are they trying to reach me? Are they doing this just to impress someone, to get someone's money so that they can build their zoo? There's nothing wrong with the Physical Universe. It depends on your intention. There's nothing wrong with a healthy body, it is just your intention in having a healthy body. One could develop a whole system of ethics and morals from this one idea, such as "What is good is anything that supports this;

anything that is bad is anything that detracts from it." You could do that if you wanted to. The important thing, however, is that here we have a guide and a promise, and if it is true, it answers all the questions about what to do; and if it is not true, I just made a colossal mistake. I leave it up to you to decide for yourselves whether you think this is an applicable thing in Life. I want to add one more thing in this lecture, and that is, as far as I know, there is nothing going on other than this. This is our 4th assumption--that there is nothing that is capable of influencing us which we cannot know. In other words, to give you a corollary on it, there is nothing which is influencing us which is not possible for us to know. We can know anything that can influence us. As far as I can see, the only thing that ever influenced me are those things that I have recorded for you here. I know what they are: There are other people; my body; my mind; the physical world; and that is it. When you look at it, it is actually a very simple picture; many of you have seen bits and pieces of this but I don't think you have quite put the evaluation on it that I have given it. There is nothing, no monkey business, going on out here someplace that is controlling the whole thing and influencing the whole show, and you are just a pawn or just some struggling worm or just some happenstance of evolution, or an accident of nature or of Life. Your body may be and the physical world may be, and your mind may be, but you are not. It is so simple. Whether you think it is so or not doesn't matter but the thing that does matter is that you have something here that you can apply to your life.

In the next lecture I am going to talk to you about the mind, its structure, how to handle it, and how to take it apart on the basis of the Ultimate Formula. There is really not very much to the mind once you have seen it all. I spent the last fifteen years of intensive work on finding what the mind is about, and found, after being taught by masters about the mind, it is very simple. I can present the whole thing for you and show you how it is formed, where it comes from, why it is there, and how to get rid of it.

LECTURE #3 THE MIND

I am going to tell you now about the applications of the Ultimate Formula to the mind. Let's get down to Earth.

Rather than give you a definition of the mind, what I am going to tell you first, in terms of the Ultimate Formula, is how the mind was formed and why it came about because if you know how something is created, it is much easier to handle. Did any of you notice (in the last lecture) that if you tried to get the thought of what you truly are, sometimes you had some other thoughts along with it? A thousand and one thoughts can cut in on you; this comes about through the interference of the mind. To understand the mind we need to see how it was formed and where it came from.

There are two main reasons for the mind: One is to avoid responsibility (it gives you something to blame). You can say, "Well, I couldn't help it, it just came to me," or, "Oh, I'm just mixed up, I don't know, I'm too stupid." A lot of people have that as a favorite, "I'm too stupid," and in this way it gives you something to blame.

The other reason for the mind is to bring about a delay in finding out, to slow things down so that you don't find out too quickly what is going on, especially with other people, in order to make things easier to experience. This is where we get our tie-in with the Ultimate Formula. There is you and the other person. It doesn't matter if it is one or a billion other people, the same thing applies. Just you and the other person and he sends a communication towards you and you don't want it, you don't like it. You refuse it, you have that prerogative. You don't have to receive a communication unless you want to. Most people have great difficulty exercising that prerogative. According to our third assumption, you are related to another person only through your own choice, by your own decision and so you can refuse a communication. A person can have a thought--say his thought is "give me \$10.00," and he wants to get that thought over to you and you don't want it so you just refuse it. You refuse his thought "Give me ten dollars." You don't hear it, you don't receive it, you never get it. It's not a matter of disagreeing. You just don't pay any attention to the communication. As far as you are concerned, it's "What communication?" And yet the other person still wants to get it across to you. He keeps intending "Give me \$10.00," and he won't give up that intention. So that communication is still on its way to you. It is still waiting for you to duplicate it.

Another thing a person can do is to picture in his own thoughts, say, a box and then he says "I want another person to know this." We were talking about telepathy earlier. Telepathy would be one person thinking in his thought "box;" he actually pictures it in his thought. In his own

thought he sees this box and then he thinks "I want you to know this box." "I'm sending this thought to you--box, box, box." He is doing this by thought. He keeps thinking "box" and he wants that other person to know that box. The other person thinks "No, no, no." "Whatever you are trying to communicate to me, I don't know what it is and I don't even know that you are putting out anything." One keeps sending and the other person says, "No, no." So it has been sent toward him but it won't arrive because he is refusing it. So it is on "wait." It is yet to come and there it sits. Now, I said the mind has two reasons for existing. One, to avoid responsibility (which we will take up later) and to delay communication. In order to stop receiving a communication which you don't want, you will put it on wait and this forms a recording in the mind. It becomes a mental image picture that you haven't seen it yet. Did you ever sweep your attention across a room? There's a recording made of everything in that room as you sweep across, in your mind and then you can go back and look at it later on and put your attention on it and you receive the information of what is there. Your mind records everything that is there by just sweeping across but you won't necessarily know what is there. It will be recorded in your mind. You won't know what is there until you finally look at the picture. The pictures are there. It is as if you took a camera and you were driving along in an automobile on a trip and all the windows were painted black. Every once in a while you would stick your hand out of the window and take a snapshot, and pull it back in and every mile you would take another picture. You would have a whole roll of film and then you take it home, develop it and put it in a box but you don't look at the pictures. Now you have a complete record of your trip of every mile and this is what the mind is like. The mind is composed of all those things that you haven't put your attention on that are stored as pictures. Once you look at them, then you know what is there, and it quits being in the mind. It arrives at you. The mind, then, is just a storage bin of pictures of all the things that you haven't yet experienced. Now, if you had rolled down the windows and looked at all the trip as you were going along, you would be looking at it as you were going along and looking at everything that was there. If you did, then you would already know what was there and then you wouldn't have any need for pictures. But if you try to remember, then you look back into your mind. Your eyes and your brain and the mind are a camera system--your ears included. All your perceptions are involved in this and they act as a camera system and a photograph of all these things is made in your mind but you don't put your attention on it. The part you put your attention on does not get stored in your mind. You can re-picture it in that case but you are re-creating the picture yourself. Eventually you look at it and you say, "Oh, boy, see, oh this, or oh, that," whatever it was you made a recording of. So the mind consists of incomplete communications between you and other people. They are not completed and if you see one of your mental pictures, if you look in your mind and say "well, now let's see, I'll remember what it was like when I was in Phoenix. Oh yes, and here's the big building downtown, and there is the Westward Ho Hotel,

yes, there it is all right." Once you have seen it, it is no longer in the mind but up to that moment it was stored in the mind to be seen, and at that moment you look at it, it comes out of the mind and goes into your universe because now you know what it is and there is no more delay in your finding out. If you had originally looked clearly yourself, then it wouldn't have recorded in the mind. You would have it as knowingness. You wouldn't have to picture it. You wouldn't have to remember. But if you have to remember, what you are really trying to do is pull things up that you haven't yet looked at, that are stored in your mind. These communications are coming from other people via your body universe, from the time when someone created the original thing; they set it there for you to look at and feel and touch and taste, and it is there to be duplicated. It is there for you to put your attention on; it is there for you to receive that communication. And if you do so, well, then you know it but if you don't it is stored in the mind. There is one of the main reasons for the mind.

The other important reason for the mind is to avoid responsibility. Let's take it from the point of view of you sending the message instead of the other person sending it toward you. You have the thought, whatever it is, say "give me ten dollars" or "here is ten dollars," or "the little red hen walked across the road," or "I love you," or you name it. It is a thought, whatever it might be. It could be anything. You have this thought and decide that it is a thought you want the other person to have but you don't want him to think it came from you. You want somebody to know something but you don't want him to scream back at you for what you said. For example, a person knocks a milk bottle off a table and smashed it on the floor and he has the thought, "Mother better know about this," so he goes running out and tells his mother "Somebody smashed the milk bottle on the kitchen floor." He didn't say, "I smashed it." He said "somebody" smashed it on the floor and there's the gimmick right there. It was him, all right, but he took on the attitude of a liar, or an avoider, or a responsibility shifter. He takes on a certain attitude--perhaps one of fear. He took on an attitude of being afraid of what his mother would say. Maybe he takes on that attitude and then avoids responsibility with his "I didn't do it" or "I am not the cause" attitude. How do you lose your cause? By having the attitude that somebody else did it. These are called attitudes, or viewpoints, or personalities. "People are not happy with my personality so I'll have to act a certain way." "Nobody pays any attention to me so what I'll do is put on the victim act." "Oh, life is miserable, horrible, I'm no good in Life." "Life is lousy and what's the use," are all attitudes. There are thousands of attitudes that you can adopt to communicate from to assign cause to.

However, if you are God you see then it follows that you are cause. The attitudes are not cause. Such a person acts like his hero or his father or his mother or someone else and he takes on the personality or attitude of that person and speaks from such a personality or attitude instead of speaking for themselves. You see the difference. Speaking from yourself would be the responsible thing to do. But to speak from

mother's attitude would be making mother responsible for what you are saying. How many people have you talked to that just parrot what their parents said, and act like their parents? Now if they were doing it on their own free choice, all right, but mostly they are doing it because they are afraid to stand up for themselves and express their own views. When that happens, then the person has developed an attitude that he is living from or a personality that he is living from. This is what makes up the rest of the mind.

The mind, therefore, is made up of two things: Communications from other people or to other people that are not completed and are all stored; all the mental image pictures that you have not yet seen, plus your fixed attitudinal viewpoints from which you are looking at and handling Life. Those two put together make up the mind. And they are both ways of not being in direct contact with other people. One is a way of avoiding cause by saying, "I didn't do it," and the other is a way of avoiding receiving the communication because some communications that come to you are not too pleasant--for instance, someone scratching your face. A person gets violent with another person when that other person won't understand him. He says "I'll show him that that is the way it is," and he'll hit him or scratch him or beats on him. He gets violent about it because the other person won't get the thought and he is going to fix him! The reason it doesn't work is the more violent it is, the more the other person is going to refuse it because it becomes less and less acceptable to him. I have nothing morally against violence. It is just that it doesn't work. It does not work because a person as God will refuse it and, therefore, there will be more barriers put in the way of completing the communication. Therefore, violence is evil and bad, you see. There's a standard for you. As I said, you could develop a moral code out of the Ultimate Formula.

Well, what can be done about the things that stand in the way between you and other people? They interfere. One says "I'm withdrawing more from people and more from Life." Well, what can be done? First of all I want to tell you about the two types of cases that exist. People fall into two general mental categories. In one type of case people get confused in their minds; they get mixed up; they get one of these mental pictures mixed up with another. These are people who have difficulty in seeing mental pictures. They have a great number of incompleting communications. They don't want to receive them, you see. They get mixed up in their minds. They can't tell an elephant from a rhinoceros. They would say it is just an animal in Africa.

They get mixed up; they have low IQ's. Their intelligent quotient is usually below 110. The Intelligence Quotient for an average person is about 100. Below 110 means they are confused and below 120 they have some confusion. If their IQ runs above 140, well, they are not confused. A person with an IQ of 140 or better has his confusions sorted out which is a good step. So this is the "confused" type of case. He is the unknowing case. He is the person who has everything on delay--"I'll figure that out later." You see he's always putting it on wait. He's never really facing up to things the way they really are.

The other type of case is the "personality" case. These people always put up a personality. They measure low on tests like the Minnesota Multiphase that measure personality profile. It measures a person's personality traits and this type of case will measure very low on this test. These people are withdrawn and are critical and are unhappy and are also mixed up and don't know what to do. These people are not necessarily confused; a lot of them have definite convictions about Life--they hate everybody--they have no confusion about it at all--everything is horrible. These are the personality type cases. As I said before, there are only two general types of cases--the confused type, and the personality type of case where there are personality troubles. A personality type case is one where the person refuses to be responsible. He is putting up these personalities to be cause instead of himself. If you know this, then all it takes is a little bit from there to know what to do about it.

We have developed two good techniques for clearing the mind. One for clearing the confusions out, and one for clearing out these personalities and fixed states of attitudes. Now I want to go into a little detail on this in terms of the mind and how we know we are handling these things and how we know we are getting rid of them. The first technique is called "Confusion Clearing." It has been proved out to be very successful for a person who has confusions in his mind--one who has a low IQ. Low is below 110-120. That is what we would consider low. Anyone in the 80-70 IQ range is considered to be in the moron class and really needs this process. It is a very simple process. All you do is to get a person to straighten out his confusions by asking him about some basic ideas of life--what it is and what it isn't. You find a basic idea on life like "improvement." A person would have to be straightened out on improvement before he is going to get any better. He would have to know which way is progress. So he is asked "what is improvement?" and he gives an answer after thinking it over, and then he is asked "what isn't improvement?" and he gives an answer to that, and you say, "all right, thank you." "What is improvement?" and he is kept at it back and forth between these two questions repetitively until the person has it all sorted out. Now sometimes he will say he has it all sorted out because he is sick and tired of thinking about it and facing up to all that confusion in his mind and he will want to quit. But we can tell when he has it all sorted out by several means which I'll go into a little later.

Improvement is just one idea. There are others. A person has to be able to be helped in order to get better. He would have to know what help is so we would ask him, "What is help?" and "What isn't help?" "What is communication?" and "What isn't communication?" "What is connection?" "What is freedom?" "What isn't freedom?" "What is ability?" "What isn't ability?" People can really get confused about that last one. However, they get their confusions sorted out by "what is it?" and "what isn't it?" until they have it all straightened out. Then you can ask them, more or less, an ultimate question, "What is source?" "What isn't source?" You are essentially asking

them "What is God?" "What isn't God?" You could phrase it a number of ways. At this point you are at the top of the scale. It is a gradient and step by step he finally says, "Well, I am source" and then he says "But I can't do anything." "If I am so much source and I can't do anything, what is the matter?" "I must not be right." By continuing he will sort it all out again and finally, after another 45 minutes or so he will finally say, "Well, I'm source even if I can't do anything. That's what I am," and he finally gets it squared away. It takes a few hours but even if it took a hundred, it would be 1000 times shorter than the meditation route. Before you can really work out, really clearly, all these concepts, your IQ by necessity rises up to about 145 because you get your confusions sorted out and there is no confusion in your mind and you think clearly. Your IQ is higher. Things are not then all connected in the mind. You have pulled them apart. What is and what isn't!

Unfortunately, that is not all there is to handling the mind--just having your confusions straightened out. You also have your personality problems to straighten out. You are using these as personalities to avoid direct contact with people, you put up false fronts and assign cause to them like "I couldn't help it, that's just the way I feel," or "I had the urge," or "I fell in love," or "they couldn't help it." That is putting the responsibility on the "you just couldn't help it" attitude. One gets stuck in these attitudes or personalities. We have a process called concept clearing (the common denominator to all personalities and attitudes is a concept), in which we find out what concept, what attitude, what fixed state of being you are stuck in, what personality you are walking around dramatizing instead of being yourself. And when that is found, then we have you get the idea of being in that state. Then we also ask you what the opposite state would be. For example, say a person is going around being unhappy all the time. He is just stuck in being unhappy. We say, "Get the idea of being in the state of unhappiness." He then gets the idea. Then we say, "Now, what is the opposite of unhappiness?" Well, happiness, obviously. "All right, get the idea of being in the state of happiness." "Oh, that's hard, but I can get the idea of it. I can pretend." "All right, fine." This cycle is repeated over and over and it goes through an evolution. I am going to take you through the steps of the evolution. It is a rather interesting gradient of change of what a person goes through. He's now unhappy and we want to get him over being unhappy and be himself, which is neither happy or unhappy. He can be either happy or unhappy if he wants to. Right now he is stuck in the state of going around being unhappy. It has never even occurred to most people that they have the ability to determine their own state of being. I'm telling you now that there is a possibility for you to determine your own state of being. That you can get the ability to decide what state you are in and not have it be just a pretended state. You know, like "everyday in every way I am getting better and better." In this process you get so you actually can be that way or not. Now let me take you through a history here of what happens when you run this process. When I first start out to help

a person on this I tell him "Get the idea of being in the state of unhappiness." He says, "Well, yes." I say "O.K., what did you do?" He says, "Well, that one is very easy as I am already that way." Now has he done what I told him to do? No, he really didn't do what I asked. I told him to get the idea of being in an unhappy state. What did he do? He just thought of the state he is in. That is the difference; he just noticed what state he is in. Well, that's a start, anyway. He just notices the state he is in. At this point, before we go on to the next state that he gets into when he can begin to handle it, I want to show you how we can tell what state he is in.

We have a meter that has a couple of knobs and an "on" and "off" switch. There is a small battery in it that runs a little trickle of electricity into two electrodes. You hold the electrodes in your hands. They run that little trickle of electricity (from a 1-1/2 volt battery) through your skin to the other hand. The amount of electricity is so small you couldn't possibly feel it.) What happens in using the meter is that the amount of electricity that trickles through the body changes under certain states of mind; a person's mind affects his body so you can tell when his mind is changing. It has been well established that the thought of emotional stress or a person being frightened or something like that will change the electrical conductivity of the body. Under those conditions a little more electricity will go through the body (when a person's mental state is changing by having him get the idea of being in the state of unhappiness, for instance). When a person does this the needle on the meter will move in different ways, depending on how he is changing. It depends on how he is getting the idea that determines how the needle on the meter dial will move. When a person getting the idea of being in a certain state, his first idea is to just notice what state he is already in. He is unhappy so he notices what state he is in and when he does that, nothing happens. The needle just stays steady. One can tell thereby he is doing it that way. For example: I tell the person, "Get the idea of being in a state of happiness," and he thinks about that and says, "That's hard to get the idea of," and he just thinks of somebody else being happy. Nothing happens when he does it that way because he hasn't affected his own state as yet. He is simply noting an existing state. All right, he will do that for a while, perhaps for five to ten times of repetition, or for half an hour. It depends upon the person. We keep at it. "Get the idea of being in a state of unhappiness." He might say, "do I have to go on with this?" "Yes." I explain to him why I am doing it this way. "I see," he says, "I'll go on." "All right, get the idea of being in a state of unhappiness," and so he does. "I get the idea," he says. "You want me to get the idea of being that way rather than just notice?" "Yes, that's the idea." All right, so he thinks "When I was five years old I was extremely unhappy." And so what he does is to remember a time when he was unhappy and he looks into his mind and remembers a time when this was recorded in his mind and when this happens the needle goes through a pattern like this:

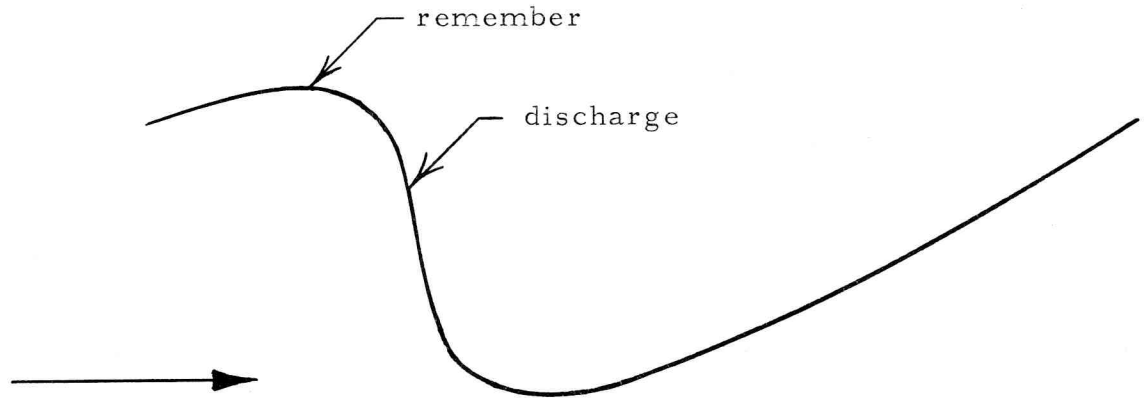


Diagram 6

It will drop and come back up. It does this every time he remembers being unhappy.

"All right, now get the idea of being in a state of happiness." So he thinks about it. "Oh yes, when I was 4 years old I used to be happy. He remembers that and when he does, the needle goes down again. It doesn't matter which idea he remembers. The process of remembering causes the needle to go through that pattern.

Now as we continue with this process, I say, "All right, now get the idea of being unhappy" and, "Get the idea of being happy," over and over again and the person finally discharges all his memories of these states. He has thought of every time in his life when he was unhappy and every time in his life when he was happy. Instead of creating the idea himself, he would have the mind provide the thought for him. Instead of getting the idea all by himself, he was relying upon the mind to tell him his ideas, via his memory, of happiness and unhappiness. We dare not stop yet. Then he says, "I can't remember any more!" "I've gone over the same ones fifteen times and I just can't think of any more," and when that happens, a particular thing happens on the needle. It starts jerking around. It is an interesting phenomenon. It starts jerking and if you were putting it on a graph it would look like this:

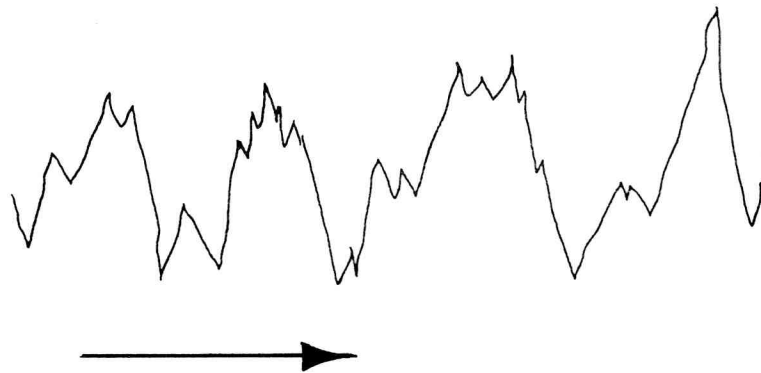


Diagram 7

It looks like that because it jerks around like that. This is when I know that he reached the state of discharged memory. He may want to quit now because the next time I say "get the idea of being in the state of unhappiness," he's going to have to create this idea himself. He has exhausted the mind, it is drained dry and so he is going to have to do it. If he just keeps looking in his mind he will keep getting this read:



Diagram 8

If he keeps doing that, I tell him, "Now you do it, you get the idea." "Oh, Oh, I see, I am just supposed to create this idea of me being unhappy." "Are you crazy?" "You think I'm going to make myself unhappy?" I say, "Well, just for the purpose of this process." "Oh," he says, "I see, maybe I can get over it this way." "Yes, that's the idea, you have it..." The idea is to get him to do it on purpose. He finally starts to do it on purpose and when he does it on purpose, the thing that will happen on the meter is that the needle will fall like this;



Diagram 9

and stay. It will go down like this and stay down. It will drop down and stay down every time he creates it, and that will keep on happening down and down. What finally happens is he gets over struggling to create it and he just creates the state. He can create happiness or unhappiness. He says, "I can be in either state. I can make myself happy. I can make myself unhappy, or I can be in neither state." "Now, I couldn't care less." "I can be neither happy or unhappy." You see, he can be independent of both or either one. He can put himself in either a state, so now he is creating these states himself and when that happens, you get this type of needle reaction:



Diagram 10

That is a free floating needle action. It will just float back and forth like this and it will show no effect on the needle at all, no matter what thoughts he thinks about being happy or unhappy.

It is very interesting that we can measure off exactly one state of mind to the next as one's ability increases to handle one's mind and one is able to create these personality traits or these attitudinal traits of being unhappy or happy or sad, or the idea of being unable, or the idea of being able or you name it. The first time through, a pair of opposite states may take a person several hours. The second time through may take 45 minutes; the third time through a person can do it

i n a few minutes. He says, "wait a minute, I can do this with any of these. I can get the idea of being in any state or its opposite at will." In other words, this person has now a developed ability to create any thought in his mind. You could call him a "mastermind." At this point, all the associated mental pictures evaporate. All the pictures he took from these attitudes go away and his mind is actually annihilated. It ceases to exist. It is removed. His mind just doesn't exist. The person is not mentally confused; he is willing to know and he no longer uses a mental substitute for himself and he realizes at this point, if he hasn't before, what he really is! He has cleared the mind out of the way so we call him a "mind clear." It would be erased and so far as he is concerned, it is gone. Unfortunately, other persons still have fixed attitudes, unhappinesses--attitudes such as "I can't do it," "The world is no good," and, "I've got to act like this person or that person." All these things are sitting there, plus all their unlooked at mental pictures that are still there to get confused about. So a "mind clear" would still have somewhat of a hard time reaching others, even though one isn't considering bodies or the physical world that is in between. He has at least eliminated the mind. But he still has his brain and his body.

Mind and brain are two different things. The brain is part of the body; it is kind of a control center for the body. It is a kind of a computer for the body but it is not the mind. You have a brain and your body; you still have the physical world to handle but now at least you would have your mind cleared out of the way and that is a major and important project and it is the first project that should be dealt with. Your mind is the thing that is closest to you, it is the thing that is first in your way.

It is important to get the mind out of the way but it's only about 2% of the basic trouble; however, it is giving you now about 90% of the trouble that is real to you. The difficulties you are having dealing with Life with most people is due to your mind. But when you get it out of the way, now you still have 98% of the job left to be done. But you have to get the mind handled first. And the mind, frankly, doesn't take very long to handle. It is a matter of hours. But it does not handle all of Life.

If you can take and get any attitude, get the idea that you can be in any attitude that you want to be or not, then you are a mind clear. That is all there is to it.

You will then know which way you are going. You will know what you're heading towards and this, I think, is valuable and it is the first thing. Handle the mind. Get it cleared up. Of course, if your body is dying of some sort of illness, and of course if the tax collector is at the door and is going to put you in Federal prison, and of course if your wife is going to sue you for divorce tomorrow, well, you better take care of those things first. Get those things relieved, but as soon as your present time problems and immediate upsets are taken care of, then you go to work on your mind and get it cleared up. The process of being in states makes sense only if you see the states come about by

putting something in the way between you and other people. Why would a person take on such an attitude? It doesn't make sense, unless he had problems with somebody else--problems in communication, not wanting to receive communications, not wanting to know or be the cause of some evil thing, the spilled milk on the floor, a torn rug or the stolen money or the nasty words that were spoken or hitting somebody--all the bad things people don't want to be the cause of. But a person who becomes a mind clear is perfectly willing. He makes a mistake and he says "I did it."

Abilitism is dedicated to nonmanipulative activities and we do not manipulate your mind. We get you to run your mind. We don't do anything to your mind. The meter doesn't do anything with your mind. You do it all. As I showed you, unless you get the idea yourself, nothing happens on the meter. It is you who is doing it. The meter is only a measuring device so that we can keep track of how things are coming along and we will know when to switch from one thing to the next, and we know when we are through so we don't keep on going. We get you to do it by encouraging you and say "do it." We keep you at it and when you want to quit, we encourage you to keep at it. We don't make you go on but we just keep you at it. We just work with you until you finally get the hang of it. You are trying your best. I've never known anybody who didn't.

I've never known one bad person in my whole life. I've known some pretty bad personalities and some pretty irresponsible attitudes but I've never known a bad person. When I work with people, I always work with them. People often ask me, "How are you so able to help others?" It is because I address the person and I always answer the person. I am always trying to open up the line from one person to another. This is the way to handle the mind. You can annihilate the mind by communication between two people.

LECTURE #4
THE BODY AND THE PHYSICAL UNIVERSE

I am going to tell you now about the applications of the Ultimate Formula to the body, and a little later in this same lecture I'll talk to you about the applications of the Ultimate Formula to your physical environment. We have already discussed the mind in the last lecture, how it is formed and what you can do about it to handle it. Now we're going to get into the body.

The first question that should be answered is "What is the body?" "What is its purpose?" "What is it for?" and immediately when we apply the Ultimate Formula relationship to the question we get a new answer that is not at all evident if you are doing what would be called a biological study of the Body. That is if you just did a description of the body, taking it apart, piece by piece, and looking at it and then even if you study its workings, it still wouldn't really tell you "What do I have this body for?" "What am I running around with this thing on, a round ball in the middle of the space?" "What is it for?" I can give you many, many answers to that question. I can say, "Well, it's like a musical instrument to play on, a harp that you can experience emotions with and spring forth with various sounds and actions." You can say it is something to communicate to other people with which is getting pretty close but that would be misleading as you will soon see. You can give many answers to the questions of what a body is but in terms of the Ultimate Formula

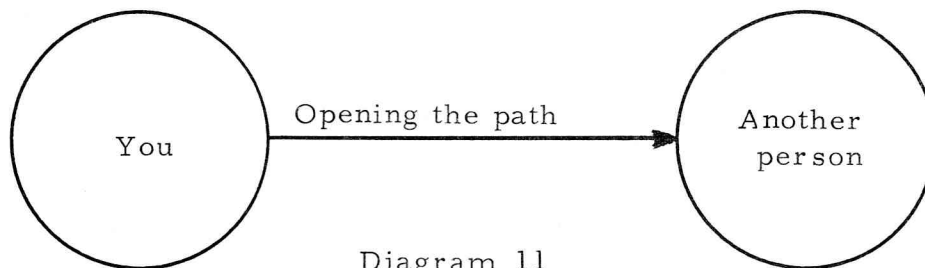


Diagram 11

it makes a final answer possible but it is only sensible if you apply it in terms of the Ultimate Formula.

We can see what a body is by seeing how it gets created and how it gets formed. Again, let's look at you as a conscious being, a God. Look at the other being. When I say being, I mean him, I don't mean his body, I don't mean his mind; I mean him as a conscious being. That's my word for what a person is and as far as I am concerned, that is what a person is. If he didn't have a body, if he didn't have a mind, he would still be and that would be the person.

A body is a solution to handling the Physical Universe world. That is very simple. It is a marvelous tool; well, yes, it is, but if you look at it that way you are getting the wrong slant on what a body really is. It is a solution to a problem that you have with the physical world. Most people do not realize that they have a problem with the physical world around them. But if you didn't have a body, you would have an awful time with the physical world.

Say you didn't have a body, you are just a conscious being and you wanted to make some marks on a chalk board. How are you going to make them? You are out of luck, aren't you? You have a problem with how to make marks on the chalk board. You want to make marks on the board but you cannot do so because you don't have the ability to do it without a body. So the body is a solution to this problem of the Physical Universe. You have a problem here of how to handle it. This is why you have a body, to reach over and pick up that chalk and make some marks. This applies to anything that you want to move, through any part of space. People say "Well, the body is the temple of God." In a way that's true but I have given you the most truthful and accurate statement you can make about a body. Saying that it is the temple of God is all right, but that makes it more sacred than it really is. A body is a solution to your Physical Environment and if you look at it that way rather than only a help in communicating with others, you will find a more accurate statement. So the body is a solution--like the barrier of space between you and the other person for example, to communicate, to project your voice or a sound across space to the other person. A body helps you to do this. All right, so this is what a body is.

The body is a universe unto itself. It has its own space. What you normally see of the body is only the surface of the body universe. What you see normally is the contact point between the physical environment which is made up of mass, energy, space and time and the body universe. The interface between the body and the physical universe is where you will find the flesh and blood and bones and the muscle that you see. However, there is in a body that which is unseen. It is a measureable electronic field. The electronic field sits clear around the body you see with your eyes and completely envelops it. This field has been called a thousand things. It has been observed many times by many people. It has been called the aura, the body electrodynamic field. Every plant and cell and animal has it and it is with careful measurement, detectable by special electronic and photographic equipment, and even though you haven't measured it, you can feel it around you and you can see it on somebody else.

This field could be called "the somatic mind" if you wanted to be fancy about it, or "soma" meaning body, but it really could be called a mind, in a way, because it does leave a lasting imprint. This field can be distorted. For instance, a stick poking in it from the Physical Universe will distort this field. Say you cut your arm with a knife; this cut will distort the field. You take the knife out and it leaves a lasting imprint or record of the impact of the Physical Universe upon this body

field. You take the knife out of the arm and the wound heals but you will still find a scar, and that scar is that permanent record. In fact, thirty, forty, fifty years later a person who cut himself on the foot when he was young still has the scar there. All the cells have changed, all the substance of which the cells are made are all new, but the pattern is still there.

The basic pattern of the body is determined by the shape of the electronic field. It actually forms and shapes the body as you see it. In other words, this pattern is there and it expands as the person grows, but the pattern is there electronically. Then material comes in and it fills in the physical world substance through eating and breathing, and it fills in this pattern. If you put a magnetic field or an electric field into the body field it will distort this field and the body will grow according to that distortion. This whole area, this somatic field of body, is a universe to itself and it has its own space, its own energy, its own time rate going on to itself, and it is separate from the physical world. The flesh and blood that you see is the physical world coming in and filling in the body field. It is the part you see but the pattern is not in the physical universe. It is a universe to itself called the body universe. What you see normally is really physical universes substance but the pattern behind it that is sitting there is its own universe, the body. Now, if you can grasp that, you have the whole idea of how the body is separate from the Physical Universe.

You had to get a body as a solution to your problems with the physical universe, but now that you have it, you have to squeeze your communications through your body's mouth or write with your hand, or you have to receive communications through your ears or through your eyes or any of your sense perceptions. So the body is both a help and a barrier to your communication with others. We have discussed in the preceding lectures that the most important thing is to open the pathway between you and other people. The body, while it is sometimes an aid, is a barrier.

The body is a barrier. What are we going to do with it? First of all we have to see what has gone wrong with it. I'll tell you four different things you can do about it, but in order to direct yourself well, you have to see what has gone wrong with the body. How is it acting like a barrier? Well, when a body is sick and you are lying in bed, it is very difficult for you to use it very much in communicating to others. The healthier it is, the more useful it turns out to be because it is less of a barrier to you. So the less the body is a barrier, the more useful it is. You could extend this thought just a little bit more. The more you remove the body as a barrier, the less body you have.

We are clearing this pathway to the other person just as we were doing when we got rid of the mind yesterday. You can't get rid of the body by blowing its brains out. That is not a way to get rid of the body. You still need a body; you still have to have one to communicate through. Just blowing your brains out won't do it because you will just run off and get yourself another body and you will be right back in the same fix again. The idea here is to be able to remove the body as a barrier be-

tween you and the other people. This wouldn't make sense though, if you didn't know that what you are trying to do is to reach other people. If you were trying to play tennis or something like that, now there's nothing wrong with playing tennis, don't get me wrong, but if that is what the purpose of Life is, well then to get rid of the body would be the wrong thing to do, wouldn't it? A lot of people try to go around their bodies. Some people were talking to me since the first lecture about this and they asked, "Isn't there a way around?" and as I said in the first lecture, "No, there isn't a way around it." You have to go through it and go through it and go through and go through it, etc., etc. until the body ceases to be a barrier between you and other people.

The body is made up of many incompleated communication cycles between you and other people. Let's see how this works. You get a blow on your body and it distorts the field. Say an ax blade or something comes chopping into the body's jaw and distorts the field. The field is distorted and you have a scar from then on, even though you take the ax blade away. You have a scar there even though it heals up. At the same time, the chances are you did not completely have all of your awareness on it (in fact, most people will pull away from a hurt or a blow, right? They take their attention off of it. They don't want to feel all the pain connected with it). So what you have, then, is also a mental picture of that blow taken in the mind--a potential mental image picture which hasn't been looked at, sitting in the mind. The mental image picture plus the distortion in the body are the same event. When that happens the mind and the body get joined together right here.

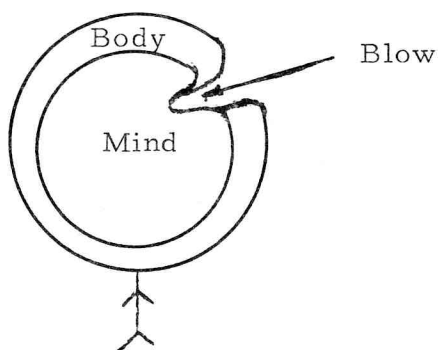


Diagram 12

And they are the same and therefore they collapse together. The mind and body are joined. The point where a mental image picture and a body field distortion of the same event is where the body and the mind get identified; therefore, it is of tremendous importance to find the first time you were unconscious in this life.

Let me explain that a little bit. The first time that you were unconscious probably came from a blow or being gassed or ethered or something like that. Finding that first time your body was unconscious tells

tells you the first time your mind and your body were joined together. Your body, meaning the body field, was distorted and you were unconscious of it because you were knocked out so you were completely unaware of it and your mind and body were joined together. If you can find the first time and remember it and look at those mental image pictures and separate the body distortion from the mental pictures, then you will separate your body and your mind from each other.

The body and the mind are two separate things. The body field--even though it gets a distortion from an ax blow--and the mind, which makes a picture of the ax blow that you haven't looked at, are not the same thing. They are recorded in two different media. One is in the mind universe, and one is in the body universe. If you can separate these two, your mind immediately becomes separated from your body and so you think of all kinds of things, where before you were limited to the mentality of the body, which is almost nothing. Talk to an elephant sometime and see how much you do, and an elephant is about the smartest of all bodies--you will have a very low level conversation.

If a person has mind and body joined, the being ceases to be conscious. There may be some awareness but there's no awareness of being aware. A person couldn't think any thoughts in a mind other than what the body is capable of carrying on: it can eat, sleep, have sex, exercise, and that is about it. How many people do you know that that is all they do? Not that it is wrong or evil with them, it is just that they are limited. All I am telling you is that the way one could be limited is when the somatic field, the body field, and the mind are joined together; they are connected, so one can't do anything without the other one doing it.

People who have the mind and body split apart can do almost anything with their minds; they can range all over with all kinds of thoughts, ideas, without limit. If you close your eyes and look forward with your attention and you may see me standing in front of you. Chances are probably 10,000 to 1 that you are seeing a picture in your mind of me standing here rather than me. If you, your mind and your body are separated you could see a great huge monster come flying by and flying saucers and ray beams, things that have nothing to do with bodies. An elephant is not going to be thinking about flying saucers. You must have a certain amount of freedom with your thoughts and not so connected with your body or you certainly wouldn't be listening to these lectures. Because the Ultimate Formula is not limited to bodies by a long way.

So the connection between the body and mind is very important and therefore, the first moment of unconsciousness, whether it was some injury or operation on the body that you had in this life, is a very important moment.

Let's talk about another aspect of a Body. Let's talk about Sex. That's a popular subject, usually either to be avoided or sought after. It is perfectly normal for bodies to have sex. They were built that way for reproduction purposes, and they are built in with desires for sex. If you are having problems with sex, you are using sex as a substitute

for communication with other people. Sex is fine, it is marvelous, but when you start using it as a substitute for communicating with other people you will start having troubles with it. If you have problems with sex at all, whether it is too much or too little or not good enough or too good so you can't stay away from it or you name the problem, you are using sex as a substitute for communication. In other words, you're putting sex up directly between you and the other person. If you use sex only with the intention of reaching the other person, well that's all right. But if you say "I can't really communicate with people, I can't really deal with people, I can't really deal with her and I can't really get an understanding but if I could have sex with her, well at least I'd have that." You will have trouble. If you just ask yourself, "Am I having problems with sex?" the solution isn't more and better sex or to go off in a cave someplace and resign yourself from it.. The solution is to straighten your communication out with the other person and that will take care of it. Just like that. Even knowing this is enough to handle half of it and the rest of it is handled by just having the intention to straighten it out. This doesn't mean you are going to have to give up sex. You just quit using it as a communication substitute for the real thing. Sex is one thing and communication is another thing, but if you substitute sex for communication, you'll have trouble and trouble and there's no way to resolve it; it will go on forever. Just don't use it as a substitute is the magical phrase.

What can be done about the body? Eating is a very popular subject, it is a connection between the physical world and the body. The contact between the Physical Environment and the body can be monitored rather easily if you can, as a being, influence your body well enough to make it do the following.

To start with you have to get enough rest. And the next thing to do would be to get rid of things that are dragging your body down like cigarettes, coffee, fifteen gallons of wine a day and that sort of thing. I'm not moralizing on the subject, I couldn't care less what a person does one way or the other but these contribute toward cutting the body off from your reaching other people through it because it loads the body down with poisons which make the body denser, thicker and harder to manage. Then I would recommend some mild exercise--easy mild exercise--if you start too hard at first you'll quit. Then after you are good at mild exercising, do some real stringent ones that require some real control of the body like Yoga exercises. There are many good books on the subject. While you are doing mild exercises, you should begin what I call the eatingness scale!

SCALE OF EATING

by

H. Charles Berner

- 12 NO FOOD NEEDED
- 11 ENERGY (Sunlight, Heat)
- 10 AIR and WATER
- 9 SEEDS { Nuts
Grains
Seed Oils
- 8 FRUIT { Large Seeds
Small Seeds
- 7 FLOWERS Honey
- 6 LEAVES { Algae
Lettuce
- 5 TUBERS
- 4 ROOTS
- 3 MILK Goat
Cow
- 2 MEAT Lean
 - Sea { Univalve
Bi-valve
Fish
 - Air { Birds
Fowl
 - Fat Land { Single hooped
Cloven hooped
- 1 SWEET BREADS { Tongue
Liver
Tripe
Lung
Stomach
Brain
- CAN'T EAT FOOD

You start off eating your normal diet and just drop off the coffee and donuts and the sugar. As you go up the eatingness scale you start dropping off the bottom foods (some of the heavier products) and you start eating more vegetables and fruits. You drop away some of the meat and then you keep on going until you can live mostly off of fruit and nuts.

Before that I had gone on a year and a half gradient dropping other things because just going on a mono diet straight is pretty steep. If you do it, more power to you, but I spent the last year and a half preparing for this and then when I did it, it was pretty easy for me. 21 days on grapes. I lost about a pound a day. And the body got lighter and lighter and less and less and less of a barrier and, by the way, more energetic. Before you would start a mono-diet, though, you'd want to use this gradient scale and somewhere along the line you should start taking high dosages of vitamins. Vitamin B's and this sort of thing.

Some recent studies have shown that schizophrenia is due to a biochemical poisoning. Almost everybody I know has some symptoms of schizophrenia. People who are called schizophrenics are the ones who are really in a bad condition. You know, they see things coming out of the wall, people talking to them who aren't there, and all kinds of hallucinations and illusions. That's when it is real bad. But you know, many people think that their food doesn't taste very good, it tastes coppery, or that people are playing music loud and it is irritating, or when a person walks into a room everyone that is looking at him, he thinks, "They're doing things to get me." The paranoid tendency is a result of biochemical poisoning. It is not coming from the mind, it is coming from the body. The brain is actually poisoned so the brain cannot interpret the senses that are coming from perfectly well functioning eyes, ears, nose and feeling. They're working fine but the brain doesn't interpret them properly. Because of this poisoning the person thinks that all kinds of things are going on because that is the way the brain is presenting it to him as a conscious being. There is nothing wrong with them as a conscious being but the communication they are receiving is being distorted by the brain poison. About a gram of vitamin B3 after each meal, along with a gram of vitamin C is enough to clean up the brain poison quickly in most cases. It takes a little longer in other cases. A therapist can sit and grind for hundreds and hundreds of hours trying to remove biochemicals out of the body by psychotherapeutic techniques and you eventually get there with great difficulty because eventually you find out why the body is developing and forming these poisons. But that's the hard way when you can simply change the input into the body by taking vitamin B3. It also goes under the names of Nicotinic Acid and Niacin. Here's a very interesting case in point about toxins being in the body poisoning a person's brain and making the person act like a nut when it is not a mental problem. He has a body that is very prone to produce poison and it partly depends upon his dietary input and it also depends partly upon his hereditary background. You can inherit this tendency from your parents, but nevertheless just taking Niacin, Vitamin B-3 will clean it up sooner or later--maybe it will take a couple of weeks, maybe a couple of years or anywhere in between, but

Here is something you could spend hundreds and thousands of hours on with some sort of a mental method trying to clear up something that is not a mental problem at all. Fascinating!

Earlier I said that the body is a solution to the Physical Universe which in turn is a problem between people, so it all goes back to people. You will find that your whole problem, handling your body and improving your diet or taking Vitamin B-3 and all these things are mainly problems of what you are going to do even though others are not doing it with you. This is where discipline comes in. I went 21 days not eating anything but a few grapes a day and I had to sit there and twiddle my thumbs while everyone else was eating their meals. I had all kinds of time, nothing but time, so really the problem is what do you tell someone when you are invited to dinner?

If you can generate energy you can run your body. I was eating about 15 to 20 grapes a day in the last week of my grape diet about 5 to 8 grapes a meal. I had more energy than ever. I went skin diving by the hour, I had no fatigue. You know you're supposed to lose all kinds of heat to the ocean when you go swimming in cold water and in fact, that day I had missed my lunch of grapes and I had more energy than all the other people stuffing themselves with sandwiches on the beach all day long and I had been on the diet for 19 days. I was creating energy myself rather than relying on the food to do it. You could finally get clear over it if you wanted to--the eating of food. When you get to the top of this scale and you are not eating, you have that much of the body cleared up and what we are talking about is clearing the body. This is a tremendous advance above clearing the mind, it takes much more work and ability to accomplish this. You can begin working on your body and at the same time working on your mind but you are going to get your mind cleared up before you get your body cleared.

Most of you think you are seeing me over here, don't you? You are really looking at an image of me in your brain. As you look over here you are seeing an image in your brain, you are not seeing me. It is an interesting thing when you can live being aware of this. All the time that I've been lecturing to you people, three hours yesterday and almost an hour today, I have been realizing that I'm looking at a picture in my brain. I go through that picture and keep reaching to you out there, instead of addressing this picture of you in my brain. I have a picture in my body's brain, you see, and I'm going through that picture to reach you. Therefore, I can do a better job of communicating than many people. We have exercises on this sort of thing to help get you reach through that so your body is not so much of a barrier.

Now I want to take a few minutes to summarize how the Ultimate Formula would be stated as a one statement with regard to the body and that is this: ALL BODY APPLICATIONS OF ABILITY, in other words, all ability you are applying through your body, SHOULD BE DIRECTED THROUGH THE BODY TO CLEAR IT AS A PATHWAY THROUGH THE PHYSICAL UNIVERSE TO OTHER PEOPLE.

In terms of the body, that's how the Ultimate Formula would be stated. In other words, you would use your ability to clear the body as

a pathway to get it cleared out of the way so that you can get out into the Physical Universe, through it, and to other people--not around the body but through it, and so that your efforts would be bent on that. You wouldn't go on a health food diet just to go on a health food diet, to build a muscular body or a healthy body; you would do it with the idea of clearing the body out of the way as a barrier between you and other people. Do you get the difference? It is a matter of intention. Should I eat this or shouldn't I? Should I live in smog valley or should I live in clean air? Some people would move out into the clean air because they have always argued that smog was very dangerous and therefore to make themselves right and to prove their point they'd move out and breath clean air out in the desert or something like that. That would be the wrong approach, according to the Ultimate Formula. Or, "Well, I like Los Angeles so I'm going to live here in the smog, it doesn't hurt you anyway." Well both of these arguments have nothing to do with applying the Ultimate Formula. The Ultimate Formula would say "Does breathing smog contribute to improving the pathway through my body, over to other people or does it detract from it." You hack and you cough and you can't see and your eyes run and you can't see anything, so the answer is obvious.

What are you going to do with the body? Should you do exercises or should the body just be forgotten. Should you take the attitude that it is just a dirty old thing that nobody should have anything to do with and it's not spiritual so let's skip it. That is not the way to solve life. Apply the Ultimate Formula to it and go through the body and don't avoid it. Every mystic, every spiritualist that I've known, if they had made any real progress had finally come back down to the body and tried to handle it--after they had pulled away and tried to avoid it. So, that is the body.

Now, I'd like to make a quick statement about the Physical Universe. What is the Physical Environment? A descriptive definition would be, it is the things around you--the space, the objects, the chairs, the rug, the time that is going on, the light, the energy. That's one way to put it but it doesn't say what is the purpose of the Physical Universe. Why have it in the first place? In terms of the Ultimate Formula the purpose of this Physical Universe is a solution to the break of communication between people. It is just a solution to the break. What happens is that people have a break in their communications with each other and when that happens, they try to put some order into the Physical Universe, and the first thing they do to bring about order is to establish TIME. In other words, they are having trouble getting their communications across to each other because they're both talking, so they say, "All right, you talk first, I'll wait until you are through and then I'll talk." So they have put order into it. One will go first and the other will go second and that is what TIME is. It's just this--the idea that your communication is taking preference to mine--that yours is going to take place first. I'll listen to you and then you'll listen to me. Because people get into a squabble they put order into it and that results in TIME. Well, now they have got that going, and then they get into

arguments about where things are. The person says where a box is and he gets space out of that by saying, "Well, it is so far from me."

Now to get these all clearly, it may take you 15 to 20 hours of intense study in your Abilitist Courses on the Physical Universe, I'm just illustrating here the idea, but time and space are solutions to how to get communication arranged between each other when we get into arguments; time and space establish some order.

Energy is simply the idea that an object is a certain distance from another object. If you get the idea that a wall is so far from another wall and you are holding them at that distance with your thought, you are creating energy. If you are holding them there, keeping them apart, you may observe energy is created. You will sooner or later if you keep at it. That's a pretty high level exercise, by the way, because I am asking you to deal with the Physical World. Probably you were holding pictures apart in your head rather than in the room but anyway, even two pictures in your head held apart will generate energy.

So there is the idea of a breakdown of communication between people. Everyone was involved; there was no order. And because of the difficulty in communication between each other we took the route of saying "Well, we're going to have to have certain laws: we are going to have to have time and it is going to go click, click, click, click, and we are going to have some things here and some things there. We're not going to have things laying on top of each other or where two things are occupying the same space at the same time. That is not to be permitted because everything is just a tremendous confusion between people so we will agree on natural laws--we're going to have gravity and we're going to have things that can only be moved if you get them started, and once you get them started, they are going to keep on going." All of Newton's Laws of the Physical Universe are simply solutions to this tremendous confusion that took place between people and this is where the Physical Universe came from. We have some exercises on the Physical Universe--some techniques. A beginning one is holding the walls apart. We have exercises for handling time and handling space and handling mass, and a person is actually dealing with the actual substance himself, he can quickly get the ability to handle it; however, he's doing two things that stop him from doing it. He gets this thing in his mind. He gets a mental image of it and works with it or he gets a picture of it in his brain. He's looking at something and says, "I'm holding it right there." No, he's not, he is actually looking at a picture in his brain. And he sits there and tries to move the object by moving the picture in his brain, and, of course, this won't move because it is an image of the object. You have to get your body cleared out of the way. You see, if that brain picture is cleared out of the way (and we have exercises to remove them), you can go to work on the object directly.

Now you can really begin to work on the Physical World. But just to handle the Physical World for the sake of handling the physical world is nonsense. Because it is only a solution to the breakdown of communication between people, so if you just want to be able to blow things up by thought or make your body float across the room, just to do it or

to impress people, you are just making more of a mess than there already is. And there's a big enough of a mess now. The only time you will be able to free yourself of the rules and regulations of the Physical Universe is by straightening out your communication with other people. You can't give them up because the problem still lies there. If you were free to violate the rules of energy, you could blow up anything by thought or pick up this building and throw it in the ocean or make it all disappear. Say you are angry with me. Instead of saying "Let's straighten this out between us and get an understanding between us," you might blow me up, but you, being basically a good being, won't do that, you would instead say, "I'll have to follow these rules and regulations of the Physical Universe." That gives you some idea of it.

Now if you stated the Ultimate Formula in terms of the Physical Universe, it would sound something like this. All Physical Environment applications of ability should be directed toward going through the Physical Environment in order to clear the physical environment as a pathway through to the other person. Your efforts, your ability, should be in that direction. You may ask "What shall I do in Life?" Well, do anything that opens up this pathway to other people. "Should I buy a new Cadillac or should I buy a motor scooter?" Well, it depends on which one would contribute the most to opening up that path of communication to another person. Say you have to drive long distances, 300 miles a day in your job, so you are going to get a motor scooter or you are going to get a car. You get there on a motor scooter and you are so tired you have to rest up for 3 days, so the answer is to purchase a car. But if you are buying a Cadillac for other reasons, well, then you would be in violation of the Ultimate Formula. See how it works! It depends if you are opening up, if you are spending your money and your time and your effort toward opening up the physical universe as a pathway and using the physical universe to forward the clearing of the physical universe as a barrier to reaching other people, then you are making progress.

I think we have outlined, then, the body and the physical universe, and a way for you to apply the Ultimate Formula to it. In the next lecture I will give you a final statement on interpersonal relationships, the final category, and we'll sum up this whole subject for you.

LECTURE #5
INTERPERSONAL RELATIONSHIPS

I am going to tell you now about the application of the Ultimate Formula to interpersonal relationships. There is a certain type of person, and this includes almost everyone, who just won't, just WON'T, even when he can, even when he knows what to do. He has been in trouble, he knows how to get out, he can get out, you can pull him out of it, and he will turn around and go right back into it again. These people are the bane of all therapists, ministers, philosophers and anyone else who ever tried to do anything for anyone else.

When working with people to help them to get themselves to heal their bodies, you help to fix them up and they turn right around and make their bodies sick again, usually the same way. Now, not everyone does this, but there is a large enough percentage that do this that it is of major importance to any healing technology--to know there is a large category of people who will simply turn right around, once they have been healed, and make themselves sick again. You could call it psychosomatic if you want to (meaning from the spirit, from the person, from the basic entity as he really is, to the body, soma). People not only do this with regard to their bodies but they do it with regard to life in general. They'll do it with money, jobs, and other people. They know how to straighten something out but they won't. They know all that they have to do is go over and talk to their neighbor and ask him what the real story is, but no, they'll go on feuding for 20 years. They just won't. You might ask them, "Well, why don't you do it?" "Well, I don't know, but I'm not going to." "I'm not going to straighten this thing out." Well, all they have to do is communicate and it will straighten out. Is he going to do it? Some of them will. Most of the people won't. They just won't.

I worked with a person once and brought him right up the edge of it. "This is all you have to do." "Yes," he said, "it is very clear." I asked "You do see that you have the ability?" "Yes, I do, in fact, I know I have the ability." "All right, do it." "No." "Well, why not?" I want to tell you about the "why not" and what really goes wrong. If it wasn't for this factor, it would be easy to bring about improvement in people, but this "I won't" factor makes it difficult.

A person doesn't want to go to school today so he gets sick. He makes himself ill. He doesn't want to go to work so he gets cancer. This is quite common. "Do you want to do something?" "Oh, I have a headache, I'm not feeling well today." The victim acts, in other words, and you can make yourself actually physically ill in order to get out of doing something. You have no legitimate excuse so you make one, manufacture one. You won't do it. Some people call it "stubborn," but that's not informative enough about what it really is; it could be called

a communication substitute. This is an important phenomenon--it is half of Life. Why does a person do this; why does he refuse; why won't he go straighten it out when he can? He knows what to do. The religious teachers of this planet have gone around the bend trying to explain life to people. They illustrate it to them. They demonstrate how to live and people JUST WON'T. I have taken people and talked to them about Abilitism and they get the idea and then say "Yes, all right, thank you." "How is the weather?" They just won't. You want to get better? All right, the first step is to do this... "Well, I have to watch T. V. tonight," "But, but, but, we just got things worked out." "Well, yes, I know that." If you press them against the wall, if you really push them, they finally say, "Well, I won't." And that is a prerogative every person has.

First of all, the reason that they do it is because it is an ability they have (the ability to refuse). It is one of the Assumptions of Abilitism, that people are related to each other only through their own decision. And there's no ready-made connection between people that cannot be broken by one's own choice, or put there by one's own choice. You are not connected to people by the very nature of Life. You can connect with others by your own decision or not. And when someone else comes along and tries to tell you that you must be connected with them and that you have to do certain things, you will go to the end of Life to prove that they are wrong. You may get cancer and die to show them that you can disconnect--that you are a free being and they can't make you do anything. People will fight with all the violence and force and persistence and determination that they can muster to demonstrate to any enslaver that the enslaver's premise is wrong. The enslaver says "I can make you do it," and the person says "Oh, no, you can't." Then the slave drivers get clever and say "Well, you won't do it that way so I will infiltrate your mind and make you want to do it. The slave driver thinks, "I'll get him to think he wants to do it." This is quite a clever little gimmick that has been used more and more.

You have a choice and if you don't want to communicate with anyone, don't. And if you want to, by all means do so. If you want to do something, O. K. That's why in the Institute of Ability we never set out to bring about a compliance to anything, other than through the route of understanding, self-starting, self-originating, self-cause.

Now let's look at how all this began. What went wrong? How did we get the way we are? Let's go to our chalk board here and take a look at the two basic items in life, you and the other person, and see what went wrong.

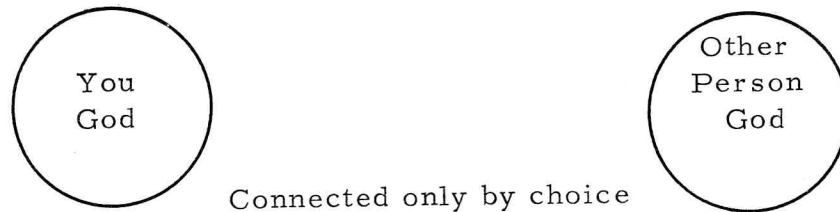


Diagram 13

We have you and the other person; all right, now there are two things that go wrong in interpersonal relationships. We discussed earlier how you are an all-knowing entity. In other words, you are God. That is your true nature, and the other person is an all-knowing entity, he is God. All right, so if you are all-knowing and he is all-knowing, what can go wrong? Well, there is a difference between knowing and understanding. Knowing is something that you do by yourself. You just know. But understanding involves another. You understand someone else. The point is that knowing and understanding are two different phenomena. Knowingness, which is what you have, you just know; you can know a lot of things. You can know what you are, you can know all about Life. But when it comes to receiving a communication of a thought from another person to you or from you, in getting your thought over to him so that he knows what you've been thinking, that is understanding each other. Understanding the other person is a separate phenomenon from knowingness. Knowingness is just you. Understanding involves another. Now once you get these two ideas separated, the thing resolves very quickly.

You know everything. He knows everything, but you and he don't understand everything because the only thing there is to understand is the other person and what he is up to and unless he has communicated it to you, you don't have it. You could make the mistake of confusing the two. This is what originally went wrong. One of the two things-- he was thinking something and you didn't know what it was so therefore you thought you were less than a knowing being. See how easy it is to reach that conclusion? If I am an all-knowing being, why don't I know what he is thinking? So I must be less than an all knowing being. That is wrong. You are an all-knowing being. Another person is only related to you by his own choice and you are only related to him by your own choice so he can't know what you are up to unless you communicate it to him and you can only know what he is up to if he communicates it to you. People are related by their own decision, through communi-

cation, and by no other means. There are no other connections between one conscious individual and another other than through communication. That is the only way you have of finding out what they are doing. There isn't any other way. Only through communication. There is no connection, there is no common pool of knowledge. Basically, originally, you are only related to each other through communication and if there isn't a communication from you to him, he can't know what you are thinking. It just means that he doesn't know what you are up to. You get the difference? It is not the province of knowingness to know what the other person is doing because he hasn't anything to do with you-- except through communication. When you communicate with someone else, you are not really knowing anything. You are receiving his thought. So you are not finding out anything. You already know everything as concepts. Any thought that you get from someone else is something you are understanding. You understand what you receive from someone else so therefore there is an understanding between you and the other person, but you are not finding out anything. If you think you are finding out anything in these lectures, you are mistaken. We are establishing an understanding between us. I lecture to you with that intention, not with an intent of educating you. I assume you already know this and I am trying to get an understanding about it. That is why I say don't believe anything I say because you would be taking it from me and mixing up my information with what you already know. Therefore, you might assume it originated from me which is not the truth. You already know and it is just a matter of understanding that I know and all I am doing is establishing this understanding between you and me.

A person can make this mistake: He says, "Well, I found out from him what something is. I must have been less than an all-knowing being, so therefore, I am not really God, yet maybe I'll make it when I find out everything from somebody else." No, you already are God; you just are not acting that way, you are refusing; you won't, and we'll find out some of the reasons why here, but you mistakenly get the idea that you are not God because you don't know what the other person is up to and you think you should know about it. It is a mistake to think you should know. The only way you are going to find out is by him telling you, and if he doesn't tell you, it is no reflection on you and your state of ability. You are not his ability and if he doesn't communicate it to you, that has nothing to do with your ability. If you don't communicate to him, do you think that he should think that he is a stupid fool and doesn't know anything--just because you haven't told him your communication? That is perfect nonsense, isn't it? He is not stupid; you just haven't told him. That is why he doesn't know what you are up to. He is a being who is an all-knowing being and you can establish an understanding between you and him or not as you see fit and it doesn't reflect upon your own state of knowingness or his. But if you make the mistake of thinking "Well, I don't know, he didn't tell me" or "I should have known," then you will question your own divinity, your own all-knowingness. Understanding and knowingness are two different phenomena and this is one of the first things that goes wrong between people.

The other thing that goes wrong is cause. That is, "who did it?" If one person creates a box, then he did that, didn't he? He did it.

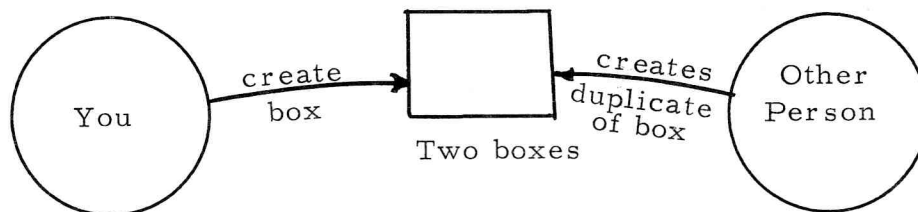


Diagram 14

But if you say you did it when in fact, he did it, well then you are mis-assigning cause. You say "I did it," when in fact he did it. However, in order for you to be conscious of the box, you are going to have to put your box there too, right over his, and anything that you see you are creating. So your box and his box are two different boxes, although they are sitting in the same place at the same time and look exactly the same. But what you see is your creation and what he sees is his creation and you are duplicating his creation. He puts his box there first and you put yours there second. Now if there are just two people, and forget about the rest of the world, and I create a box mentally with my thought and then I communicate to you what it is I am creating, and then you create one, then we'll both see the same thing, won't we? And between you and me we'll have a box and we'll both see it. No one else will see it because they won't know about it. They're not in on the communication. But if you and I do that then we'll know it is there and if some one else comes in the room and we're sitting here looking at this box he thinks we are crazy. But we'll have a box that exists for you and me. But my box is my box and your box is your box and they're exactly duplicated. And this is the way reality gets going except everyone gets in on the act. All right.

If one person creates a box and then I create a matching one and say that he did it, (the matching one) then I am blaming him for something that I in fact did. I am misassigning cause. I am saying that the other person did what I did. So, people get in arguments; one gets mixed up about who is doing what.

This is the way to clear it up. If you can be conscious of it, if you can see it, if you can feel it, taste it, smell it, or be aware of it. it in any way whatsoever as a something, as matter, you created it, and to put the blame on the Physical Universe or on God or on the natural laws of Life or on someone else or some mysterious source is to assign cause to the thing. I am saying that you did it. Don't be-

lieve what I say but just entertain this as a possible explanation of the source of the physical world. Now, when people are communicating and not getting mixed up between knowingness and understanding between who did what and they have it all straightened out, they say "I did this one and he did that one," and they look exactly the same, we all see this, but everybody is seeing his own. And there is no other than just your own, there is you and you are looking at it. There is no podium here other than the one you see. There's no objective "reality." Therefore there's only reality which is we agree, to put the same thing there; when people do communicate and get their thoughts back and forth, get their creations duplicating each other. You know, I get your thought and you get my thought and we get this thought across and I have another thought and we get that across so that I know what you are thinking and you know what I am thinking, we have an understanding established on many, many subjects. Where this duplication has taken place you have a great common ground built up between you and the other people. Like I can use the word "word" and you have a duplicate thought--at least something close. There's a duplication between what my thought of "word" and your thought of "word" is so I can use the word "word" and you know what I'm thinking. So we get a great common ground of language, of creations in the physical world. It is all built up as a tremendous area of agreement between all of us. This area of agreement is often mixed up with consciousness. These agreements aren't you, and this is where people get this great pool of consciousness idea--this tremendous area of duplication of all our thoughts, where I know what you are thinking. We've already communicated. We have it going back and forth, we get a duplication of boxes, of floors, of planets, of stars, of skies, of trees, of birds, all the things that you see I see, and it's all a duplication between us. We get this all built up as a tremendous complexity and we get the whole physical universe of creations and when we have agreements of that, we have what looks like a common consciousness and it is more or less a common consciousness only I have my consciousness and you have your consciousness. They are really separate but they are duplicates of each other. You get the difference of two duplicates and the same thing. One of the same thing is different than two things that are duplicates of each other, aren't they? This is a critical point. Now look at this again. I have a thought and you have the identical thought. That's not the same as having the same thought. You get the difference? All right, now the people who don't get the difference and don't see the difference think they are a part of a great pool of mind. There is a spiritual thing between all people and it is the common duplicates but it is not a "one thing," it is not a pool of consciousness. There is no mind essence filling the universe, other than yours and the other person who is duplicating it. It's not one common pool. They are separate but duplicate, and this is one important difference; otherwise you'll say, "Well, it is all coming from this pool, we have nothing to do with it, we are just effect; I'm just an outpressing of this pool of consciousness or some great God someplace that is running the whole show and I am just the effect of it." This makes the whole difference.

The Ultimate Formula, which is the nature of the relationship between people, demonstrates what people have been conceiving as cause or God or knowingness that fills the universe and is every place and in truth is something that exists and it is created by all the individuals duplicating each other's thoughts and their creations which result in the physical world. Now that is an important point. Again, I am not asking for agreement. I'm only asking for you to look it over, see if this might not be a more truthful explanation of the nature of Life. These duplicates of thoughts could be called the "Holy Ghost" if you want to--what people refer to in certain religious groups as the Holy Ghost which is the duplicated thoughts between each other. They have this all worked out and it is already established but it seems beyond them to understand, so they call it the Holy Ghost. The Ultimate Truth that lies behind this is simply relationship. You exist and you are related to others by your own choice. That is the Ultimate Truth of Life. There's just you and the other person and the very fact that you can communicate with each other and that's it. That's the Ultimate Truth. Everything else evolved, mind, body, the physical world, great reams of agreements and established patterns and complexities that fill the Universe are only results, they are not the truth.

The truth is your own true nature. The other person, his true nature, and your interrelationship through communication. That's it. There's nothing else. Now if this is all so, which after all, is an assumption and I can't and wouldn't prove it, but I think it is so, I have found it to be a workable assumption--it works beautifully. If this is so, how would we treat each other. How should we deal with each other? How should we proceed? --Which was the opening question I asked you in the first lecture--what should we do? Should I do this or should I do that? Well, the first thing, if this is true, tells us that the only important thing there is is the interrelationship between us, isn't it? Nothing else is important; if you want to seek God, seek him on the other end of a communication line.

There is God on both ends. There are other people. You could deny that there are other people; this is an interesting assumption. I have tried that as an assumption, that I am on both ends of a communication, it doesn't work out. You can be responsible for the receipt of other communication on the other end and be sure you get it to the other person, but that is not the same thing as being him; you aren't him. You can act like him, you can pretend to be him, but you are not in fact the other person. One of our assumptions is that there are other persons. So how should you treat people? How should you get along? The important thing in Life is to complete all imcomplete cycles of communication. Let me just sum it up for you here:

The Ultimate Formula is not a mathematical formula, it is a statement of importance and it goes like this: ALL YOUR APPLICATIONS OF YOUR ABILITY SHOULD BE DIRECTED TOWARDS COMPLETING INCOMPLETE COMMUNICATIONS BETWEEN YOU AND OTHER PEOPLE. If you want a guide to Life, that's it. We talked about how it can be avoided. We've said a lot about what we can do to clear the

mind, and the body and the physical universe out of the way. But in the final analysis all you should be doing is directing, applying your ability towards completing incomplete communications between you and other people.

An exercise on this would be: "What is some thought, action or creation of yours that one has completely understood?" This is followed by: "Explain it to me in complete detail." In other words, complete it. When you have everything complete so there isn't one action, one thought, one creation of yours that hasn't been completely understood by at least one person, then you have made the first step toward straightening out your relationship with other people. It is a good thing to reach that point, and if you reach that point with just one person, you will find half of your problems in Life are gone. A person who has not done this won't do things; he is the person who balks; he is the person who will make himself sick again because the reason a person gets sick, goes broke, gets in trouble, is because he's trying to tell someone something. The basic thing he is doing is that he is trying to say "No, you can't do that to me, I'm trying to tell you that I'm free and you won't listen." "You keep trying to lock me up and imprison me and put me in chains and say I don't have freedom of speech and say I don't have freedom of action and say I don't have freedom of Life and let I am going to show you, Buster, that I do." He's just trying to get that communication across. "I don't have to go to school." "I can stay home." But others don't get the message so he gets sick--they'll accept that. The person who won't is a person who thinks that nobody has ever understood. He has thoughts, or ideas, no matter what they are, that he may have tried and tried to tell them and he has done everything he could but others still do not get the idea. Did you ever feel a certain way and nobody ever really got the idea of how it was to be you, how it is to live life the way you have to live it? Are there certain deep seated emotions and feelings that you have that nobody has ever completely understood? If so, until you get that completely across to someone else, you will still be one of these people who just won't, even though the opportunity presents itself. Now some people have thousands and thousands of these things that no one has ever understood. You talk to someone who has had a nervous breakdown and what do they tell you. "Nobody understands anything," "No one likes me." See, it is no one and everything. No one understands anything, which is the complete reverse of what we are trying to achieve in Life, isn't it? to eventually get everyone to understand each other.

The way to solve problems is to increase your ability to communicate and get your communication across to the other person. I think people are free, so I'm spending six hours here telling you that you are free; therefore, you'll know that I am free so I'll get my communication across, won't I? You see, I have that established with at least this many people. People ask me, "Why are you doing this?" I am very selfish. Although I am highly interested in helping you, I am helping you so that Life around me will be that much better. And, after all, what is Life about me but the people that are around? Everything else

is secondary and a result. Should I pray to God or should I pray to you? It is a different way of looking at it, isn't it? Pray to God up there or pray to you over there, who is also God. And praying to you is simply hoping that I'm getting my communication across, isn't it?

In the Institute of Ability we bend all our effort to improving a person's ability to communicate. We are experts on the subject. We know the technology, the means, the methods and everything that is involved with it. And we also know why people won't communicate. You can find out what it is that no one ever understood about you and then we will keep you at it in complete detail until it is understood.

One thing I want to point out. In your effort to complete your communication with other people, no one is against you. They are all for you. You can get mixed up though. You can get a message coming from the other person towards you and then you think of something you want to say right now. Time is the solution to this kind of problem. You go first and then my turn, you see. Well, that's not the best way to do it. The best way is to be able to communicate with each other both at the same time. People aren't out to stop you. When they say, "No, no, stop, shut up, be quiet, I want to talk to you," they are not trying to stop you from communicating with them but they are getting anxious about the communication with you. They are just trying to establish some understanding between the two of you. When people are shouting, screaming and throwing plates at each other, when people are firing bullets and bayonets at each other, what they are trying to do is reach an understanding. It doesn't always come out that way and they very often get mistaken about what is the best way to bring about an understanding. The whole argument is how to do it, not what is trying to be done. People are trying to understand each other but they are doing it unknowingly, they're trying to complete communications between each other but they don't know that's what they are trying to do.

In Abilityism we have techniques and processes that get this interpersonal relationship straightened out and, after all, this is the most important one. We talked about the mind and the body and the Physical Universe but this is the one that is behind all the trouble between people, behind all your problems. So this becomes the most important one except for realizing your own true nature. You need to realize your own true nature. Up until that point, though, you'll still be wondering and you'll be lost unless you have something like the Ultimate Formula to show you the way.

There is one other point here that I would like to call your attention to and that is showing the distance between one person and another. But distance or space is a Physical Universe phenomenon and does not originally exist between people. There is no such thing as distance or space unless it is created by the being. In fact, there's not even a place for you to occupy the same place at the same time because there's no time and there's no place. There is just you and there's the other person and that's all. But you are not the same entity. You are still God, he is God, and there is no place and there is no time and this is the ultimate truth. There is you and there is him and you are related

by communication. I am conscious and you give every appearance of being there underneath all of that and we can communicate. Fabulous! This is Life. All the rest is just what has gone wrong. A breakdown of communication, a breakdown of affinity; remember I said affinity was recognizing the existence of another being and if you recognize his existence, you have affinity with him. I recognize your existence as a being, as a God. My affinity for you is very high. People say how can you put up with other people so much. Well, sometimes I don't put up with people but I always do recognize them as a God, always. And sometimes I'll work through various means and methods to try to get a communication through. And I'll work like a beaver to get you to communicate with me, like, "Tell me that again, explain it again, write me again, let's go over it some more," because I know people are there and I know they have a thought and I am going to get it. However, acting like you are getting it, pretending like you are getting it, faking it, is putting a complete lie on it. A person says, "I heard what you said," and he was thinking about something else. Forget it, that's the end, you are through, you are dead, Life is ending because it isn't so. Either you get the message or you don't. Either he gets your communication or he doesn't.

People say, "If we didn't have all this struggle going on there would be nothing to do." However, I never found it to come out that way. Every time I get over some of my troubles between myself and other people there's just that much more interrelationship to be going on. They say they have nothing else to do. Well, the thing to do is to communicate with your fellow being. Nothing is more fun than that. If you want to know a definition of fun, that's it. What is Life for? What is enjoyment? Communicating is what enjoyment is. What's happiness? Communicating with your fellow man. That's all there is to it. It's just as simple and clear cut as that.

There is a particular order in which one should approach getting cleared. We have a system of processes that can get you cleared with other people; however, your physical world, your body, and your mind are interfering. While we work at all of these simultaneously, if you join the Institute or engage their services, they would work on all the categories of Life and improve it, you will find you will get cleared of your mind first, you will get cleared on your body second, you will get cleared on the physical universe, third. This will make you some kind of a junior grade God in practice, you see. You can then create things that all other people could see. At the point that you could then get cleared with all other persons, and this is certainly the height of ambition to reach for such ends, when you have that established, you have heaven and it is between you and the other person.

When you're improving, you aren't improving anything, you're simply taking the shells off of yourself. You don't go anywhere. You don't go up or down. You don't pull out of your body. You don't pull out of your mind; you move the mind off from you. You move the body out from around you; you take the space out from around you. You don't go anywhere. You are always you and you try to reach others

and these things came in about you. You didn't get stuck in them, you created them around you. You see the difference? You made it, you made your mind, you made your body, you made the physical world, and you made the upset between you and the other person, and you can straighten it out, without any intervention from any source or permission from anyone. You are truly a God.

LECTURE #6
THE STEPS OF ABILITISM

In the Ultimate Formula of Life we have a standard for Life by which progress can be measured. The Ultimate Formula states that what we are trying to do in Life is to experience each other completely. Progress or improvement then would be to open the path between yourself and other people. The barriers in your way are your mind, your body, your physical environment, and your difficulty in communicating with others. The Abilitist steps are based on this idea of improvement. The Abilitist Steps are not patterned after an ascending ladder, path, or spiral, but are a horizontal route between you and others.

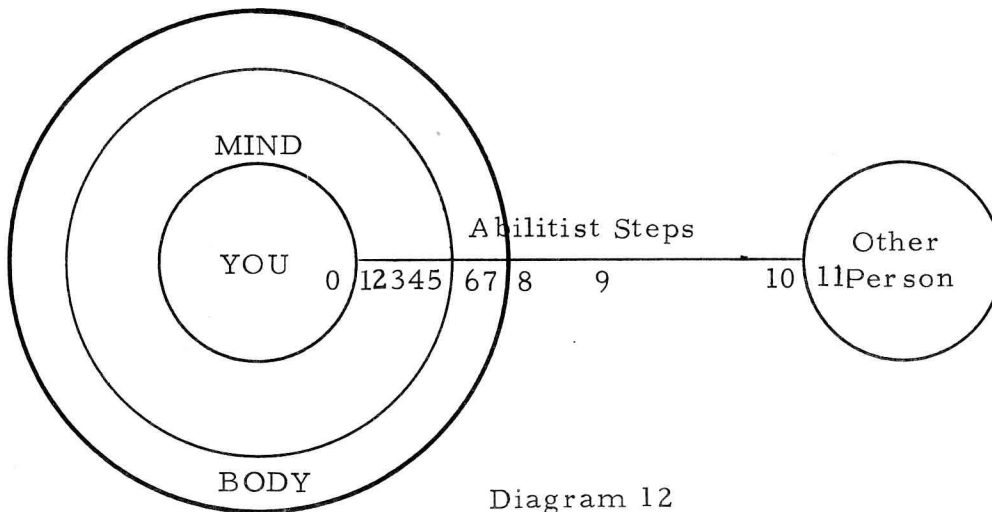


Diagram 12

A vertical path implies that you are improving and therefore there is something wrong with you; however, in Abilitism we know that to yourself you already are an infinitely able being. Improvement consists of clearing a "horizontal" communication route from you to others.

· A person who will seriously entertain the possibility that he is God has reached Step ZERO.

A person who knows what improvement is (as above) has reached Step ONE.

A person who has hope that Abilitism could help him communicate better with others (improve) has reached Step TWO.

A person who knows what communication, affinity and understanding are and their importance in Life has reached Step THREE.

A person who has regained enough ability to communicate to make contact with others enough to relieve his upsets and immediate problems has reached Step FOUR.

A person who knows the basic truths of Life well enough to under-

stand the exact details of Life and how communication, affinity and understanding are involved in the straightening out of Life has reached Step FIVE.

A person who knows what he is and has complete mastery of his mind has reached Step SIX.

A person who has such mastery over his body so that his body doesn't block his communications, has reached Step SEVEN.

A person who can, knows how to, and will be responsible for others completing their communications with him has reached Step EIGHT.

A person who has such complete mastery over his physical Environment that Mass, Energy, Space or Time are not barriers to his communications has reached Step NINE.

A person who knows exactly how to help others overcome their barriers to communication and is doing so, has reached Step TEN.

A person who has a perfect relationship with all people has reached Step ELEVEN.

The Institute of Ability is a religious non-profit California corporation for serving the public to help them increase their ability to live Life better in their own estimation. The Institute of Ability is acting through the knowledge and techniques of Abilitism to accomplish that goal.

A person can advance through the Abilitist Steps of the Summary Chart by working with the Institute of Ability.

My fervent wish is that you do so!

Thank you for listening.

Handwritten text along the right edge of the page, possibly bleed-through from the reverse side. The text is vertically oriented and appears to be a list or series of entries, though the characters are difficult to decipher due to the image quality and orientation.

CHART OF ABILITY STEPS

How to Achieve Step	you	Nature of Step	
Take a Course on "Theology"*		Seriously entertaining the idea that you are a God.	0
Take Course on "The Purpose of Life"*		Thinking that the purpose of life could be the experiencing of each other as God.	1
Take Course on "How People are Helped"*		Thinking that the Institute of Ability might possibly help you to improve; having hope that you might be more able to communicate with others through Abilitism.	2
Take Course on "How to Communicate with Others"*		Understanding of what communication, affinity, and understanding consist; having a grasp of the definition of communication and some practice at applying it.	3
Take Course on "How to Handle Problems"* Receive Clearing from a Minister of the Institute		Regaining ability to communicate well enough to make contact with others so that you can relieve your upsets and immediate problems.	4
Take the following courses: 1. The Basic Truths of Life 2. You and Thot Course 3. The Mind Course		Understanding the Basic Truths of Life well enough to grasp the exact details of Life and how communication, affinity and understanding are used.	5
Mind clearing by personal help from Ministers of the Institute, or complete the You and Thot Course and Mind Course exercises.		Knowing what you are and having complete mastery of your mind. A Mind Clear.	6
Take the following courses: 1. Body Course 2. Physical Environment 3. Interpersonal Relationships		Having such mastery over your body so that your body doesn't block your communication with another person. A Body Clear.	7
Take the Basics of Clearing Course.		Knowing how to be responsible for others completing their communications with you.	8
1. Monitoring of Life, and 2. Complete Physical Environment Course Exercises		Having such complete mastery over your physical environment that Mass, Energy, Space and Time are not barriers to your communications	9
Take Ministers Course or complete the Interpersonal Relationship Exercises		Can help anyone overcome any of his barriers to communication.	10
Complete all uncompleted communications with others		Having a perfect relationship with <u>all</u> people.	11
	other		

* Available as Correspondence Course from THE INSTITUTE OF ABILITY World Headquarters, P.O. Box 798, Lucerne Valley, Calif. 92356 or any Branch Institute.

Membership in Institute of Ability

