



**YOUR SEARCH
FOR A
MEANINGFUL LIFE**

**LOGOTHERAPY
AND LIFE**

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Jard Howard & Dee DeVille**

TO VIKTOR - WE MISS YOU

DeVille Logotherapy Learning Center

YOUR SEARCH FOR A MEANINGFUL LIFE BOOK ONE

*Opening Avenues Of Fulfillment By Resolving
Challenges Of Love, Labor And Leadership
With Frankle/DeVille Logotherapy*



LOGOTHERAPY FOR FULFILLMENT

®

LOGOTHERAPY (Spirit Wellness) = f (Personal Meaning x Communal Belonging)

Logotherapy is the synthesis of existential psychology and metaphysical philosophy that offers pleasurable, powerful and permanent benefits in order to create and sustain a satisfying life during good times and bad.

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FOR THE READER

ABOUT MEANING AND BELONGING

(You must read this to understand Logotherapy)

LOGOTHERAPY (Spirit Wellness) = f (Personal Meaning x Communal Belonging)

We of the *DEVILLE LOGOTHERAPY LEARNING CENTER* understand as our late tutor and friend Dr. Viktor Frankl wrote so brilliantly in his world class book *MAN'S SEARCH FOR MEANING*, that finding personal meaning is the prime motivation of normal men and women in affluent societies that regularly meet our physical and psychological needs. Viktor was the most influential professional contributor to our own careers -- although as the elements of existential psychology and metaphysical philosophy matured in the half century since Frankl did his seminal work -- we have realized that there is another factor of equal importance in loving, laboring and leading wisely and well.

We have learned through our interactions with a great many persons in many settings and through much research, normal men and women also need supportive interpersonal relationships among competent people in emotionally secure places where they know they belong. Unfortunately, because life with its many uncertainties offers none of us a rose garden, we are also subjected to the painful trials and tribulations of life as old Father Job discovered in the Old Testament story of a good man suffering great pain although he had sinned against no one. Job philosophized in the midst of his undeserved suffering, angst and resentment – *We humans are born to trouble as surely as the smoke of a campfire rises upward.*

Indeed we are often anxious and unhappy as so many marriages fail, parents grow ill and die and children flirt with disaster while careers and businesses vanish ephemerally -- like a puff of campfire smoke in a breeze.

While we humans strive to make our way through life with as little pain as possible, we must find or create for ourselves the legitimate personal attitudes and activities along with sound supportive communal relationships that make life worth living despite our difficult experiences. Only then can we live wisely and well despite the tragic human quartet of *suffering, guilt, rage and the death dread* that frustrates all of us during life's painful situations.

Fortunately, during the last half century or so Frankl's *Logotherapy* that we think of as *spirit wellness*, has arguably become the world's most successful approach to developing a life filled with a sense of purpose in secure places where we share support among people with whom we have faith, hope and love. Logotherapy is much more effective than Freud's *Psychoanalysis*, Adler's *Personal Psychology*, Skinner's *Behaviorism* or Berne's *Transactional Analysis* -- because it empowers multitudes of normal persons who learn how to manage their lives successfully enough to change their worlds -- rather than the vastly fewer mentally disturbed women and men. There is no magic in Logotherapy, but it does work wonders in our lives when we apply it to empower ourselves, our families, organizations and communities. Our *DEVILLE LOGOTHERAPY LEARNING CENTER* logo illustrates this normal progression of a satisfying life from the physical through the psychological to the philosophical aspects of existence.



Logotherapy For Fulfillment

®

Frankl/DeVilleville Logotherapy isn't used primarily for coping with or suffering through mental illness per se, although it is quite beneficial even there. That is why we neither conduct psychotherapy nor recommend psychotropic medications to manage life's painful challenges. Logotherapy can make life consistently rewarding for normal, reasonably well adjusted men and women who from time to time become frustrated by and disappointed with the many pressures and problems within our complex and often confusing society.

Our twenty Logotherapy text books and/or study guides, along with our lectures, short courses, seminars, retreats and counseling – are focused on harnessing the resilient human spirit that creates every successful institution. Gracious and generous souls along with their *blood, toil, tears* and *sweat* are responsible for virtually every loving marriage, maturing family, challenging classroom, devout faith community, art institute, public radio station, customer centered business, healing medical center, generous service club and governmental service center. Very little satisfaction is found by chance as if a lost coin on a sidewalk.

When Dr. Joe Butterworth and his wife had a child born to them with spina bifida, they discovered to their dismay Denver had no children's hospital to adequately treat her serious condition. Joe grumped around for a week or two and then proceeded to make the creation of a children's hospital his major life's work. He continued his medical practice but after hours, he literally bullied and/or charmed the city into building a world class medical center for children in an empty field, where he had knelt one night and dedicated the site to God and the Rocky Mountain region's children. Joe later confessed

I was beyond shame for Denver's kids. I begged, borrowed and stole from anyone who stopped walking long enough to hear my pitch, There is nothing you cannot accomplish once you learn how to change the world.

When asked how he really did it, Joe grinned and revealed his secret.

PERSISTENCE, PERSISTENCE, PERSISTENCE!

LOGOTHERAPY (Spirit Wellness) = f (Personal Meaning x Communal Belonging)

The above equation that represents Logotherapy reveals the two crucial sources of fulfillment that when combined can produce a satisfying life for committed men and women. We contemporary creature-selves not only need to know that our love, labor and leadership is meaningful to ourselves and our immediate family, most of us also want to feel that our contributions are significant and appreciated by the society we serve in some broader sphere. Every normal person wants to believe that his or her life is being invested wisely, is well-spent and of value to someone -- whether on a grand scale and heroic manner or in our family through humble careers with our healthy and happy children.

We need to prosper in some physical, psychological and philosophical manner -- with an awareness of purpose in our attitudes and activities and a feeling of permanence in our relationships. We want to live wisely and well -- despite the pressures that that are so common in our materialistic, often dehumanizing society. Multitudes of good people labor day after day at miserable, mind-numbing tasks for wages that barely keep body and soul together. And we really do believe that the real heroes of life include the weary father who drives a rig filled with dangerous gasoline five or six days a week and a single mother waitressing until midnight so the children can get through a community college to enjoy a better life than their own.

As we shall discuss in greater detail later, Viktor Frankl was the saintly successor to Sigmund Freud and Alfred Adler as the titular leader of the Third Viennese School of Psychotherapy. But, while Freud assumed that *gaining pleasure and avoiding pain* and Adler taught that *winning power and prestige* rather than accepting devaluation, were the major motivating factors in human lives, Viktor went beyond the physical and psychological to include *philosophical or spiritual meaning* as crucial for our consistent satisfaction. He learned through his bitter Holocaust suffering in several Nazi death camps that keeping life meaningful is the primary psychospiritual factor of a maturing person. And while we agree the discovery or the creation of meaningful experiences is crucial, we also understand that our normal need to belong among people who accept and care about us, runs parallel with our need for significance and a purposeful life during each of our several stages of existence.

Roberta tells how her newborn son was squalling and squirming frantically until a nurse plopped him on her stomach. He stopped crying immediately as he snuggled down with her familiar heartbeat, scents and warmth. He felt safe where he belonged because this response develops as infants are nurtured for nine months before being so rudely thrust into a booming, bustling and confusing world. Of course, that is the forerunner of our normal childhood, adolescent and adult yearning for lasting relationships in secure places.

In one of psychology's classic discoveries, the nurses at the huge Cook County Hospital in Chicago discovered that by giving orphaned or deserted infants a few minutes of gentle caressing and talking soothingly to them – comforting the babies through *Tender Loving Care* on each shift, the illness and mortality rate for long term abandoned infants who had been growing ill and dying of loneliness, was reduced by more than half.

Spend some time watching children at play without adult anxieties and prejudices stifling them. They come together and separate once more, gathering in gay, glad game circles, laughing and chattering without hidden agendas. One kinder-garden boy named Charles told his mother about the great fun he was having with another boy called Henry. *We are the bestest of friends.* Then, after a week or so of his stories about Henry, a neighbor sidled up to the mother and asked if she approved that her son was playing with one of those awful black brats forcing their way into our white neighborhood school. When Charles came home that evening his

mother asked if Henry was a African American. When Charles didn't understand the question, his mother wanted to know if his friend Henry had a brown or a black face. Charles shrugged and replied that he had never noticed. He then brightened up and as she later said, taught her a lesson about tolerance and the need for friendships and acceptance. *I'll look tomorrow and tell you when I come home.* As Lieutenant Joe Cable sings in the Rogers and Hammerstein musical SOUTH PACIFIC –

***You've got to be taught from year to year
You've got to be taught to hate and fear,
Those people whose eyes are oddly made,
Whose color of skin is a different shade.***

***You've got to be taught before it's too late
Before you are six or seven or eight.
To hate all the people your relatives hate,
You've got to be carefully taught.***

We all begin our lives with long gestation and maturation periods during which we are completely dependent on and vulnerable to adults. And since our minds come on line very quickly, literally within hours after birth, we immediately begin relating supportively with adults in order to retain their love and support. One child development psychologist we respect insists that an infant can feel that his or her relationships are either sound or distorted within a family as early as four weeks after birth. We think Eric is wrong by half. Because we are old fashioned country existentialists about maturation rates, we think that a child can't possibly react when something or someone is going wrong until twice that long – perhaps seven or eight weeks after birth! In either case – we are all nurtured successfully in human settings or we become crippled or even die from neglect. Fortunately, God or nature has made arrangements to protect children by giving new mothers an almost universal love bond between themselves and their infants -- although there can be slip ups due to unhappy circumstances, flawed genes or simple bad luck. The grand old Black American lament sums up the plight of neglected children.

Sometimes I feel like a motherless child -- a long, long ways from home!

Either we grow up as social creatures to some extent or we die -- but there are different degrees of love and support. Some children are given every advantage while other unfortunate persons barely limp along in their search for satisfaction. Many unfortunate individuals have suffered deep wounds within their souls and minds that keep them from becoming fully functioning persons.

They are the unhappy and unfortunate people of whom Karen Horney wrote will often do anything to be loved -- except become loveable – who are candidates for psychotherapy or psychotropic medications to manage their attitudes and activities.

We must also go further to say --

While Logotherapy does indeed help neurotic and mentally ill sufferers -- it is intended primarily for normal, reasonably well adjusted persons who must cope with civilization's many frustrating discontents that afflict multitudes of ordinary persons who compromise their search for a meaningful life in places where they could belong. A secular or materialistic lifestyle is crippled by too narcissistic values, attitudes and choices and by destabilizing changes that sweep over contemporary society faster than many ordinary persons can comfortably adapt.

Along with each normally committed person's need to belong within an accepting setting -- among relatives or friends who will love and support us if given a chance -- comes the malleable ability to be conditioned, trained and educated along positive lines or negative. And while we can be programmed to lean toward social or antisocial behavior, to become friends to the human race, indifferent to others or dangerous enemies, virtually every one of us develops elements of generosity and self-centeredness that leans us more toward one orientation rather than the other. Adolescents who yearn blindly for acceptance and significance are particularly vulnerable to narcissistic manipulators who use and abuse them for their own nefarious reasons. Hardly a week goes by that most city newspaper don't report the sad story of some teenager who committed a gross felony at the urging of an older or more sophisticated adult whom he or she thought of as a friend. Only this morning the morning newspaper reported the death of a seventeen year old boy who annoyed two psychopathic gang members who challenged each other to attack him. They threw the boy into the path of a city

dump truck - not only killing him but guaranteeing that their lives are ruined forever when they are tried and sentenced as adults. Minneapolis justice operates on the concept that if you do an adult crime you will do adult time, but few wounded juveniles think beyond their angst and narcissism.

Of course, God help the naïve boy or girl yearning so desperately to be pledged by an exclusive Greek fraternity or sorority that he or she will submit to any form of humiliation concocted by a hell-week neurotic chairperson who relishes the task of ruthlessly weeding out any wannabe with an iota of individuality or maturity. Almost every autumn several pledges are crippled or even killed during the initiation brutalities of several Greek house. Many half-baked adolescents with the delusion of superiority that membership in a popular fraternity gives them -- find it highly amusing to inflict pain and humiliation on a naive freshman boy or girl. One gang of Annapolis naval cadets handcuffed a feisty female classmate, whom they felt didn't show enough respect for their testosterone driven superiority, to a urinal for hours while the males of their dormitory were invited to teach her some appropriate female humility by spattering her with urine. It was a symbolic gang rape with all their penises hanging out. And then the middle-age Commandant of Cadets, the *officer* and *gentleman* who was responsible for discipline and social development laughed uproariously – saying, *Boys will be boys* – right up to the time the American Congress mustered enough good sense to end his military career. The favorite manner of death in fraternity hazing seems to be force-feeding alcohol until the victim's brain stops signaling the heart or lungs to continue functioning.

Virtually every big city street gang of adolescent boys and their naïve girls is made up of emotionally and spiritually wounded youngsters who have neither the athletic nor the academic skills needed to escape their predicament. Every prison is crammed with deeply wounded inmates who suffered through absolutely terrible childhoods. They band together for the safety and support that their equally wounded parents or grandparents could not or would not give them. One youth center director, a grandmother with whom Roberta worked, lamented –

It breaks my heart to see these sweet little boys who come to us with big dreams and loving mothers, become murderous street hoodlums in ten years.

Sometimes the lesser wounded abusers succeed so well at alienating and enraging disadvantaged and more deeply wounded souls that the Texas Tower, Columbine, Red Lake and Virginia Tech massacres seem inevitable in retrospect.

In a more stable setting, our adult yearning for some place in which to find meaning and a sense of belonging in the company of women and men with whom we share the joys of life and find support despite each society's tragic aspects -- our needs become more sophisticated. In the old television show *CHEERS* that seems destined to run forever on late night, low power stations -- a Boston tavern, well lubricated with alcohol, was the setting where the dysfunctional characters found a place to feel welcome. *Where everybody knows your name*. And although they were pictured as deeply flawed to make them appear ridiculous and thus funny, most mental health professionals recognized an element of truth in the caricatures.

At the other end of the social ladder, we find men and women like those portrayed in the show *DALLAS* or in most daytime soaps -- people who are better equipped to conceal and compensate for their wounds. Most of us would like to earn a little more money -- but these are the neurotic and insecure people who really need thousand dollar suits, multimillion dollar mansions and eighty thousand dollar automobiles, in order to lessen the anxiety and insecurity that clings from their dysfunctional childhoods. Nevertheless, the major trouble with the management of one's yearnings for *expensive possessions, ruthless power, pleasure without consequences and undeserved prestige* -- rather than for *legitimate purposes and relational permanence* -- is like a reliance on narcotics. More and more balm is needed to get fewer and fewer results. This why one Minneapolis businessman now going to prison for swindling the Chrysler Corporation of several hundred million dollars, started out honestly and then compromise after compromise, made the criminal decisions that destroyed his marriage, his family and a thousand jobs in his automotive empire. Along the way he bought absurd presents such as his wife's ten thousand dollar shower curtain and his mistress' thirty thousand dollar dog. Like Bernie Madoff, he never did learn that all the money and prestige in the world could not sooth the terrible wounds in his soul.

Unfortunately, the tragic human quartet of *suffering, guilt, rage* and the *death dread* cannot be controlled by --

- *Pleasuring then away*
- *Inventing then away*
- *Narcotizing them away*

We shall consider all of this in greater detail in a later chapter but suffering and disappointment can be reduced greatly and managed successfully by maintaining

- *spiritual values (ethical virtues),*
- *positive attitudes,*
- *high expectations,*
- *mature beliefs*
- *responsible choices* during our careers.

All of us are somewhere along the human continuum in our need to become significant through our sense of meaning and belonging among supportive relatives, friends and coworkers.

Many persons can be reasonably well satisfied with a decent career or even a good job that gives life a sense of purpose, a loving marriage with healthy children, acceptance in a faith community, social group memberships, leading recreational activities and volunteering one's free time in service to needy souls. Unfortunately, life sometimes takes a nasty turn as during the great financial scams of 2007 and 2008 when almost eighty percent of Americans reported that the United States had fallen badly off course and sixty percent doubted that the country would become normal again within their working lives. Thirty percent of normal persons who consult a physician or therapist regularly are suffering from existential frustration while a large percentage of graduates from Harvard, Southern Methodist and other fine schools report that twenty years after marriage and beginning their careers, they are often disappointed and frustrated with their lives. And fully half of current juniors and seniors from most colleges -- with their debts and career uncertainties -- doubt whether their lives will ever be as satisfying as their parents and grandparents lives were.

And comparatively few of those many frustrated and disappointed people are clinically neurotic or emotionally ill.

They are suffering from the psychospiritually ailments of contemporary society that Sigmund Freud called the *discontents of civilization*, which Viktor Frankl named *existential or life-style caused frustration* and Professor DeVille thinks of as *psychospiritual bankruptcy*.

Of course, we may discover as our children grow up and leave home that we are no longer satisfied in a job we could do successfully in our sleep. Even romance can fade because of too much burnt toast and too routine a love affair. Marilyn, whom Dee knows, married her husband because he was clever and witty, the life of every party and the teller of great stories. Only after they were married did she discover that he was charming only when he had been drinking. When he was sober he became a surly swine to her. Of course, many souls find a renewed sense of purpose and satisfaction by making changes in their lives once the education bills are paid and the children have gone. We know a Fortune 500 executive who cashed out and bought a north woods fishing resort where he works like a galley slave -- and loves it. And a retired surgeon who makes traditional Ojibwa snowshoes that sell for three hundred dollars a pair -- with a two or three year waiting list. We can make life consistently meaningful and satisfying by serving society and adapting wisely and well through the several major stages of life as we mature in those places where we find love and acceptance. And that is what Logotherapy is all about!

We are prepared to guide you toward consistent meaning in places where you love, labor and lead with respect and acceptance -- because Logotherapy offers women and men of all ages and classes the best ways to overcome lifestyle frustration and dissatisfaction despite the two major challenges of life.

First -- Our undeniable homosapien ingenuity has invented a technological world in which destabilizing changes sweep over us faster than a great many women and men can comfortably adapt. This incessant turnover leaves multitudes of souls confused, frustrated and either aggressive or apathetic. For example, a young person currently beginning a career shall probably have to make five or six major adjustments just to remain employable over the next thirty or forty years. We are usually most comfortable with our tried and true knowledge and wisdom – even though life and time pass rigid persons by. We all want to resolve life once and for all, so we don't have to think too much, disrupt our families and reorganize our labors every decade or so. But, while we should love, labor and lead with sound principles of existence – ideological rigidity no longer serves us well because society keeps changing significantly in this age of anxiety and changing situations and circumstances. Our instincts, traditions and ideologies enable us to live well only in the circumstances through which they developed. Therefore, we must be careful that ancient well-accepted *truths* don't keep us from creating a more satisfying future.

For example, the anti-contraception traditions and ideologies that kept most religious wives pregnant or lactating for twenty five years in order to supply farm labor and warriors for the clan as late as 1900, turned women into brood mares or killed them while giving birth to their fifteenth or so child. Roberta's maternal grandfather was a Methodist circuit riding preacher who fathered ten children before his first died in childbirth and then eight more before his second wife died of child-bed fever. Obviously, this ancient anti-birth control tradition across India, much of Latin America and Africa and the Middle East reveals that, women are not nearly as important to the society as having a steady supply of peasant laborers. They are expendable! Of course, we are preaching to the choir here – because as Roberta's mother defied her father and reared only two children of her own just one generation later – so contraception is used by ninety percent of Western Civilization couples of child bearing age who defy their ideological clergy in all religions and philosophies. It cannot be any other way in a society when both partners must work to finance a decent home and college educations when each child's schooling costs about forty thousand dollars per year.

Second – Our society has largely accepted a materialistic value system based on *possessions, power, pleasure and prestige* that fails to give us the deeper sense of psychological knowledge and philosophical wisdom that keeps humans from feeling like cosmic orphans with the life span of mayflies. Viktor Frankl called this metaphysical yearning for security the *spiritual unconscious* that is as important to our well-being as the *psychological unconscious* reported by his mentor Sigmund Freud. Although we can never prosper for long with bread and circuses, with sustenance and entertainment alone – neither can many women and men find psychospiritual satisfaction with the simplistic religious mantra of our more fundamental and naïve ancestors.

God is in his heaven, good King Wenceslas is on his throne and all is well in the world.

Obviously, much is unwell in our civilization! Or why do you think we slaughtered a hundred million of our finest men, women and children in our devastating 19th and 20th century wars? Or why do so many affluent persons and their financial masters fight desperately to keep the United States the only nation with forty or fifty million people without decent medical care? What does Bulgaria, Norway and Iceland have that we cannot match? With a great many

persons disgusted with our civilization's recurring disasters, it becomes obvious that thoughtful men and women must create their own satisfaction and fulfillment.

For example -- many rigid and reactionary politicians with their fundamental preacher allies and their ideological plutocratic masters, have benefited greatly from a fraudulent global system. No more manipulators than could be carried in one Boeing 747 (about 300 persons) have caused great misery for the world's people and their institutions during an American political administration that refused to rein them in with the necessary regulations that economist Paul Volker recommended -- because of self-serving ideological narcissism that has proven to be disastrous. Even Alan Greenspan who spent his adult life preaching the benefits of an unfettered banking system now confesses that his belief in a self-cleansing approach allowed the ruthless users and abusers to create a terrible disaster for multitudes of ordinary persons who lost their jobs, their homes and their retirement funds to the wicked manipulators. So many of our legislators have become so vested in personal power and wealth that the Congress has become little more than a contentious debating society that is selfishly protecting the benefits of a few major contributors to the detriment of our entire nation. For example, Lyndon Johnson entered Congress as a poor Texas school teacher and left the presidency with his wife controlling media and construction businesses worth a reputed fourteen million dollars. And virtually every congress person today after their term can be hired as a lobbyist for big corporations and make hundreds of thousands of dollars.

All of which means that each of us is pretty well required to take charge of our own lives by opening avenues of fulfillment regardless of what the naïve of society believe and do.

Professor Jay Galbreath of the University of Arizona where Professor DeVille taught Logotherapy Leadership programs for eight years -- often started his undergraduate management classes with names of one hundred major American corporation from the World War I era. But -- when he asked the students to match the firms with their products or services, they admitted that they had never heard of most of them. The losers had vanished into the mists of history when their vested members had been unable or unwilling to adapt. According to the superb British historians Lords John Acton and Charles McCaulay -- and honest economists like Volker and Paul Krugman -- any refusal to change during shifting circumstances is virtually always suicidal to a family, religion, company, nation or

civilization. They collapse because the powerful vested interested that seized control refuse to even consider that might cost them any of their possessions, power or prestige. Of the twenty three or twenty four great civilizations that left their footprints on earth, all but two or three of them collapsed because of their powerful aristocracy's internal manipulations and contradictions that alienated the ordinary people and led them to cooperate with of the hungry invaders lurking in the wings.

Jard Howard who recently left a General Motors subsidiary was not surprised when the corporation would have collapsed recently without a massive taxpayer bailout. He had watched the powerful vested executives of the Chevrolet Division quarrel and procrastinate for five years after the paint began falling off their automobiles after a year or two in service. Rather than biting the bullet and fixing the problem so their products would have remained as attractive as the Japanese competition did, Chevrolet wasted literally billions of dollars and four years of conflict, repainting customer's vehicles while the vested executives played the blame game among themselves.

When a society has many vested power players who must adapt or perish during swiftly changing circumstances, they will virtually always make fatal, self-defeating choices. The powerful and wealthy will protect their benefits regardless of the costs to the greater society, often surviving for a while by compromising the political and religious leadership until the ax falls.

Anyone who doesn't know that religion and politics operate hand in hand in every society – doesn't understand either of them!

Even as they are collapsing – users and abusers will invent logically sounding rationalizations to justify their narcissism to those naïve souls meekly accepting the brunt of greedy choices because of their own inability to manage change for the better. Of course, this narcissism and outright greed is why Thomas Jefferson wrote that his new born United States would need another revolution every generation or two in order to rid itself of the manipulators who were more than willing to sell the new nation down the river into vile servitude.

It was recently realized that almost a billion farmers and herdsmen across India would face starvation in the mid to late 21st century as the irrigation waters from

the absolutely crucial Ganges River that flows from the Mount Everest glaciers, dries up because of global warming. The Ganges is so crucial to the society that Hindu pilgrims come by the millions to bathe away their sins in its holy, life sustaining flow. When the people became anxious about the bad news -- the Indian governmental bureaucracy for once took swift action. They discharged and discredited the journalists who broke the story and quickly passed laws making any discussion of a future famine a major crime against the state. In effect, they were committing suicide in slow motion as vested manipulators usually do in difficult times.

You can rarely get an individual or group of persons to surrender accrued or vested benefits without a struggle to keep them. And the more difficult life becomes, the more desperate are the battles. Which is why there are now groups of thoughtful people in the New England, Pacific Coast and Midwestern regions of the United States who are whispering that their states would be better off with completely independent home rule -- rather than being dominated by a dysfunctional Congress that protects only itself and its financial masters when sweeping changes come.

If you are dissatisfied with and anxious about the state of our society as life and its changes crash over you – Logotherapy can become your way through many discontents. A globalized society is never going to sweep everyone into a deeply rewarding state of being. Global financing was developed to produce society's greatest of wealth transfer from the many poor and middle class citizens to the very few obscenely wealthy financiers who already control almost ninety percent of America's wealth and are striving voraciously to take the last ten percent. We must actively establish purposeful lives among the people with whom we can share love and support because society as it has been distorted, makes it difficult to live wisely and well. Then we can organize consistently satisfying activities and relationships despite the tragic human quartet of suffering, guilt, rage and the death-dread that frustrates so many souls in difficult circumstances.

We do only Frankl/DeVille Logotherapy in our graduate courses, books and presentations -- but we do it extraordinarily well!

ABOUT FULFILLMENT -- The Midway barker at the Minnesota State Fair didn't look much like a philosopher to us. His fingernails were ragged and dirty and a broken tooth gave him a cynical and somewhat sinister leer. Tough Tony Gallo seemed an unlikely source from whom to learn about developing a satisfying life. Nevertheless, the carnival pitchman went directly to several major elements of Logotherapy and fulfillment when he philosophized --

Life's sorta like ridin' a bicycle uphill. Ya gotta keep pedaling along or ya gotta stop and get off. There ain't no reverse gear and ya gotta keep yer balance. Then, ya need some good folks to cover yer backside when the greedy goons come lookin' for yer stuff.

Tony had just relieved Professor Jard DeVille of several dollars in a futile attempt to win a stuffed panda for a granddaughter at his milk bottle toss game. Neither Jard's arm nor his aim was as good as they were in his youth but he was pleased with the transaction. After all, sound coaching about living wisely and well is rare and all of us reach our goals and experience satisfaction only as we mature through more and more personally meaningful activities and satisfying communal relationships. As Tough Tony said -- *There ain't no reverse gear.* We are granted few repeat performances in our choices and we all deserve the good people who love and respect us; help us mature despite life's vicissitudes. Meaninglessness and lonely isolation are excruciatingly painful and always self-defeating for women and men, for teenagers and especially for children.

Fortunately, although we *homosapien creature-selves* who combine our physical psychological and philosophical interests are complex beings with often colliding spiritual and secular needs -- we can manage most of life's challenges by becoming psychospiritually maturing souls. To be more specific, *love, labor* and *leadership* are seldom satisfying in isolation. They rarely open avenues of satisfaction for persons focused too narcissistically on our personal *pleasure, power, possessions* and *prestige*. These four admittedly normal and desirable aspects of life must be pursued in moderation and earned legitimately rather than ruthlessly seized at the expense of other persons. Otherwise we cannot be satisfied with ourselves.

PRAGMATIC LOGOTHERAPY (Spirit Wellness) – A psychospiritual approach to consistent personal satisfaction and significance is Professor Viktor Frankl’s term for his world class existential or lifestyle wisdom. He developed a meaningful and supportive lifestyle that we can learn for ourselves through our love, labor and leadership. Logotherapy that we the authors have subtitled *spirit wellness* is arguably the world’s best method for developing sound lives, loves, careers and even entire societies. Logotherapy put into practice can establish fully functioning marriages and families, devout faith communities, effective schools, co-operative neighborhoods, productive companies and peaceful nations. And it is completely compatible with the world’s great faith approaches that Carl Jung called living or relational religion.

Several centuries ago a wise sultan of Damascus called together a group of wise scholars from the world’s religions and set them to work to identify the elements of faith and worship they had in common. The men from Judaism, Christianity, Islam, Hinduism, Buddhism and the rest -- spent a month or more debating and then agreeing as they made their report to the sultan. They said they could all agree on the need to --

Love, serve and honor God as the omnipotent and omniscient Creator and Lord of all.

Love, serve and protect humans as the children of the great Creator.

We are convinced *spirit wellness methods* of Frankl were instrumental in creating the *Greatest Generation’s* success in an America that peaked in performance and satisfaction through the middle and closing decades of the 20th century. Our society was at its best at that time and unfortunately, the United States experienced what was probably the final gasp of our national satisfaction during the nineteen eighties when we had our last peak performance through widespread commitment and a well regulated financial system monitored by Paul Volker. Our American society gives no indication that it shall unite its divisive and narcissistic factions in time to compete successfully with a booming China, India and even a united Europe and Brazil.

The courageous and committed men and women of Professor DeVille's generation first survived and then ended the Great Depression during which twenty-five percent of American families were unemployed and often homeless, hungry and virtually naked due to an earlier bout of ruthless financial malfeasance. We also won the world wide struggle against the evil forces of fascism, created an affluent middle class and the prosperity its purchasing power created, guided other nations into the benefits of democratic governance, won the civil and gender rights battles against state sponsored police terror across the American south, secured Social Security and Medicare for the elderly poor suffering in the collapse of a farming society and rebuilt a war-shattered world economy with our blood, toil, tears and sweat. And while the children and grandchildren of his generation have largely forgotten why we were so successfully at that time, America was influenced greatly through the many millions of souls who internalized Viktor Frankl's very potent Logotherapy methods. Of course, there were other factors operating in creating America's greatest era of growth and affluence, but Viktor's approach to psychospiritual health became what we now know is the best way to prosper physically, psychologically and philosophically despite the recurring frustrations of life in a rapidly declining society.

Viktor's thirty-two 20th century books about living a meaningful life including *MAN'S SEARCH FOR MEANING* – were so valuable for the most successful generation in a world gone mad -- that ten million Americans bought copies of *MAN'S SEARCH* that was later sold in thirty-four languages. Logotherapy is neither a panacea nor magical -- but with an average of three persons reading every copy purchased -- Logotherapy served our Greatest Generation so well that the United States Library Of Congress rated *MAN'S SEARCH* as one of the ten most influential books published since Gutenberg started using moveable lead type to begin the knowledge explosion. We of the *LOGOTHERAPY LEARNING CENTER* staff place it in the top five, but then -- we are not entirely unbiased! The potent constructs of Franklian Logotherapy permeated 20th century American society much as leaven creates the very best bread. There was hardly a college student or a behavioral or social science professor across the United States who wasn't influenced by Frankl's existential or lifestyle breakthroughs and that was a potent element in creating the successful lifestyle of the post World War II era.

We have said all of that to say this --

Our mission is to teach normal women and men to live wisely and well through spiritual values (or ethical virtues), positive attitudes, high expectations, mature beliefs and responsible choices. We want each person's love, labor and leadership to mature into consistent satisfaction. Then, we train our master's and doctoral scholars from many helping disciplines to apply Logotherapy methods actively through their professions within existing organizations or to establish their own private practices of Logotherapy as speakers, teachers, counselors, life coaches and as authors who focus on serving others.

PHYSICALLY	PSYCHOLOGICALLY	PHILOSOPHICALLY
SERVING FAITHFULLY	RELATING WARMLY	CONNECTING DEVOUTLY
PLAYING JOYOUSLY	LEARNING WISELY	PERSEVERING BRAVELY

Professor DeVille, who cheerfully admits to be the dwarf seated on Frank's giant shoulders (to use Viktor's own analogy), can occasionally see further along the trail than his brilliant and saintly tutor did. Not because he is more intelligent or perceptive than his old friend but because both existential psychology and metaphysical philosophy have matured considerably since Viktor published his seminal work. And while many of Frankl's constructs have been internalized into existential psychology -- we of the *LOGOTHERAPY LEARNING CENTER* feel justified in interpreting Viktor's themes and those of his great mentor and pen pal, Sigmund Freud. When Viktor was but a teenager in Vienna, he had the *chutzpa* to write the founder of psychoanalysis to question Freud's failure to address the need for spiritual meaning in human health. And Freud, probably amused and intrigued by the boy's grasp of his work, answered his letter and started a correspondence that lasted until Viktor was an adult psychiatrist and Freud had to flee to England for his life. He had been condemned by some anti-Semitic Austrian Nazis who participated in the murderous German Holocaust that murdered Viktor's wife, parents and brother and swept him into the death camps for almost three years. As we have already stated -- our most significant adaptation within Logotherapy is the systematizing of Viktor's focus on living a *personally meaningful* life through a consistent sense of purpose -- with the vital human need for *communal belonging* among supportive people who verify our worth as significant souls. A personal mission in each of life's several key stages is crucial to satisfaction and meaning and so is being loved and appreciated in a sound community that we serve in some manner as each of our life's most important missions.

LOGOTHERAPY POSSIBILITIES -- With our middle class being crippled financially and disturbed psychospiritually by the narcissistic cabal of *reactionary politicians, fundamental preachers and ideological plutocrats* -- the career rewards of establishing a professional career in Logotherapy to counsel and educate existentially frustrated men and women is enormous. Our Logotherapy lectures, classes, seminars, retreats and short courses have been so meaningful to a great many participants that we have never disappointed an audience. For -- while few persons discuss the health of their souls and lament their lack of satisfaction openly at work or play -- these crucial aspects of life are never far from our innermost thoughts.

Dee DeVille had completed a presentation about the way high school students should present themselves when seeking employment for a group of teachers and supervisors when one of the women came to the podium and saw a copy of our seminar *FRONTIERS OF FULFILLMENT*. She immediately picked it up and turned to the table of contents. She read them and told Dee --

With the pressures of my marriage, family and career, I wish you had made your presentation from this book. I really need it.

At a session for Metropolitan State University in St. Paul, Professor Fred Zimmerman invited Professor DeVille to teach some principles of Logotherapy Leadership to his two hour evening class in the MBA program for working managers. He mentioned that there was a contrary-minded executive in the class who took pride in being the class skeptic that challenged virtually everything and everyone who differed with Herzberg's *kick-in-the-behind* school of management. Fred said -- *Just give him a minute or two and then go on with your lecture.* But, when we started teaching -- the contrarian was captivated with the rest of the class. He asked sensible questions and after the class said -- *I want you to make this presentation to my staff at a two hour working lunch. How much will it cost me?*

Donald Eckenrode, who just recently retired after resurrecting three moribund corporations, told Jard Howard only last week as this is written --

Your father's great Logotherapy book, NICE GUYS FINISH FIRST, stayed on my desk for twenty years as I turned to it over and over again in good times and bad.

When we conducted a four-evening short course about fulfillment through Logotherapy for a St. Paul Optimist Club, attendance doubled every session as word spread through the community that something very good was going on. On the fourth evening, we had to move into the high school auditorium and both the mayor and the police chief brought their staffs to participate in the final class.

The fact of the matter is -- we all want life to come out as well as we can make it and Logotherapy will give you the ammunition needed to do so personally in an organizational career or in your own private Logotherapy practice.

This vital interest in our own lives and how to make them satisfying -- is why almost two thousand professional men and service club women at the University of Arizona rated Professor DeVille's Logotherapy programs at a hitherto unheard of 3.68 on a four point scale over an eight year span. And why during his two world tours, he spoke through the media to millions of persons about spirit wellness. We do indeed go right to the effective and efficient attitudes and activities that make life worth living and serving society.

Logotherapy can be compared to a three legged stool – with the physical, the psychological and the philosophical aspects of existence providing the life support and stability illustrated by our Logotherapy personality pyramid.



Logotherapy For Fulfillment

®

All three elements are needed in order for humans to embrace Tough Tony's balanced lifestyle. When any one support is missing or weak, a person is always off balance, can never relax and be freed of stress in the crucial aspects of life. And since we must nurture the physical in order to survive and apply the psychological in order to deserve the support of good people – the most common neglected element is philosophical or psychospiritual.

We humans cannot survive without physical sustenance and cannot prosper interpersonally without psychological wisdom -- but humans can and often do blunder along for decades in an inadequate lifestyle without applied spirituality before succumbing to self-defeating choices. As Professor DeVille told a youth group after he had repeatedly dived eighteen feet down into the depths to rescue a boy whose life preserver had failed –

There are times when a person must do something gracious for no greater reward than improving the health of our souls – for empowering the way we feel about ourselves.

While Viktor didn't endorse any specific religion (In the interests of full disclosure we find our cosmic significance and spirit wellness and acceptance within the Judao/Christian tradition) he did develop this potent psychospiritual approach in accord with what Jungians call *living religion* -- that we consider a *relational* or a *personalized* faith. Of course we would no more impose our own beliefs on our students or readers than do the social or behavioral science professors at Baylor Baptist, Notre Dame Catholic or Southern Methodist Universities.

We give full credit to Professor Frankl in our interpretations and refinements of Logotherapy through our eighteen book length online master's and doctoral courses that form the five graduate majors of our *LOGOTHERAPY LEARNING CENTER* core curriculum. Our study courses that follow this introductory volume -- include such titles as *NICE GUYS FINISH FIRST*, *LOVERS FOR LIFE*, *GRACE UNDER LEADERSHIP PRESSURE*, *THE LIBERATED SOUL*, *THE PASTOR'S HANDBOOK-On Interpersonal Relations*, *PARENTING WINNING CHILDREN* and a dozen more volumes of our own authorship. Some of them originated as front list books for publishing houses like William Morrow, Farnsworth, New American Library or as credit for graduate students at the Universities of Arizona at Tucson or the University of Wisconsin at Madison and Milwaukee. The rest were researched and developed for presentations for managers in Cargill, 3M, Intel, First Banks, Ford Motor Company and others around the world. They are all of a professional nature and style such as this the first volume on our core curriculum . We also offer a virtual library of some eighty world class volumes by about thirty great scholars from several disciplines.

Our five majors include *Personal Logotherapy, Wellness Logotherapy, Family Logotherapy, Leadership Logotherapy* and *Faith Logotherapy*.

These following equations form several of our basic definitions.

LOGOTHERAPY(Spirit Wellness) = f(Personal Meaning x Communal Belonging)

FULFILLMENT = f(Objective Existential Psychology x Subjective Metaphysical Philosophy)

PSYCHOSPIRITUAL MATURITY = f(Applied Spiritual Values or Ethical Virtues x Positive Attitudes, High Expectations, Mature Beliefs and Responsible Choices)

EXISTENTIAL(Lifestyle) PAY-OFFS = f(Love x Labor And Leadership)

The basic principle of human existence is that people normally continue holding the attitudes and completing the activities that satisfy them -- while ending the choices that fail to reward themselves or appear to be worthless.

Of course, normal persons understand, even when the self-serving and too subjective narcissists in virtually every organization are too wounded to examine their own motives -- that many souls are crippled through genetic flaws, environmental disruptions or selfish personal choices. Because manipulators want to feel justified in their abuse of others, they commonly distort reality to rationalize their selfish attitudes and activities. They are like the little boy who told his teacher -- *The fight started when Billy hit me back.* According to JRR Tolkien who wrote the quintessential study of narcissism, greed and evil gone amok in *THE LORD OF THE RINGS* -- the manipulators of society are seldom born with cruel intentions. They have, Tolkien told his students, usually made so many moral and spiritual compromises in order to ease their soul's suffering from to great power, pleasure, possessions and prestige, that they have lost the ability to distinguish between good and bad, or between moral and immoral choices.

A NOTE ABOUT HAPPINESS -- Logotherapy researchers have learned that for every period of joy and happiness, the typical person experiences four or five neutral sessions or even times of discomfort. The wise Hebrew prophets and the

highly perceptive authors of the still valid Greek tragedies, understood life and leadership when they reported that it would be through the sweat of our brows and the control of our egos that we mature. They also understood that bad things can happen to good people through no fault of their own. And even then, in painful situations -- our half civilized human traits that St. Paul called the *Old Man of Sin*, Sigmund Freud named the *Id* and sociologists like Ernest Becker referred to as the *Killer Ape*, can run amok. Almost every prosecuting attorney, pastor and psychotherapist recognizes that after suffering unrelieved frustration and fear -- virtually anyone can become aggressive enough to lash out at others or become apathetic and let innocent people be abused by Tough Tony's *wicked goons*. Jard Howard recently remarked after he saw two men abusing another --

How stupid can the abusers of the world be? Do they learn nothing from the Columbine or the Virginia Tech massacres? Don't they know that any frustrated person with a hundred dollars can get a Minnesota license to carry a weapon?

Be that as it may -- we are all better off when we open avenues of meaning along lines of excellence in places where we relate supportively with decent people, rather than striving for times of ephemeral happiness. As a dour Scot poet wrote:

***The path that leads
To a loaf of bread
And a suit of clothes
Is hard to tread.***

Then -- as Robert Schuler of the Crystal Cathedral said --

Tough times don't last but tough people do.

Multitudes of normal people who are in no way neurotic, psychopathic or psychotic, suffer from distresses that doctors formerly called the *illness without a name* -- especially in materialistic and fast changing societies such as Western Civilization, because it fails to meet our deeper needs. Many feel like protagonist Heller in Herman Hesse's classic existential novel *STEPPENWOLF -- The wicked killer who walks upright - Man*. Hesse, who came of age in the bloody trenches of World War One has Heller say...

There come times when a generation loses its faith and its way – a generation that doesn't know whom to trust and what to believe, souls that are lost, stuck in life and forsaken to their own doubts and fears.

Even Sigmund Freud with his commitment to psychoanalysis, complained that far too many people were coming to him with their guilty sins who should confess to and find absolution from their priests. We humans who developed as subjective *creature-selves* in a slow paced age in which life and society appeared static, have created a civilization with such self-defeating materialistic values and destabilizing changes that many persons remain unbalanced and frustrated spiritually. ***And you can never relax and be comfortable on a two-legged stool!***

Now – after all those caveats, we shall do our best to help you open avenues toward consistent satisfaction in your life and career as you study Logotherapy with Viktor's and our constructs.

Jard A. – Roberta – Dee – Jard H. DeVille

SELF FOCUS 1

WHEN DO YOU SEE THAT MOST MEN AND WOMEN PREFER LIVING QUIETLY AND PEACEFULLY RATHER THAN GIVING UP LIFE'S PSYCHOSPIRITUAL SATISFACTIONS IN ORDER TO GROW SO RICH AND POWERFUL THAT THEY CAN NEVER BE CHALLENGED AGAIN?

BOOK ONE

PSYCHOSPIRITUAL GROWTH

More than a hundred years ago, Sigmund Freud acknowledged that humans are first and foremost philosophical beings. He didn't deny our human spirituality but felt it was his duty to demonstrate that we also have powerful unconscious instincts that influence without our realizing it virtually everything we feel, think, plan and accomplish. He was challenging the Victorian pretense that humans are rational beings who make only logical decisions and tell ourselves the ultimate-lie rather than being influenced by the psychologically unconscious aspects of our minds.

PART ONE

CONSTANT CHANGE

Unfortunately, an enormous percentage of men and women are frustrated by changes that sweep over us with the frequency of great Pacific breakers pounding on a reef. We no sooner adapt to new and often painful situations than life changes once more and we must start over with situations and relationships that often rub against the grain of human personality and satisfaction. These, with a constant barrage of secular or too materialistic values and questionable choices for our lives, contribute to the existential frustrations (Freud called them *CIVILIZATION AND ITS DISCONTENTS* in his book of that name) that often lead to cruel aggression or to a deep apathy in a complex civilization that works against our settling in and making life consistently fulfilling.

CHAPTER ONE

FRANKL AND FRUSTRATION

Several studies of Harvard and Southern Methodist University graduates twenty years after the participants had won degrees from two of America's most prestigious schools, revealed that a very high percentage of graduates who were far more successful than most persons, reported their existence was largely meaningless and disappointing. They reported that something crucial was missing from their lives, that they felt stuck -- although most had trouble explaining what it was. They were not alone in their discontent. Research from several other schools revealed that a large proportion of seniors about to graduate were so ensnared by secular values and expectations along with huge debts and career uncertainties that they doubted their lives would ever become as fulfilling as their parents.

ABOUT VIKTOR FRANKL -- Viktor's approach to *love, labor and leadership* is arguably the world's most effective method of developing sound lives and careers anchored in fully functioning families, devout faith communities, successful schools, supportive communities and productive companies. *Spirit wellness* is a deeply satisfying state of being in which perceptive persons find a lasting sense of significance and acceptance among the people with whom they share faith, hope and love. Logotherapy is a psychospiritual system of *spiritual values (or ethical virtues), positive attitudes, high expectations, mature beliefs and responsible choices* about creating a fulfilling life for emotionally normal souls -- rather than about treating mentally disturbed persons *per se* with psychotherapy or psychotropic medications. We reveal our approach with the following equation -- with the "f" indicating a multiplication factor because a healthy human spirit is always crucial to a satisfying life.

LOGOTHERAPY (Spirit Wellness) = f (Personal Meaning x Communal Belonging)

Our logo or psychospiritual symbol reveals even more clearly several crucial aspects of Logotherapy.



LOGOTHERAPY FOR FULFILLMENT



Human satisfaction begins with the physical *pleasure/pain principle* thought by Sigmund Freud and BF Skinner to be the most dominant human motivator. Obviously we normally prefer pleasure to pain but that isn't enough in itself to create a satisfying life. We must fore-go pleasure to study long hours in order to win an education, to postpone our leisure days to develop a career or to surrender one's fancy free independence in order to maintain a sound marriage and rear healthy children. Next – is the also valuable but soon satiating psychological *power/prestige principle* of Alfred Adler and Eric Berne. You cannot bully the kind of men and women you need support from in a leadership role or to rear or teach the children under your care. And you dare not take all the credit for the work that is done by your subordinates or students. Once again, this principle eventually

reaches its limits during any search for meaning and belonging. Finally there is the philosophical *purpose/permanence principle* alluded to by Viktor Frankl in his *will to meaning* concept that was later developed into our Logotherapy pyramid by Professor DeVille. Our logo looks somewhat like Abraham Maslow's tiered pyramid but it is different in several ways that we shall present later in this introductory course. We have learned with Viktor that the prime motivation of normal men and women, after their physical and psychological needs are met in an affluent society, is to find or create a strong enough sense of meaning and belonging in our lives to make life's journey worth the effort. We need to be assured that the game of life, despite the tragic quartet of pain, rage, guilt and the dread of death, was worth the price of the candle we burn to banish the darkness.

Viktor Frankl, who was an existential MD psychiatrist and neurologist and a metaphysical PhD philosopher, served humanity exceedingly well -- perhaps second only to Jesus in numbers with more than thirty books that were eventually studied by perhaps forty or so million persons in thirty four languages. His primer, *MAN'S SEARCH FOR MEANING*, was read by many millions of Americans alone which caused the Library of Congress to rate it one of the most ten influential books ever published. We place it in the top five of all time because it had such influence on the Greatest Generation of Americans.

Viktor was an MD Viennese neurologist and psychiatrist who was condemned to death in the anteroom of Hell itself. He suffered torment for almost three years in several German death camps during the Nazi Holocaust of World War II. Every member of his family including his wife and parents was murdered by the Germans except for one sister who'd moved to Argentina before the Holocaust began. He saw the existential disaster coming but was unable as a loving son to abandon his elderly parents to the terrible fires of the era without his strength and support. During his long months of slave labor, Viktor survived while pondering the meaning of life and what was required of an ethical man or woman within a prison camp where life or death came at the whim of brutish S S German guards. In the vile death factories that too pragmatically and materialistically processed their victims for the by-products from the cremated bodies -- body fat was collected from the furnaces was used to make soap and hair shaved from the heads of the doomed women was used to stuff mattresses for use by the German soldiers. The gold fillings of their teeth was highly prized and melted down and smuggled into Switzerland where it remains to this day. In that hell on earth -- despite the

anguish of twenty thousand doomed men, women and children gassed and cremated every week -- Viktor maintained his spiritual values and kept his life purposeful and significant by serving humanity to the limit of his opportunities. After laboring all day on a railroad track repair crew for his German slave-masters, Viktor he did his best each night to relieve the physical and spiritual suffering of his fellow victims of the German madness. The camp commanders deliberately planned for each worker to survive a year before dying of starvation and exhaustion -- because that avoided the collateral expense of keeping the slave laborers working. They were simply replaced from the trainloads of healthy Jews, Gypsies and Jehovah's Witnesses that rumbled into the death factories daily. Viktor served his fellow victims as a compassionate physician and psychotherapist -- and as an honest group leader. Rather than turning to violence against his captors or betraying his fellow victims as so many captives did in their futile effort to escape the gas chambers, Frankl emerged from the concentration camps with the realization that it wasn't the tough and ruthless bullies and manipulators who survived. Rather -- gentle, spiritually-minded souls came through their ordeal without becoming as monstrous as their abusers. This is, of course, what Jesus taught from the beginning of existential psychology or Logotherapy as revealed in his *Sermon On The Mount*. And while Frankl never renounced his Judaism, he surely captured the essence of the Gospel as a practical approach to living ethically in the worst possible circumstances. Professor Robert Leslie from the University of California at Berkeley, who reported that Viktor came very close to the Kingdom, spelled this out quite well in his book *JESUS AND LOGOTHERAPY*. As for we the authors -- We are pretty sure we would never have heard anything about Viktor Frankl who later served well so many millions of souls, had he not emerged from the fires of the Holocaust as with the dross of his humanity refined and organized into the pure gold of a virtual saint.

We humans do indeed require moral and spiritual courage to live well during the inevitable challenges of life and love. We agree with Viktor that it is pointless to seek transient happiness *per se*, because while pleasant emotions soon fade, a life built around our Logotherapy quintet of *spiritual values (ethical virtues), positive attitudes, high expectations, mature beliefs* and *responsible choices*, offers consistent meaning of one as a psychospiritually committed person to individuals in families, churches, communities and companies that prosper together in supportive groups.

Viktor who was freed from the camps by American soldiers returned to Vienna and resumed his life. Although already an MD psychiatrist -- he completed a PhD in metaphysical philosophy to better understand life, love and meaning. His post Holocaust life became a success story of the highest magnitude. He served society in leadership roles as Director of the great Vienna Poliklinik Hospital, President of the Austrian Society for Psychotherapy, as a much honored Professor of Psychiatry at the University of Vienna and as the founder and titular head of The Third Viennese School of Psychotherapy until his death in 1997. Along the way, in his spare time apparently, he wrote more than thirty books about Logotherapy. And almost incidentally, Viktor learned to fly after he was well into his sixth decade of life.

That is to say -- our old friend and tutor chose life, love, service and leadership over anxiety, despair, rage and revenge. When slaving in the labor gangs, as the fires of adversity was turning the clay of lesser men's souls hard and brittle, any dross within his soul was being burned away to leave only the pure gold of spirituality. He generously and graciously forgave his tormentors and went on to develop Logotherapy as the most successful approach to fulfillment for normal men and women. He became the successor to Sigmund Freud and Alfred Adler in the Viennese psychiatric tradition who also lectured students and faculty members at several American universities and colleges. It was a great honor for Professor DeVille to bring Viktor to his campus and to benefit from his wisdom as the saintly man conducted Logotherapy programs for students and faculty and for the surrounding community. Professor Frankl tutored Professor DeVille in the concepts of Logotherapy and Jard instructed Viktor in the basics of aerobatic flight in his Taylorcraft sport plane. Viktor had earned his license for private aircraft and Jard taught him how to maneuver out of in-flight emergencies if it became necessary. Jard had soloed at sixteen years of age while Viktor waited until he was sixty -- but their joy in flight was one of their bonds. And although they had a short time together, Frankl had a great deal of influence on the rest of Jard's career.

Then, as knowledge and wisdom about existential psychology and metaphysical philosophy continue apace, we refined and reinforced Logotherapy so that Frankl's mid-20th century constructs better serve 21st century persons in an entirely different set of circumstances. For while a professor or a counselor will occasionally write a book or a teach a course about Logotherapy, we have researched and written twenty books for the core curriculum of our Logotherapy graduate programs.

The names *Viktor Frankl* and *Jard DeVille* – should be *Googled* for more information about spirit wellness and our work. So can the words *existential psychology* and *Logotherapy*.

A brief biography of Viktor's life and accomplishments can be downloaded from Professor C. George Boeree at Shippensburg University's web site – <http://webspace.ship.edu/cgboer/frankl.html>

SELF FOCUS 2

WHAT SOURCE OF STRENGTH DO YOU THINK YOU COULD DRAW FROM IN ORDER TO SURVIVE THE SUFFERING AND RAGE OF THE DEATH CAMPS.



ONE PROBLEM WITH LIFE – One view of life is like this approach that came from the pen of the late philosopher George Santayana of Harvard University. We paraphrase his sophisticated lament --

Our lives are neither games nor feasts but a synthesis of good and bad experiences -- of joy and sorrow -- of pleasure and pain as we move from challenge to predicament and on to satisfaction and back again. Because the same sun that hardens the clay of selfish souls softens the wax of generous persons, the trials and tribulations of life not only produce the grim philosophy of Sartre and Camus but the joy of persevering through our frustrations as revealed in the spiritual principles of faith, hope and love.

Much of our society's widespread frustration comes from our self-defeating ways of working, playing, loving, learning; worshipping and persevering in the face of life's challenges. When our too secular attitudes, activities and relationships go against the grain of human personality, we can indeed pay a high price for our choices that come from the existential alienation or psychospiritual bankruptcy that the poet Edwin A. Robinson caught so brilliantly.

*Whenever Richard Cory went down town,
We people on the pavement looked at him.
He was a gentleman from toe to crown,
Well mannered and imperially slim.*

*And he was always quietly arrayed,
And he was always human when he talked.
But still he fluttered pulses when he said,
“Good Morning” and he glittered when he walked.*

*And he was rich – yes richer than a king,
And admirably schooled in every grace.
In fine, we thought that he was everything,
To make us wish that we were in his place*

*And so we worked and waited for the light,
And went without the meat and cursed the bread.
While Richard Cory - one fine summer night,
Went home and put a bullet through his head.*

And that is too often the final act for much *existential alienation!* And if you think it too extreme an example - just one week before we first wrote this unit of our course about fulfillment and achievement, we came home from a vacation in the Wisconsin woods to an existential disaster. Jeff our young and handsome next door neighbor had hanged himself from his basement rafter not thirty feet from this desk. His wife returned home from work to discover the thirty-something manager dangling dead in their home and we felt total fools. Although life and love is our field and we had talked with Jeff many times, we had caught not a hint of the terrible despair that obviously made his life seem pointless. We shall regret to the end of our days that we failed to see his pain in time to offer any assistance. Comparatively few people go as far as Jeff in their despair but multitudes do indeed live in quiet desperation. Many turn to destructive narcotics in a futile search for joy. Six million deeply frustrated American men abuse women each year and many more abandon their children because they lack courage and strength when they become deeply unhappy. Women and men from all areas of society rush into bad relationships from which a sense of purpose and belonging is excluded.

SELF FOCUS 3

WHAT HAVE YOU KNOWN ABOUT SOMEONE LIKE RICHARD CORY OR JEFF WHO BURNED OUT IN MID-CAREER AND MADE DISASTROUS CHOICES?

WHAT SELF-DEFEATING CHOICES HAVE YOU OVERCOME FOR YOURSELF?

When we use the word *existential*, we are referring to events and relationships that relate to human existence -- to attitudes and activities that can be either positive or negative as they influence the lifestyle we have chosen or had thrust upon us by society. Existential psychology, which comes from the Latin words to *emerge* or to *become*, isn't part of the bitter and self-defeating European too narcissistic a philosophy called *existentialism*, *secular humanism* or *nihilism*. That crippling belief in disbelief emerged during the grim Industrial Revolution, the ghastly World Wars, the almost in-conceivable Holocaust, the debilitating Cold War and the inevitable economic melt-downs festering from the narcissistic excesses of freebooting *laissez faire* financial methods that had roots in Germanic universities.

This narcissism was a hard core secular rationalization used to justify the brutal pragmatism of the Prussian Empire and its militaristic world view from 1840 to 1945 during which time the European church so compromised with fascism that it lost the trust and respect of most members. Today about two or three percent of Europeans attend worship services or consider themselves practicing Christians or Jews. We believe that Nihilism which holds that life is ultimate meaningless -- was one of the direct causes of the World Wars, the Holocaust and the debilitating Cold War. Secular humanism rather than humanitarian values became the hidden but very real philosophy of virtually every too pragmatic research university, governmental agency and large corporation in the world although many of their members remain supportive of others. Germanic *might makes right* – the belief that political decisions, worker productivity and international profits come from the barrel of a gun, was the perfect philosophy for justifying the genocide of Indians, the extermination of the buffalo herds and passenger pigeon flocks, the enslavement of Negroes, the clear cut ravaging of the North Woods, the strip mining of coal and iron ore, turning the Chicago River into a channel of festering animal guts and blood through the heart of the city and using millions of slaves to run the military factories of the Third Reich during the Hitler debacle.

During the reign of the fascist aristocracy, nothing counted for much at the narcissistic levels of society except for serving some manipulative users and abusers. Then, the robber barons and their successors soon discovered that they didn't need to finance a revolution with rifles, death camps and gallows to keep the naïve masses powerless and working. They could steer legislators to desirable decisions with a few thousand dollars in campaign funds. And they still find that much less costly than paying a living wage to thirty or forty million American

families. Unfortunately, virtually every organization, association, nation and civilization that allows a powerful elite to seize control of the levers of society eventually collapses through greed. JRR Tolkien, the brilliant author of *LORD OF THE RINGS* which was all about power and the evils thereof, told his students:

Wicked men who grub inordinately for power make so many spiritual and moral compromises to gain their narcissistic desires that they soon lose the ability to distinguish between good and evil, between right and wrong.

Our sad experiences as an often abused humanity teaches us that seldom in history has the unrestricted power of some elite group boded well for the ordinary folks. There is always a fearful and therefore a cruel streak in greedy souls who lust for greater power and more possessions -- which soon runs amok unless they are countered by another powerful group that derails their evil schemes. There is a body of sound psychological research from Professor Stanley Milgram that reveals how cruelty inevitably increases exponentially when selfish people are not held accountable for their greedy actions. We shall consider that issue in another chapter.

During one era in English history, the great landlords drove a million tenant farmers from their share-cropping farms in order to raise sheep from which the wool had become a cash crop. Most of the families starved within a year or two. During the great world-wide depression of the nineteen twenties and thirties, caused by an earlier abuse by the banking industry – the politically powerful farmers of the California Central Valley were paying ten cents per hour for adult labor and five cents for children under twelve. Those landlords like their British predecessors treated men and women and boys and girls worse than they did their dogs – because their narcissistic cruelty was acceptable to political and governmental authorities who solicited campaign funds when betraying the people. British historian Lord John Acton said it very well when he wrote –

Power tends to corrupt and absolute power corrupts absolutely.

Charles Babbington – Lord McCauley, the superb British historian who wrote so very well about the First Elizabethan Empire -- described how great empires, noble families and profitable companies first treat their people as victims and then commit suicide. He pointed out virtually every powerful civilization, kingdom, corporation, noble family or professional association eventually self-destructs as it rationalizes their evil ways over and over to itself. He explained –

Powerful users and abusers develop so many vested interests that they cannot or will not adapt when circumstances shift and the group must find new ways to survive or perish at the hands of a flood of hungry newcomers who exploit their rigid weaknesses.

The narcissistic triad of *reactionary politicians, fundamental preachers* and *ideological plutocrats* has done more to cripple the American middle class by wiping out trillions of dollars in wealth, millions of careers and jobs and robbed countless families of their homes than any other cabal in American history. These politicians, preachers and plutocrats who are *TRUE BELIEVERS* about whom Eric Hoffer wrote in his book of that name, can always make themselves believe the impossible and defend the indefensible -- so long as their ideologies continue to benefit themselves at the expense of the greater community. The fact that the narcissistic triad really believes their self-serving delusions only makes them more threatening. Martin Luther King stated –

Nothing in all the world is more dangerous than sincere ignorance and stupidity. They turn simple souls into murderous martyrs.

Every psychologist worth his or her salt knows very well that all humans have the mental ability to turn every situation to our own advantage within our minds. Reality almost always takes a back seat when our benefits are an issue. Turning black into white and evil into good is as easy for secular adults as it was when a suburban banker was interviewed by author Studs Turkle who was writing about poverty during the Great Depression of the late 1920s and early 1930s.

The money troubles didn't touch Chicago. We didn't have any homeless and hungry people in our town.

Obviously – not in his lily white suburb and exclusive country club! We all see best what we want to see and hear what pleases us most of the time. Even Freud quipped to some friends that even he remembered the debts his patients owed him better than he recalled his debts to the local merchants he frequented. Nothing else registered on the banker's radar – nothing unpleasant came through the narcissistic perceptual screen that protected him from the painful reality that a fourth of Chicago residents had no income and there was a free soup kitchen in almost every neighborhood to feed homeless families at least one meal a day. Chicago

was a hotbed of poverty and disaster that passed over the head of the clueless banker. Relentless and often painful changes sweep over we creature-selves who usually resist anything new unless it obviously and immediately benefits us. We do hate surrendering the absolute truths we learned at the age of three or four years -- especially as fierce changes batter us with the fury of waves pounding onto a reef until we often resist them too long rather than adapting. But often, we no sooner find ways to make life satisfying again than even more complex changes occur and we must adapt our activities and adjust our attitudes to start our search for satisfaction once more.

SECULAR MATERIALISM-- The materialistic seduction of we who are first and foremost subjective and psychospiritual *creature-selves* who combine mysticism with the pragmatic reality of daily life – often feel incomplete, frustrated and stranded in painful situations. The secular manner in which many persons approach life becomes distressing and painful because we are living by-products of the metaphysical Cosmos who cannot live well on possessions, power, prestige, and pleasure alone. Not when our clamoring spiritual needs for purpose and permanence in a shifting life remain unfulfilled.

Secular European authors such as Jean Paul Sartre and Albert Camus were reacting to the stark horrors of their era during which about a hundred million persons were slain in our brutal 20th century commercial wars. It was impossible for honest European philosophers to find a silver lining to the orgy of blood and fire in which their people were trapped for several generations. As author, Ernest Hemingway expressed it –

Regardless of how we justify our conflicts, every war is a vile crime against humanity.

Carl Jung, one of society's most creative psychologists and perhaps the 20th century's most intelligent man, wrote very well about the universal human need to mature spiritually, to live beyond narcissistic secularism. The Swiss author reported after many years as a psychotherapist, author and researcher –

I have never treated an adult that reached middle age with emotional disorders -- who ever recovered without accepting into his or her life the healing elements of satisfaction found in the spirituality of a living religion.

Our minds consciously or unconsciously yearn for the metaphysical aspects of life in the Cosmos whether we recognize and acknowledge our mystical needs or not. It has been said that if God did not exist – we humans would have had to invent him in order to deal with life’s challenges. Our ancestors surely created enough idols to worship! It should give skeptics about the value of spirituality an insight into this aspect of being human -- to realize that virtually every one of the twenty-three or twenty-four great civilizations that left their footprints on earth was organized around some religion or some mystical philosophy that brought spiritual satisfaction. We cannot find lasting satisfaction through materialistic means alone – not when we are driven by a mysterious awe about the Cosmos and its ability to produce and sustain life and especially to create we sentient souls. Therefore, Logotherapy offers an accepting attitude toward one’s self, other persons and the Cosmic Creator, rather than psychotherapy *per se*. Viktor intended this approach primarily for the psychospiritual health of normal persons suffering from the inevitable existential frustrations of a near universal secular lifestyle in which changes come so swiftly that we are unable to adapt without experiencing stress. Of course, we have learned that the psychospiritual virtues, attitudes and expectations of Logotherapy, also make significant improvements in the lives of neurotic, depressed, schizoid and even psychopathic sufferers who have more serious failings than most men and women who find Logotherapy beneficial -- but that is another byproduct of existential psychology and metaphysical philosophy.

Three women we have known know expressed their frustrations and anxieties that so often lead to aggression or apathy. Eleanor Chastain said:

I have three daughters who were born over a ten year span. When my first girl went off to college, I prayed she would return with her virginity intact. When the last left home a decade later I worried about aids or some terrible addiction. And Beth’s a good kid – its society that’s gone mad!

Yes indeed!

Carrie Fisher, the talented actress of the first *STAR WARS* series and the daughter of Roberta's Pasadena College classmate, movie star Debby Reynolds, discovered that life is indeed no rose garden. She wrote in her autobiography:

I started using drugs to decrease my pain and to increase my joy. I soon discovered I’d increased my pain and decreased my joy.

Then, one successful woman lamented during our *FRONTIERS OF FULFILLMENT* seminar for the Affiliated Women's Clubs of Arizona at the University of Arizona in Tucson. We paraphrase Catherine Hendricks who went on to become a senior executive in her mining company --

I'm one woman who did everything well. I stayed out of trouble in school, married the right guy and joined a great company when it started taking women seriously. I've made sound business decisions along the way and shall surely become a VP before I'm forty. I live in a home my parents think a mansion and have two beautiful children. I do a job thousands envy. Obviously, I have everything. Right? Wrong!

Much of my life feels incomplete and caught up in trivia. My kids are rebelling with sex and drugs and I'm almost certain my husband is having an affair with a little twerp. I feel deeply dissatisfied at the most inopportune times, as if nothing counts except for my sixty hour work weeks and paying for the house and the Mercedes. there must be more to life than this but when my therapist asks what's missing, I can't even tell her.

I worry that I'm going mad to feel this way despite my accomplishments in my company and my prestige in the community. What do I do when I've won everything I've ever wanted and it isn't enough to keep me happy?

SELF FOCUS 4

WHAT CAN LIFE MEAN TO ORDINARY WOMEN AND MEN WHO CANNOT CLAIM TO HAVE WON SUCH SIGNIFICANCE AS CATHERINE HENDRICKS?

THE EXISTENTIAL SELF -- We do not engage in psychotherapy or in the use of psychotropic drugs to induce mood changes -- because we draw from the inner spiritual resources of men and women to focus all their powers along lines of excellence. Multitudes of persons feel much as Catherine did, lamenting that they are stuck in a life that is passing them by -- but we are pleased to report that she and her husband introduced several Logotherapy constructs into their marriage that saved their relationship and enhanced her leadership career. They became authentic persons and when we use the word *authentic*, we mean that a person is psychospiritually transparent, is not pretending to be either more or less than he or she really is.

When Carl Rogers wrote his fine book called *ON BECOMING A PERSON*, he was referring to men and women who are becoming congruent or emotionally honest, who are maturing toward psychospiritual significance for themselves and others because they are at peace within their own souls. Authentic persons have become comfortable inside their skins -- they know who they are and what they have the ability to do and how to live peaceful and purposeful lives. Nevertheless, despite our authenticity, all persons remain fallible creature-selves of the flesh – the children of star dust -- who must live in community and cooperation with other men and women of good will or grow as dry as tumbleweeds that blow away in a desert. Congruent persons also open channels of meaning in places of the heart with men and women with whom they share love and mutual support, where they feel they belong.

Logotherapy serves authentic or emotionally honest men and women far better than Sigmund Freud's *Psychoanalysis* and Alfred Adler's *Individual Psychology*. It certainly is much more valuable than Eric Berne's *Transactional Analysis* and BF Skinner's *Behaviorism*. For while some early therapists chose to ignore or even tried to eliminate faith and spirituality from psychotherapeutic healing, Frankl along with Soren Kierkegaard, Carl Jung, Otto Rank, Ernest Becker and other authentic existentialists have embraced faith and worship as essential human needs. Unfortunately, deeply frustrated persons who internalize secular values and dread change the most; usually demonize those who disagree with them, attacking anyone who challenges their unthinking and unaware reliance on *antiquated instincts, out-dated traditions, and destructive ideologies*. Then, many frustrated persons waste so much time and energy resisting change rather than adapting that they fail to win satisfaction and success.

We must avoid doing what Otto Rank observed –

When an anxious or neurotic person puts all of his or her emotional eggs into one ideological basket, he must defend them with all of one's strength and determination.

Of course, there are very few true saints and very few hardened sinners – most of us are somewhere along that psychospiritual continuum, doing our best from day to day – helping others as much as we can afford to and trying to stay out of trouble politically, financially and spiritually. Fortunately, the art and science of Logotherapy that we offer from the brilliance of Viktor Frankl and other fine existential scholars, can do a great deal to help you create a joyous life filled with meaning and significance.

Let us assure you of this. While existential frustrations or the painful discontents of civilization are private matters seldom discussed among career professionals -- life, love and career satisfaction are indeed often on the minds of men and women who seek significance personally and professionally in our always complex and often demanding society. Virtually all people -- from high school and college students, to parents and teachers, managers and executives and even retirees and elder hostel residents -- are deeply fascinated by our existential or lifestyle programs about Logotherapy and its pragmatic methods of gaining consistent fulfillment. Our content has never disappointed an audience in more than a hundred presentations, retreats, short college courses and seminars. For example, our *Logotherapy* programs taught at the University of Arizona to about two thousand adult scholars from around the world were rated at an unheard of 3.68 on a four point scale over eight years. The University has never before or since had any course or series so highly rated by so many participants. Of course this widespread interest in living the best possible lifestyle is why Viktor Frankl's book *MAN'S SEARCH FOR MEANING* sold so many millions and was rated by the U S Library of Congress one of the top ten most influential books of all time and why Professor DeVille has twice circled the world presenting his seminars and lectures more than a hundred times for major universities and small colleges, Fortune 500 and smaller corporations, service organizations, faith communities, professional associations and governmental agencies. He has spoken to perhaps thirty millions of persons about Logotherapy and fulfillment either personally or via the medium of radio and television across the English speaking world.

Therefore, we help people mature in the crucial aspects of meaning and belonging by drawing from all of the applicable physical and social sciences -- theology, anthropology, sociology, cosmology, biology, psychology and philosophy. Only a holistic approach can resolve something as complex as human yearnings, personality traits, character flaws, frustration and alienation to say nothing of living a consistently satisfying life. This broad approach may confuse old friends and new acquaintances who wonder what this Logotherapy system and our graduate degree programs are all about. It sounds so esoteric and so subjective but perhaps this will help.

We are psychospiritual practitioners or existential sages -- dedicated Logotherapists who deal with the lifestyle issues of meaning and belonging as they open broad avenues of achievement and fulfillment that make life, love, labor and leadership consistently satisfying.

To us, psychology along with theology and the social sciences was a wayside pause along the way to the greater potency of Logotherapy as it was drawn together by Viktor Frankl and reinterpreted in twenty books by ourselves.

Logotherapy is a psychospiritual approach to a satisfying life that combines existential psychology and metaphysical philosophy because we humans all possess emotional and spiritual needs that we must meet in order to live a full life of faith, hope and love.

Obviously, Logotherapy is especially valuable for anyone who chooses to build a new career through a great new field of professional service to society. We of the *DeVILLE LOGOTHERAPY LEARNING CENTER* publish books and train scholars to improve the lives of the multitudes of existentially frustrated men and women for whom life, life, labor and leadership have lost their ability to satisfy their need for meaning in secure places of the heart where they belong. A practice of Logotherapy – whether through the empowerment of leadership in an existing organizational career or through a personal private practice, leads to a much greater sense of meaning and significance. You shall have stepped out beyond doing mere psychology or philosophy!

As Professor Robert Leslie reported in his books *MAN'S SEARCH FOR A MEANINGFUL FAITH* and *JESUS AND LOGOTHERAPY*, a major point is that we are all responsible for creating an existence that makes life satisfying. We have woven our five crucial elements (*spiritual values, positive attitudes, high expectations, mature beliefs and responsible choices*) into *Logotherapy* although they were first implied in Jesus' *Sermon On The Mount*. They were later spelled out more clearly by St. Paul and some of the early psychospiritual authors such as Augustine, Buddha, Kierkegaard and others who had sound insights into the human condition. Actually, these five practical aspects of Logotherapy were imbedded in Jesus' wisdom that Mahatma Gandhi called the most meaningful discourse about living well ever expressed by any teacher. Gandhi said –

No one, ever spoke any better about life, love and service than Jesus in his Sermon on the Mount in Galilee.

The very fact that world class scholars are still discussing Jesus' insights two thousand years after the wandering field preacher first uttered them in a primitive land to simple farmers and shepherds, verifies their world class staying power. After all, the basic principle of human behavior is that we continue to hold the assumptions and make the choices that satisfy us. And we usually reject those relationships and experiences that fail to reward us in some manner. We find that our five elements of Logotherapy -- create the very best way for women and men to live well through knowledge and wisdom emerging in our physical, psychological and philosophical aspects of life and love.

The early existential elements of life have been reinforced even more in contemporary *existential psychology* and in a *metaphysical philosophy* of values, beliefs and choices from Soren Kierkegaard to Otto Rank, Carl Rogers, Abraham Maslow, Ernest Becker and of course the best have been presented by our gracious mentor – Viktor Frankl. Logotherapy strikes a responsive chord in contemporary minds and hearts for ordinary souls who struggle to make their lives come out right. Through the last half century, Logotherapy as it has been was taught by Viktor and interpreted by the DeVilles in their books and graduate courses, has become the potent successor to *existential psychology* and is the action arm of *psychospiritual* thought. It goes much further in serving thoughtful persons than does psychology or philosophy alone. It is a case of one and one equaling three or possibly four or five in value. Actually, we have come to believe that Logotherapy should be considered a completely new discipline that has matured beyond psychology and philosophy.

Existential psychology and metaphysical philosophy have come together in the human search for satisfaction and significance. Even psychospiritually maturing and professionally successful women and men need consistent methods in order to live successfully in all aspects of life by accepting the ethical virtues and making the spiritual choices that keep life satisfying in places where we are, trusted, supported and loved by good people.

FULFILLMENT = f (Objective Existential Psychology x Subjective Meta-physical Philosophy)

The potent Logotherapy concepts that lead perceptive women and men to satisfaction and significance through increasing knowledge and wisdom -- with a purposefulness and generosity that nurtures their souls, were elaborated on by the existential scholars with whom we have studied personally or through their books. Of course, it remained for Viktor Frankl, the brilliant successor to Sigmund Freud and Alfred Adler, to move beyond psychiatric traditions to systematize this most potent approach to consistent fulfillment. Viktor combined lifestyle *existential knowledge* with *metaphysical wisdom* into the unified psychospiritual whole that can help keep human lives satisfying. He soon discovered that after we consistently meet our often clamoring physical needs such as desiring water, food, sleep and love; after a society becomes affluent and comfortable, we absolutely must open legitimate sources of meaning usually with other men and women -- or become frustrated and aggressive or apathetic. For, as we have said -- while Freud considered winning *pleasure* and avoiding *pain* to be the strongest human motive and Adler assumed that winning *power* and *potency* was crucial, Frankl went on to teach that a consistent sense of *purpose* is most crucial to living successfully. Of course, as we have written above -- we have added to Logotherapy the equally important need for sound relationships and places in which we *belong* among the people with whom we share love, security, labor and support.

We are convinced that Frankl's wide-spread existential constructs worked as leaven in American society two generations ago -- finding its way into the hearts and minds of the *Greatest Generation* which through its organized labor union protection, hard and smart work and deep patriotism created the great American middle class that made our lives so very affluent for our entire lifetimes. This creative society also made possible the public education, gender and civil rights movement from which two more generations have now benefited. Social Security and Medicare for the elderly and the winning of medical care for the entire nation

were funded despite the ruthless attempts of some powerful and well organized users and abusers to strangle all of them at birth. Who are still determined to stamp them out in order to increase their own wealth and power, although they usually rationalize them to protect their wounded egos. This extraordinary American prosperity, which we believe was at least partially the result of so many souls who empowered their lives with Logotherapy values and choices whether they recognized them as such or not -- lasted from the nineteen forties to the late eighties when they began to crumble under the onslaught of users and abusers and their minions in Congress.

Many thoughtful persons do well for themselves by applying psychospiritual concepts. Crazy AJ Johnson was considered by many sports writers and coaches to be the best defensive back in the National Football League at the time. His game was so intense and fierce that despite being rather small for a professional, A J was an impact player who could win a game on a single play with a timely interception. When a Vikings running back was being chided for letting AJ ruin his game one Sunday, he shrugged wryly and said:

I know Crazy AJ isn't very big but it's really awkward trying to run with his hundred-seventy pounds wrapped around your head!

Although a fearless and fearsome competitor on the field; and given to outlandish stories and quips that kept him prominent in the media – AJ took the big money but chose wisely for life after football. When the boys went out boozing and picking up girls, the man came home to his wife, the kids and his textbooks. He remained committed to his church and served in several community activities. He completed his MA degree and about the time he could no longer play pro ball, he successfully defended his PhD dissertation to his graduate committee. Without missing a beat, wild and crazy AJ the roughneck hero, became the much respected Doctor Johnson who serves quite well in a great university with young people coming out of the ghetto he escaped by harnessing first his physical and then his mental powers along lines of excellence. AJ is still pedaling along while others have coasted to a stop so far as a meaningful life goes. And you must do the same when you choose consistent satisfaction for yourself, your family, your company and your community. Obviously, we believe that the psychospiritual elements of Logotherapy can help you do that in order to empower your life.

SELF FOCUS 5

WHAT COULD YOU LEARN ABOUT LIFE AND LEADERSHIP FROM AJ?

Our ancient ancestors discovered this for themselves long ago. Elders and mystics were prompted by their increasing intellect to sit around the campfires at night, trying to discern the meaning of life, the nature of the starry sky, the sun and the moon; the always changing weather -- as well as trying to understand the purpose of their own suffering and joy. Of course, we still ponder the meaning of life but as time passed, our ancestors used their increasing knowledge, logic and wisdom to comfort themselves emotionally and spiritually in the primeval darkness of the night despite the great hungry beasts, prowling and snuffling just beyond the flickering firelight.

In time, we became the spiritual species, the religious mammals who apparently cannot live well without internalizing spiritual values and responsible choices into our lives. We really do need faith, hope and love to live well, as Jesus understood two thousand years ago in Galilee. Every one of us has a deep mystical element to his or her soul that leads to beauty in the arts, in love, in child rearing and often in service to others through worship that encompasses our awe of life itself. If we strangle, squelch or neglect this aspect of the good life, we come close to committing spiritual suicide.

There really do come times when we must do something good and decent for others -- simply for the health of our souls.

Most of us find some way of paying our dues to society for the privilege of being human through our contributions to society. Because virtually all men and women need to believe their lives are important, that our relationships, careers or charities count for something significant to humanity, we often have trouble finding satisfaction in routine, often mind boggling tasks and ever shifting relationships of

a routine, mass produced society. Our human need for meaning has made it difficult to live satisfying and fulfilling lives with sources of consistent satisfaction unless we find places of the heart where we belong with people who love and support one another permanently.

A psychospiritual lifestyle will create a consistent source of meaning for an intelligent and competent person when we mature beyond the trivial and self-defeating aspects of life.

According to physicists and cosmologists such as Albert Einstein and Niels Bohr, followed by Stephen Hawkin and Charles Guth, the Cosmos itself at its ultimate level of $E=mc^2$, appears to be a deeply mystical or metaphysical entity that transcends its physical nature in a virtually spiritual manner. The old billiard ball approach of Newtonian physics is as out-dated as bleeding an ill patient who needs a blood transfusion! Beginning with quantum mechanics and continuing to chaos and string theory -- contemporary physics reveals that everything exists as forms of frozen energy, much like excruciatingly minute solar systems of raw energy whirling madly in their orbits. Rather than matter existing as if minute marbles, the Cosmos itself seems to exist as the Seminal Spirit's vast existential vision of what was and is and is yet to come. We have said that to say the following:

We humans really are the children of the stars, by-products of cosmic alchemy, whose very bodies, minds and spirits are literally the transitory products of transmuted star dust. We are literally nothing more than those miniscule systems held together by potent forces that can be called continuous creation. Then, in some mysterious manner we the authors certainly cannot explain, our homosapien species during our racial development, internalized this deep spirituality of the Cosmos from which we emerged. Therefore, given our spiritual or philosophical needs, men and women can no more live consistently meaningful and fulfilling lives with secular attitudes and activities alone than they could remain healthy on a vitamin-deficient diet of hard tack and salt pork.

No one can doubt that this era is one of incessant, even kaleidoscopic change, with scenes that shift as fast as images within the childhood toy. We face changes that lead to considerable frustration because so many persons are unable to adapt comfortably as life swirls around us. Then, because we have created a secular society in which the grasping of possessions, power, prestige and pleasure is much more important than generosity, graciousness and tolerance of others, multitudes

slide into *psychospiritual bankruptcy* or *civilization's discontents*. Life can become much more satisfying as worn down old instincts, traditions and ideologies crumble away to free many people trying to live well with new attitudes in circumstances they understand and enjoy.



CHAPTER TWO

CHANGE AND COMPLEXITY

*I am too many selves to love well.
In too selfish a community was I bred.
Child of too many cities that have gone
Down wicked crossroads of evil schemes,
And at too many altars bowed my head
To light holy fires to worship false gods.*

(With an apology to Eunice Tietgens)

* * *

In the previous unit, we described some of the lifestyle challenges faced by men and women even as they succeed in life and career. We can grow dissatisfied with life despite our financial affluence. Of course -- this frustration isn't mental illness. *Existential frustration* or *spiritual bankruptcy* is quite different from psychosis or neuroticism, although some perceptive mental health workers are calling these frustrations the mass spiritual neurosis of our era. This attitude is existential in nature, largely coming from the secular lifestyle we now follow, and the changes with which we must cope -- which account for much of the unhappiness so many persons endure.

This spiritual illness has reached epidemic proportions although very few of the many physicians and psychologists trained in nihilistic, pragmatic concepts understand much of it. Perhaps you also wonder why with all you've experienced and acquired, you don't feel better about life and your place in it or wonder why your children, relatives and co-workers are having so much trouble finding the satisfaction needed to keep from making self-defeating choices.

College graduates begin as receptionists and clerks in fast food shops. PhD's drive cabs to keep body and soul together. After dark, many American cities rattle like Beirut with gunfire as street gangs' battle for turf and some reek like Calcutta as infrastructure services fail. Fraud is still rampant in the home mortgage, loan and securities industries and now, it's become common for companies to ruthlessly loot employees retirement funds. Millions of employees burn out emotionally while doing jobs they detest for neurotic managers who hate the employees in

dysfunctional companies. If we are fortunate enough to have any kind of job. Employers flog the fearful survivors to complete impossible tasks. Vacations and medical benefits vanish and the middle class is collapsing as the industrial lifestyle comes to an end and capitalism has gone rampantly *laissez faire*. In another decade or so a hundred million more Americans will labor at poor paying service sector jobs, while no more than ten million will work at affluent production jobs. After all, when was the last time you met anyone who actually makes a product to sell to someone?

In other words, America's *new world order* of the neo-cons that was supposed to follow the collapse of international Communism has become a global nervous breakdown and few ordinary citizens understand the nature of our problems. You and your family or workers need to understand that we of the United States shall never find lasting cultural satisfaction until we accept the Federal Government as the only possible manager of our collective interests as a nation and as a people. Even George Washington spelled this out for us.

We are either a united people or we are not. If we are, in all matters of general concern let us act as a nation. If we are not, let us no longer act a farce by pretending it.

To slow our swift plunge into national disaster, we must –

- **Regulate the destructive greed of global financial systems;**
- **Replace the health care for profit motive with a single system;**
- **Quickly clean up an increasingly polluted earth, sea and sky;**
- **Replace ignorant school boards with professional educators;**
- **Stop being manipulated by dishonest hate radio propagandists.**

In other words –

We humans who developed this complex and challenging lifestyle from a primitive and static world in which changes came slowly, have used our creativity to develop a hectic existence in which change confuses and conflicts us. We also accepted the selfish philosophy of nihilism because it justifies the narcissism and brutality inherent in a depersonalized, laissez faire society that measures human worth in financial terms almost exclusively. We must accept our spirituality and nurture it with knowledge and wisdom.

SELF FOCUS 6

HOW CAN YOU HELP OVERCOME THE FRUSTRATIONS OF LIFE BROUGHT ABOUT BY THE FAILURE TO INCLUDE SPIRITUALITY IN OUR NATIONAL AGENDA?

Every generation probably feels unique, as if it is standing at some tragic cross-roads of history when coping with life's recurring problems. The Roman elite mourned the loss of their power, pleasure, prestige and possessions when barbarians came out of Europe and their slaves joined the invaders. One English philosopher wrote in the heady days of Victoria's Second Empire that all was turning sour, that the vital center of society was coming apart. Actually, it was just the beginning of a great period of prosperity and growth that lasted until squandered on weapons during the World Wars. Nevertheless, in a very painful sense the contradictions and challenges of becoming what psychologist Carl Rogers called a *real-person* or a consistently maturing individual, are sharply intensified as change accentuates our nihilistic choices. Humans too quickly become violent and cruel, indifferent and selfish when their privileges and possessions are threatened.

Freud called this tendency the Id and wrote about a human death-wish while the Great War was raging. Contemporary writers use terms like *homosapien rage* and call humankind the angry ape, the clever, murderous hominid who abuses his own people for personal gain rather than maintaining mutually beneficial relationships that would serve humankind far better. This is why we have always turned to religious beliefs and practices in our perpetual attempt to become more civilized. As one great old Black American spiritual says, this is indeed a hard world in which to live all by yourself, trying to get along without the assurance that good people are supporting you. And yet, it is within these often cruel and self-defeating circumstances we must seek personal, family, and organizational satisfaction.

*Nobody knows the trouble I see,
Nobody knows but Jesus!
Nobody knows the chores I've done,
Nobody cares but Jesus.*

Obviously, this lament from the dark and dreary centuries of slavery reflected the atheist's enigma that we reported above.

ABOUT RECOVERY -- Obviously, we wouldn't be writing a Logotherapy primer unless we believed that as individuals and organizations we could find our way out of the spiritual, social, financial and political problems America faces. We see what is happening as a set-back in the American saga -- as a set of social and spiritual ills that can be healed - providing we focus all our powers toward greatness individually and collectively. In the first place, we have to ask something vital along with Professor Jay Forrester who at Massachusetts Institute of Technology developed the first truly high speed computer that made the information age what it is today. After literally changing the world, Forrester wanted to know why we must compete with the Europeans and Asians? Why are they relevant? Why aren't we boldly putting our own house in order to save our standard of living? He also said -- Our future does not depend on selling the Japanese and Chinese things they don't want but on developing and producing goods that Americans want. Focusing on the Europeans started our thinking off the wrong way.

We can begin as we --

RESHAPE OUR FESTERING SOCIAL, EDUCATIONAL AND ECONOMIC PROBLEMS SO ALL CITIZENS CAN PARTICIPATE IN A BETTER FUTURE.

END THE DISTORTION OF OUR DEMOCRATIC SYSTEM CAUSED BY THE SEDUCTION OF POLITICIANS BY VESTED INTEREST GROUPS.

IMPROVE GOVERNMENTAL EFFICIENCY AND EFFECTIVENESS IN THE VITAL CORE AREAS OF EDUCATION, HEALTH CARE, FINANCIAL REGULATION AND POLLUTION.

SELF FOCUS 7

ARE WE TOO HARD ON POLITICIANS AND THE GREEDY WHO CORRUPT THEM OR SHOULD MOST OF THE BLAME FALL ON US WHO FOR ONE REASON OR ANOTHER ALLOW THEM TO GET AWAY WITH THE DISRUPTION OF OUR COUNTRY?

BEYOND HAPPINESS – Considering the nature of the era in which we find ourselves, the fact that we are finite beings in an imperfect world, means that seeking happiness *per se* is a mistake that can lead to serious consequences. In an early seminar, a young woman made the classic mistake of so many people. Carla said:

All I want from life is to be happy each and every day that I live.

When she said that, a collective sigh went up from the older, more experienced men and women in the group. We had long ago learned by experience that hers is an impossible dream. Life shall surely disappoint Carla until she learns how to find sources of meaning and places in which to belong rather than seeking happiness *per se*. Common sense tells us about days of toil and only hours of ease as a point of beginning. One ancient philosopher observed that humankind is born into trouble as surely as the sparks of his campfire flew upward. We cannot see that life has changed much in that aspect of fulfillment even in an affluent civilization. A failure to understand that happiness is a temporary and transient emotion drives many women and men into terribly self-defeating expectations, activities and relationships. We can't believe that happiness is some God-given right without crippling our search for satisfaction when something goes wrong as it surely shall.

We personally found very little of value in the talk of a happy-talk guru with whom Jard shared a program in Pittsburgh some years ago. Jard cringed as the man told the audience of several thousand persons they'd always be happy if they followed his simplistic concepts and methods. He said we should accept only the pleasurable of life, should hold only positive attitudes and turn all of life's lemons into lemonade until things worked out for ourselves. Unfortunately, we could not fit his little *be-nice-ethic* into our deep and dark existential pain, for we were

suffering through the worst years of our lives. Then, when Jard asked the man how he dealt with the pain, rage, guilt and death that is inevitable to existence, he shrugged and quipped:

I just ignore all of the unpleasant stuff – let it run off like water from a duck’s back.

We could only assume he was an idiot or a fraud or both, for over the previous few years Jard's mother and father and Roberta's parents and several beloved aunts and uncles on both sides of the family had grown ill, weakened and died. Our oldest son and his wife experienced a horrible motorcycle crash and Dee, our only daughter, developed an illness that threatened her life. Roberta's teaching job ended and Jard lost a considerable sum of money in an ill conceived publishing venture. Life wasn't punishing us because we were evil or too materialistic but we could not stand by that succession of hospital beds and open graves and let the pain run off without becoming cold, heartless psychopaths. Ignore our parents' deaths? How absurd! Every psychotherapist, even a rookie in his or her first clinic knows that the repression of unpleasant facts, the squeezing of suffering and guilt into the unconscious recesses of the mind, sets the stage for disaster. Such repression keeps popping out as little green blotches, as nasty itches polite people don't scratch in public or as strange yearnings that destroy marriages, careers and lives.

We weren't happy very often through those terrible years but we did maintain a sense of meaning and belonging. We remained faithful children to our parents, spouses to each other, parents to our children and grandparents to our children's kids. We drew closer to the church and our friends than we had been in years, wrote and published several books and seminars and soldiered bravely along while doing the best we could to help the old folks die with courage and dignity. In other words, we went on living with a modicum of faith, hope and love, while staying in the circle of supportive persons where we belong.

You must also understand what we mean by using the term meaning or finding meaning.

There is no one great meaning of life that fits each and every person as if written in great letters of fire across the heavens. Humans are too complex for that and life is far too changeable. We can no more find meaning than we can find

happiness simply by demanding it. Just as we must have legitimate reasons for life to be filled with joy and satisfaction, so we also must have sound reasons for life to be filled with personal meaning in places where we belong with good men and women. And what may be satisfying to one person can be meaningless to another, according to the values, attitudes, expectations, beliefs and choices each person experiences.

SELF FOCUS 8

WHY CAN IT BE DISASTROUS TO SEEK HAPPINESS PER SE RATHER THAN SEEKING A SENSE OF PURPOSE AND OF BELONGING?

RECALL A TIME WHEN SOMETHING YOU THOUGHT WAS IMPORTANT AND MEANINGFUL TO YOU WAS INCONSEQUENTIAL TO SOMEONE YOU CARED ABOUT. HOW DID YOU RESOLVE THE ISSUE?

PROJECT ONE - PERSONAL FULFILLMENT ASSESSMENT

READ EACH OF THE FOLLOWING STATEMENTS AND THEN CIRCLE THE NUMBER THAT MOST ACCURATELY DESCRIBES YOUR FEELINGS ABOUT IT.

- | SELDOM | SOMETIMES | OFTEN |
|---|-----------|-----------------|
| 1. I am satisfied with the way my life has a sense of purpose to it. | | |
| 1 | 2 | 3 4 5 |
| 2. I have reasons to be enthusiastic about life and my place in it. | | |
| 1 | 2 | 3 4 5 |
| 3. I study to learn better ways of achieving the good things I should be doing. | | |
| 1 | 2 | 3 4 5 |
| 4. My life is free of trivial activities and shallow relationships. | | |
| 1 | 2 | 3 4 5 |
| 5. I plan my activities with positive attitudes and high expectations. | | |
| 1 | 2 | 3 4 5 |
| 6. My life follows my master plan for living wisely and well. | | |
| 1 | 2 | 3 4 5 |
| 7. My work seems a mission I should successfully complete. | | |
| 1 | 2 | 3 4 5 |
| 8. I work at meaningful avocations in order to help other people. | | |
| 1 | 2 | 3 4 5 |
| 9. I have satisfying relationships with both men and women. | | |
| 1 | 2 | 3 4 5 |
| 10. I act on the fact that I have the freedom to mature spiritually. | | |
| 1 | 2 | 3 4 5 |

Add your score and enter it here. MEANING _____

CONTINUE WITH THE STATEMENTS BELOW.

- | SELDOM | SOMETIME | OFTEN |
|--|----------|-----------------|
| 1. I experience a sense of awe about life. | | |
| 1 | 2 | 3 4 5 |
| 2. I feel compassion for people in trouble. | | |
| 1 | 2 | 3 4 5 |
| 3. The women and men with whom I work contribute to my life. | | |
| 1 | 2 | 3 4 5 |
| 4. When my family, company or community has trouble. I help out. | | |
| 1 | 2 | 3 4 5 |
| 5. After a long trip, I enjoy returning to familiar surroundings. | | |
| 1 | 2 | 3 4 5 |
| 6. I participate in sports and entertainments appropriate to my age and shape. | | |
| 1 | 2 | 3 4 5 |
| 7. I spend time with friends and relatives I love. | | |
| 1 | 2 | 3 4 5 |

8. I vote and/or work for political candidates I trust.
1 2 3 4 5
9. I expect people to be ethical and honest when I deal with them.
1 2 3 4 5
10. I try to make the world a better place in which to live.
1 2 3 4 5

Add your score and enter it here . **BELONGING** _____

To plot your score, mark the *MEANING* score at the corresponding height on the vertical scale and the *BELONGING* score at the corresponding distance from the left on the horizontal scale. Then, extend both lines into the square to the point where they cross. Mark that spot for it will reveal the level of your satisfaction compared to the men and women who have used this scale in past fulfillment programs. The sample below reveals that this person scored 30 points vertically and horizontally to register average satisfaction.

SATISFACTION SCALE

M 50 (high)

E

A

N 30 (medium)

I

N

G 10 (low) 30 (med.) 50 (high)

B E L O N G I N G

Copy or print the quiz for your personal use.

A BETTER WAY – Some years ago, the chief executive of huge International Business Machines (IBM) wasn't billed as a philosopher when he spoke at a California Club Luncheon in San Francisco. CEO John Akers arrived with a grand entourage no scholar has ever commanded. He came with limousines and bright young assistants and the Club chairman couldn't do enough to please him. John Akers spoke in a terse, no-nonsense style that reflected his ability and decisiveness as a world-class business leader for decades. He spoke about American prosperity in the hundred year trade war we are now losing with commercial adversaries around the world because we stopped making money by earning it. Specifically, he presented his views about improving public education across America if the nation is to compete successfully in the great commercial conflict of the 21st century. He spoke well, being too wise to repeat the nonsense taught by two reactionary Secretaries of Education as they schemed to destroy public education through a voucher system. Both men believed, we're convinced - or more likely pretended to believe - that America's educational problems would be solved by setting the schools at each other's throats in grim competition for the best students. IBM Chairman Akers went on to say:

Even as good Irish Catholic, I do not believe that religion is the business of business or of our public schools. I accept the separation of church and state. and yet, I can't help but believe that America - indeed the entire industrial world - needs an awakening of spirituality that leads us to earn our way with better goods and services rather than trying to make off with something for nothing. We need a better way.

John Akers was right, of course. Unless you plan on living by the law of fang and claw - possibly becoming a freelance bank robber or a drug dealer down by the elementary school, you shall have to develop a spiritual lifestyle that lifts you and your family out of the nihilism and secular pragmatism that cripples so many persons in our kind of society. A satisfying life must be filled with sound *quid-pro-quo*s that some call *I Win -- You Win* attitudes, activities and relationships. Civilization is much too complex to find satisfaction through unexamined physical instincts, psychological traditions and philosophical ideologies. You cannot grab what you want and run snarling to the back of the cave although many still try to succeed that way. Narcissism will cause resentment and resistance to your plans in every kind of organization from your family and company to your church and community. There really is a John Akers' better way to live and work in our search for fulfillment and it is far more than a Rotary Club cliché.

We profit most – physically, psychologically and philosophically when we serve society the best we can.

SELF FOCUS 9

WHAT DO YOU UNDERSTAND ABOUT CHAIRMAN AKER'S BETTER WAY THAT COULD CONTRIBUTE TO YOUR SEARCH FOR SATISFACTION?

WHY DO SO MANY PEOPLE ASSUME THAT RUTHLESSNESS IS A SIGN OF STRENGTH WHEN IT IS REALLY A TRAGIC WEAKNESS IN ALL KINDS OF ORGANIZATIONS?

THE SEA CHANGE – For eons, life was much like the scene in Michener's novel *THE SOURCE*, in which the Cro-Magnon early homosapien family in Israel turned to agriculture to supplement the food supply. The water of the spring from which the book took its name flowed cool and clear even during periods of drought so they settled there. The family soon hunted clean the surrounding countryside and was forced to climb higher and higher into the hills for game. This bothered the woman since her husband was getting along in years, he must have been thirty-five at least, and she noticed him breathing hard after chasing an antelope uphill for several hours. In an attempt to help him and to feed the family should he die before the children were grown, she planted grain she'd gathered from the wild in the rich soil around the stream. It was a great technological breakthrough - she succeeded beyond her wildest dreams. The grain plants grew quickly so the family tended them, shooing away birds and rabbits and weeding the garden. They sweated out a hailstorm and felt thankful when the crop was spared. Michener is so good at writing scenes with which we can identify! Actually, the amazing fact isn't that we are different from our ancestors but so much like them in our crucial traits.

Civilization has moved on -- technology has grown in great leaps and bounds with the greatest advances being the use of fossil fuels and women's ability to plan their lives by limiting the number of children the parents must support, but in the deepest interpersonal aspects of our lives, little has changed. We still experience the love and hate, the greed and generosity, the war and peace that the Biblical stories and Greek theater tells so well. And that causes the problem we mentioned earlier. After eons of a static existence, our instincts tell us that life should remain as things were when we were growing up. Worse, we resist changes that cannot be stopped -- clinging to the familiar until we are steamrolled by powerful forces rather than resolving them. We feel that something is wrong, that we've blundered, that life is punishing us as individuals, companies and communities because something important has changed and another group of people is enjoying success while we are not. As we've said all along, life no longer feels comfortable to a great many men and women.

Climbing a great black mountain of human ignorance and superstition was fraught with danger and our ancestors suffered many setbacks as they struggled for knowledge and wisdom. Very slowly and with great difficulty, they acquired the hard facts about life and matter needed to prosper. No more than two hundred

years ago they created the first really affluent civilization by harnessing fossil fuels - coal first and then petroleum - until the industrial world was up and running although never have all of our people benefited from it. During that time of increasing technology, wisdom about the human condition was harder to come by even as we changed our world forever.

Unfortunately, being able to build something new and useful doesn't mean we shall use it wisely. The Wright brothers, for example, believed that their flying machines would make war so terrible that nations would stop fighting. You know how well that worked out! In the book *KILLER ANGELS* from which the movie *GETTYSBURG* was filmed, Confederate general James Longstreet tells his brigade commanders that rather than fighting to win a war in one day, as Wellington did at Waterloo, nations would gear up and fight until one or the other was exhausted. He didn't use the word *technology* but that was what he meant. No one understood him then but he saw the future with great clarity as we discovered tragically in the World Wars that followed.

The people who ruled governments, industries and universities through the swift century or two of change that is the Great Transition, from about 1840 to the present, discovered a small colony of philosophers and theologians awaiting them atop the great black mountain of ignorance. The scholars had dwelt there for centuries with an important message for humankind. The message is basically a spiritual one.

Men and women who live with the ethical virtues, positive attitudes, high expectations, mature beliefs and the responsible choices of a psychospiritually sound lifestyle, can prosper quite well without being dominated by narcissistic politicians, priests or plutocrats.

The original American experiment in self-government by men like Madison, Jefferson, Adams and Franklin, was a practical utilization of this philosophical message. Russian and Ukrainian commissars such as Gorbachev and his successors; Chinese communist central planners, Central American tyrants -- along with Japanese and German executives and industrialists, had finally discovered that authoritarian governments, dictatorial businesses, heavily centralized religious denominations and bureaucratic schools eventually falter. They cannot compete over the long run with those that build on the normal human desire to plan for success, to live freely and to make things a little better for ourselves and the kids.

We see that freedom to choose and achieve as the old book *THE MAINSPRING OF HUMAN PROGRESS* reported -- with any restriction of honestly applied freedom as a betrayal of humankind. Of course, we understand several crucial aspects about the relationship between independence and the need to belong.

We admit we accept taxes somewhat cheerfully because they are the price every society pays for the advantages of civilization. We really want our streets to be repaired, the fire department to protect our home and for federal, state and local governments to assist hungry infants, disabled sufferers and homeless persons who have not mastered the complexities of a ruthless global capitalism. Social Security pensions and nation-wide health care, guaranteed by every industrial nation in Europe, are absolutely necessary in our post agrarian civilization. We believe in giving to Caesar that which belongs to Caesar, and to God and to people that which belongs to women and men. To regress to a rural, agricultural or agrarian society of primitive, self-contained communities is manifestly impossible. To cut governmental services in a ruthless, predatory scheme, as some lobby Congress incessantly to do, would turn our cities into a hundred crumbling Calcuttas. Some are already almost that bad. But when we were forced to abandon our rural past for an industrial society, we entered into a crucial although unspoken cultural contract to continue caring for the lame, the poor and the blind of society who cannot compete.

The agricultural world can never be reclaimed and everyone except abusers with selfish agendas, realize that we must improve the future or perish as a successful nation. We have not yet arrived where we should be although every speech a politician makes serves up the old clichés once more. This is the *ultimate lie* about our attitudes and activities toward other persons that we do not trust or respect.

We are a gentle, peace-loving nation that would forever live at peace with our neighbors except for the dastardly Vietnamese, Panamanians, Salvadorans or Somalis who must be punished because they want the rights given to us by god.

We are the good guys which is why we spend more on strategic weapons to keep world peace than the rest of the world combined.

May our god bless and protect the good and great American (or French, Russian, German and Japanese) people who are gracious and generous to everyone.

This major self-deception, rolls off the human tongue with little or no effort or restraint. Of course, even as every American is prone to believe his or her own automatic denial of evil or greed, so does every Frenchman, German, Britain, Russian, Iranian and any other ethnic group. Of course, as we have said all along, we humans are complex *creature-selves*, with good intentions from hearts of gold at times and with feet of clay at others. We do combine good and bad in our attitudes and activities according to the degree of threat we perceive looming over us.

SELF FOCUS 10

TELL OF A TIME YOU HEARD THE ULTIMATE LIE BEING USED --

BY AN ADVERSARY
BY A COLLEAGUE
BY YOURSELF

ANTICIPATING CHANGE -- Roberta tells of Dorothy Hamil who won the women's gold medal for figure skating during one of the Winter Olympics. It was a magnificent accomplishment for a twenty year old girl but Roberta doesn't think Dorothy had spent one day planning what she would do should she win her heart's desire. No sooner did she come home than a hoard of leeches pounced on her, taking advantage of her innocence to use and abuse her for their own financial benefit. They confused Dorothy and brought such emotional conflict she went into an emotional state that complicated her life. She eventually skated again in her own ice show, having matured as an entertainer but it took almost ten years to cope with the major changes a gold medal brought her. Of course, she isn't alone. Not a year goes by that famous young athletes and actors don't ruin their prospects through the use of drugs and the abuse of other people. Too much change that comes too fast is always a problem.

Because humans were so long in developing our civilizations and their traditions, our emotions still far more primitive than our intelligence and logic. It seems entirely likely that our fear and resistance to change is carried in our very genes. In any case, change came very slowly to our ancestors. We suspect that President William Howard Taft from the late 1800s would have felt more at home in ancient Rome or Greece than he would in contemporary America. There have been more changes in society from 1890 to 1920 when our grandfathers were born than from 200 BC to 1900. And the tempo of change continues to increase. Life seems to be turning upside down and that's very frustrating. Who would have believed at the end of World War II that skinny little Vietnamese riflemen, would maul United States Marines severely enough to lose America the Indochina War? Or that a rag-tag bunch of Islamic fundamentalists could hold American diplomats captive for years and then force another president of the United States to wreck our economic health with massive debts while crippling the American Bill of Rights?

We all resist change unless we win some immediate benefit and yet, it keeps sweeping over us despite our crying out -- *Stop the world - I want to get off!* No sooner, do we win a bit of physical and psychological comfort than our key activities and relationships shift into a new and challenging mode and we are forced to rethink our values, attitudes and choices. We all too often fear and resist anything that is different from life when we were learning who we were and how we fit into the scheme of things. However simply knowing that change is inevitable and that most people resist adapting does little to move us beyond

useless traditions and crippling ideologies from the past. We need to adapt and make responsible choices as did a friend of Dee's.

Susan Frey was conditioned by her grandparents and parents to think of herself as a broodmare. Susan married young as women of her generation were expected to do, had three children in quick succession and settled in to be a traditional housewife to a bread-winning husband. She and Harold even attended a week long seminar in which a religious educator taught that the father was the family's commanding officer who gave the orders, the mother was the company adjutant who stayed home and carried them out and the children were troopers who saluted and did as they were told. Unfortunately, that simplistic approach was disastrous. Sue grew weary of doing all the scut work and Harold became tired of being responsible for everything else. He fled the family, leaving Susan with no money, no job skills and no security, in other words, one of the 20th century's major problems, an irresponsible husband and father living in a self-defeating patriarchal model of marriage, came crashing through her life. It became worse. When she turned to her family and her church congregation for support, both failed her badly.

Her parents, especially her mother, blamed her for Harold's desertion. Had Susan, her mother insisted, been a good enough wife her husband would have stayed home as Susan's father did when they'd faced problems years earlier. They offered largely criticism as their daughter struggled to survive. Her pastor, who'd brought into the community the military style family seminar leader, took Susan to task even more severely. He preached sermons that one Sunday condemned working mothers who sent their children to day-care centers and the next Sunday blasted lazy welfare women who failed to teach their kids the values inherent in standing on their own two feet. It was a catch twenty-two approach used by a reactionary man who hid behind a pulpit and chose out of context scriptures through which to make his neurotic, anti-women attacks.

A social worker finally rescued Susan by helping her find work, child care and to enter a nursing program. Being a single parent and a working mother was the hardest thing Susan ever did, but she continued maturing until she became an outstanding nurse. She joined a religious community that supported her rather than railing at single mothers who didn't live in the traditional manner with a husband -- with any man who'd have her, even if he crippled her in a drunken rage or brought herpes or AIDS home. In one of our seminars, Susan said:

Not only do most men refuse a ready-made family, I wasn't eager to marry some bozo who'd give me more kids before running off as Harold did. I've had fine relationships - I'm in a loving and supportive one now - with a good guy I respect. Perhaps we'll marry and perhaps we won't. Once I learned how to change my world, how to stand on my own feet with a good job, life became satisfying for me and my children.

By maturing steadily, by coping with change rather than freezing in the past, Susan developed the knowledge and wisdom needed to reject the naive advice given by her parents and pastor who did not understand life as it has become. Sue eventually became a fully functional person rather than clinging as a subordinate, second class wife to an immature man. She matured through persistence and hard work and is now the resident nurse in a good manufacturing firm. And so must we all mature when we set out to change our world -- when we seek a better, more meaningful life.

Remember - while you, Jard, Roberta, Dee and Susan are asking what the meaning of life is -- life is consistently asking us what meaning we are creating for ourselves by managing change wisely. Life demands that we make our attitudes, activities and relationships personally purposeful within our families, companies and communities, in the schools, hospitals and governmental agencies in which we serve humankind. Life challenges us to mature spiritually, to focus all our powers along lines of excellence, to become fully human rather than remaining unhouse-broken barbarians who use and abuse other persons. Successful lives must be connected physically, psychologically and philosophically to individuals and organizations that are actively searching for fulfillment along avenues of achievement rather than simply accepting some decaying status quo.

SELF FOCUS 11

WHY DO INDIVIDUALS AND ESPECIALLY ORGANIZATIONS CONSISTENTLY RESIST CHANGE EVEN WHEN MAINTAINING THE STATUS QUO IS HARMFUL?

WHAT HAVE YOU SEEN OCCURRING WHEN PEOPLE ARE UNPREPARED FOR CHANGE BECAUSE THEY'D ASSUMED LIFE WOULD REMAIN STATIC?

HOW FAR SHOULD SOMEONE LIKE SUSAN GO IN REJECTING THE ADVICE OF PEOPLE WHO HAVE NO REAL STAKE IN HER GAME?

CHAPTER THREE

LIFE AND CHANGE

We must understand the reality of life now, with communism dead and industrial societies automating to eliminate the wages of production for the multitudes. Civilization needs restructuring or the United States shall develop so many vested interests among the different regions that we shall tear ourselves apart into six or eight Balkanized nations. We cannot continue as we have and we must ask why so many politicians move toward an even greater nationwide disaster in the name of patriotism.

* * *

Emiliano Lamon, a cynical California hate radio host on the KFI station, became so frustrated by life's complexities that he called for the execution of Los Angeles homeless people. Lamon repeatedly asked –

Why shouldn't we put the homeless to sleep? I say why not, for anyone who cannot survive on his or her own.

Lamon attacked viciously the few callers who challenged him -- demanding they offer him a better solution to the growing numbers of persons being squeezed out of the middle class into poverty because of computerization and the exportation of jobs overseas. Station KFI isn't out on the lunatic fringe but solidly middle class and mainstream so many more rational listeners became confused and anxious by the murderous message. It was obvious that Lamon wasn't merely being outrageous to become popular among the alienated and enraged young men who typically make up the hate radio audience - he was already an angry host with a large following.

Lamon's use of the word *solution* had an ominous sound to it – to those of us who remembered Nazi Germany's *final solution* for their perceived problem of too many Jews in Europe. Lamon didn't say whether he favored poisoning, gassing or shooting the poor of Los Angeles but obviously this could become a growth industry with communities like Barstow, Needles and Victorville out in the desert -- erecting ovens, railway facilities, soap cookers, mattress factories and fertilizer plants so the fat, hair and bones of those *processed* people could add to the gross national product rather than being wasted. When one caller said *Sieg heil – let's start building the ovens*, Lamon responded, *Mach schnell* (immediately).

It is awful that a call for mass extermination could be discussed openly without shame and without challenge by main stream newspapers and television stations, or condemned by priests and preachers through the Los Angeles area. We must assume that the stockholders of the station and many if not most persons in the state that voted to punish working minorities by withholding public services, accepted Lamon's murderous solution to mounting poverty in America. Right wing users and abusers always find ways to blame their victims for their misfortune, especially when clever cabals of reactionary politicians, fundamental preachers and ideological plutocrats make common cause to rip what they want from society while persuading the naïve public to remain subservient to them. It cannot be doubted that women and men who envision death camps in their minds would build them of concrete and steel if given the opportunity.

It does no good to tell the frightened and enraged people who agree with Lamon that they are *psychospiritually bankrupt*. During the loss of job security and the demise of the middle class, where working people are but two paychecks away from homelessness themselves, multitudes are fearful. And few of the extremists who are looking for a miracle to restore the good old days of the post World War II boom of their parents and grandparents -- connect the galloping increase of the poverty they dread with the deliberate exportation of trillions of dollars overseas by their political and financial masters. Many dread the street as their next address as bankruptcies and home foreclosures multiply. Unrelieved frustration and fear almost always leads to *aggression* or to *apathy* so multitudes attack others or find hope when a lunatic like Hitler or Stalin -- and we are convinced Emiliano Lamon, Rush Limbaugh and even Dick Cheney, bring simple, neat and violent solutions for a stumbling society. They are defending themselves psychologically and philosophically against a painful future that stalks many, by hating and scheming to get rid of those even worse off who are already trapped in poverty.

This horror that Lamon advocates is one of those simple, neat and wrong solutions to complex problems that appeals to frustrated and alienated persons. And the complacent who didn't protest - who didn't fight against such malevolence - will congratulate themselves that the poverty problem seems to be resolving itself. There are now fewer worthless bums and hopeless children on the streets.

We are not advocating another revolution but that you and the people for whom you are responsible understand why life has become so much more difficult when every economist from Greenspan to local professors were praising the housing scam as the greatest financial blessing since the saving and loan boom of the early eighties. Neither are we condemning honest business men and women who labor long and hard to win legitimate customers and earn enough to make a payroll and a decent profit.

We also realize that by moving into a community, joining an association or accepting a job in a company, we tacitly agree to abide by certain sound group expectations. We understand that all the rowers in the boat need to pull in the same direction, although those with hidden agendas won't. We also expect the person setting the stroke to distribute the responsibilities and rewards fairly to the members of the crew, although many with vested interests don't. And on those occasions when one of us lost interest in going along with the group, we soon bailed out and built a boat of our own to paddle toward the destination we'd chosen. Surely, this is what Lee Iacocca did when he left Ford Motor Company to lead Chrysler through some very difficult times. It certainly is what we are doing by offering our *FULFILLMENT* courses to persons and their organizations. More and more people shall have to find their own way as good jobs become harder to find and to keep. When a semiretired friend of ours found a six month temporary job, Dee quipped – *Oh, a long term opportunity!* Donna shrugged and grimaced philosophically. She was pleased for even that much security.

THE WORK ETHIC -- Until the events that Jard A. calls the *Great Transition* occurred with scientific discoveries and technological use of fossil fuels, society functioned around the fact that scarcity and deprivation formed the human norm. God and nature, it appeared to our ancestors, had condemned the multitudes of ordinary souls to labor from dawn to dusk, winning scant relief from deprivation through the sweat of their brows, while a few clever or ruthless persons directed the rough and incessant, back-breaking labor, through which a family, clan or tribe could survive. There was little surplus upon which families could depend. As a result of this division of labor, every successful pre-industrial society developed a work ethic and anyone who didn't labor like a galley slave, did not eat regularly. The law, written by the few powerful barons and enforced by their cruel, well-fed bullies, was harsh. An English farmer, driven from his farm so the landlord could acquire greater wealth raising sheep for wool, would be hanged for snaring a

rabbit to feed his starving family. A rebellious American slave, captured while fleeing to Canada for freedom, would be sent to his owner in chains for brutal punishment. It was the law -- the law as written by elite white men who believed they were protecting public order. Life was indeed nasty, brutish and short as Hobbs wrote. Poor women and men were in too great supply and we always discard and usually despise whatever we have an excess of something. This includes workers who are now being computerized and out-sourced from the middle class. Property was valued more than persons. It still is. To this day, in many jurisdictions, an abuser will get a longer jail term for stealing a woman's car than for beating her half to death and raping her.

Our ram-shackled system of law enforcement and criminal justice failed to reflect our potential affluence in this era of the Great Transition when we can produce far more goods than a collapsing middle class can afford. This occurs because the emotional and legal concepts of scarcity and deprivation, rather than of surplus and affluence have long been frozen in our instincts, traditions and ideologies. Few people realize that:

Hunger, ignorance, disease and violence are not frozen forever in our civilization. They are common in human society today only because we and the politicians we tolerate have horribly abused and mismanaged the earth's resources. Given the science and the technology available now, it is greed, a weakness of political will and a lack of equitable systems which condemns half of the world's people to poverty, disease and early death through deprivation.

On a strictly practical note, the world-wide financial failures of the early 1990s and 2007 were caused by the great excess of money held in the coffers of too few persons along with too much manufacturing and agricultural capacity. So many companies and nations were producing so much produce and products that the world's people didn't have enough money to purchase the glut of goods. It is pure folly to plan on opening more and more new industrial centers in order to create many American jobs. That aspect of commerce is fast slipping away as the world computerizes its farms and factories. Of course, few politicians have yet admitted that people without jobs or earning minimal wages don't buy much of anything beyond basic food and shelter. This is another case of a society supporting vested interests that lead to widespread ruin. And any failure to put human needs first in our plans runs counter to building great civilizations that prosper and survive.

SELF FOCUS 12

HOW HAS THE GREAT TRANSITION FROM SCARCITY TO SURPLUS MADE YOUR LIFE AND CAREER DIFFERENT FROM YOUR PARENTS' OR GRANDPARENTS' TIME?

WHY DOES THE IDEOLOGY OF SCARCITY REMAIN SO STRONG IN AN AGE WHEN TECHNOLOGY MAKES POSSIBLE THE FEEDING AND CLOTHING OF EVERY PERSON ON EARTH?

STEPS TOWARD PUTTING LIFE RIGHT

DEVELOP AND WIDELY UTILIZE THROUGHOUT YOUR FAMILY AND COMMUNITY -- A SOUND PHILOSOPHY OF SERVICE THAT CREATES FIRST CLASS CITIZENSHIP FOR ALL MEMBERS THROUGH AN EQUITABLE SHARING OF PHYSICAL, PSYCHOLOGICAL, AND PHILOSOPHICAL REWARDS OF COMMITMENT.

STRIVE FOR A SENSE OF BELONGING IN SUPPORTIVE GROUPS BY GATHERING WOMEN AND MEN INTO SMALL, INTIMATE TEAMS SUCH AS SERVICE CENTERS THROUGH WHICH THEY FIND CONSISTENT SATISFACTION BY ACCOMPLISHING MEANINGFUL TASKS WITH PEOPLE WHO ARE IMPORTANT TO THEMSELVES PERSONALLY.

DRAW ALL THE PEOPLE INTO THE DECISION MAKING PROCESSES OF THE FAMILY, COMMUNITY OR COMPANY BECAUSE DECISIONS BECOME THEIR OWN CHOICES RATHER THAN SOMETHING IMPOSED BY LEADERS WHO DON'T REALLY KNOW WHAT'S GOING ON IN THE TRENCHES WHERE THE REAL WORK IS ACCOMPLISHED.

ESTABLISH WAYS OF DEALING WITH STRESS AND CONFLICT BEFORE THE ORGANIZATION BECOMES DYSFUNCTIONAL AND SUICIDAL BECAUSE SOME OF THE PEOPLE IN AUTHORITY PREFER POWER AND PRESTIGE OVER PERFORMANCE AND PRODUCTIVITY.

EMPOWER PERSONS TO MATURE BY SHARING RESPONSIBILITIES AND REWARDS - BY AVOIDING OPEN-ENDED ASSIGNMENTS THAT BURN OUT MEN AND WOMEN IN A FEW YEARS - BY REWARDING SELF-DEVELOPMENT AND CREATIVITY IN ORDER TO KEEP THE BEST PEOPLE YOU CAN GET FOR YOUR ORGANIZATION.

MASTER THE PRINCIPLE OF HUMAN MOTIVATION - RECOGNIZE THE FACT THAT PEOPLE SEEK THE RELATIONSHIPS AND CONTINUE THE ACTIVITIES THAT REWARD THEM PERSONALLY WHILE REJECTING ATTITUDES, ACTIVITIES AND RELATIONSHIPS THAT CAUSE PAIN OR FAIL TO BENEFIT THEM.

KEEP COMMUNICATIONS OPEN BY REFUSING TO LET A FEW FEARFUL OR SELFISH PERSONS IN SOME CHAIN OF COMMAND BLOCK THE FLOW OF VITAL INFORMATION FOR THEIR OWN REASONS - AND REMEMBER COLLECTIVELY, THE MEMBERS OF A GROUP HAVE TOTAL KNOWLEDGE OF WHAT MUST BE DONE TO CONSISTENTLY SUCCEED.

SET THE STAGE FOR PEOPLE AT ALL LEVELS OF RESPONSIBILITY AND REWARD THEM TO FIND CONSISTENT SATISFACTION BY CONNECTING FULFILLMENT TO ORGANIZATIONAL GREATNESS.

SELF FOCUS 13

RANK ORDER THE ABOVE SUGGESTIONS, FROM ONE TO SEVEN IN ORDER OF THEIR POTENTIAL VALUE TO YOURSELF AND YOUR FAMILY.

PROJECT TWO -- RESENTMENT/DEPRESSION ASSESSMENT

To gain a better understanding of your personal dissatisfaction, depression and resentment and to see how they compare with that of others - circle the appropriate number to indicate how you feel about that statement.

SELDOM	SOMETIME			OFTEN	
1. I feel unhappy and resentful of the way my life is going.	1	2	3	4	5
2. I am restless and uncomfortable without knowing why.	1	2	3	4	5
3. I feel fatigued and generally run down in my activities.	1	2	3	4	5
4. I have bouts of fear and a general worry about my place in life.	1	2	3	4	5
5. I have aches and pains without a known medical cause.	1	2	3	4	5
6. I am indecisive and tend to procrastinate.	1	2	3	4	5
7. I lose interest in activities and relationships I once enjoyed.	1	2	3	4	5
8. I condemn myself when things don't work out as I'd hoped.	1	2	3	4	5
9. I daydream of a better life in which I find satisfaction.	1	2	3	4	5
10. I find that life is too complex and too difficult to manage well.	1	2	3	4	5
11. I over consume food, sleep, alcohol, tobacco or drugs.	1	2	3	4	5
12. I have 'high highs and low lows' about life and my place in it.	1	2	3	4	5

Add the numbers you circled and enter the total here. _____

NORMAL-DISCOMFORT	MODERATE-UNHAPPINESS	SEVERE-DEPRESSION
12 to 25	26 to 45	46 to 60

If you suffer from high moderate to severe depression, consult with a therapist because resentment and depression blocks your ability to mature philosophically. Ask for help but remember the responsibility for growth is your own. Only you can focus you life along lines of excellence.

Fulfillment, which combines *personal meaning* and *communal belonging* - occurs as we *maintain the attitudes, engage in the activities* and *develop the relationships* that keep life consistently maturing. No one finds happiness like he or she finds a dollar on the sidewalk. We can't become successful by merely thinking about achievement. A satisfying life is always a by-product of living wisely and well.



PART TWO

PERSONAL MATURING

CHAPTER FOUR

THE MEANING OF MEANING

I went out begging, borrowing and stealing -- money, services, equipment - even corporate aircraft to rig as flying ambulances - from anyone who would stop walking long enough to listen to my pitch. I was completely beyond shame and utterly ruthless to save Denver's kids. There is nothing you cannot accomplish once you learn how to change the world. Joe Butterworth, MD

Two thousand years ago, a young man asked the first and finest Logotherapist a vital question.

Wise teacher - Jesus - what must I do to inherit eternal life?

That was profound enough but it wasn't all that the up and coming executive wanted to learn. According to Professor Robert Leslie in his book *JESUS AND LOGOTHERAPY*, the affluent man who was much like Catherine Hendricks in his outlook, may have also wanted to know this:

Wise teacher - what must I do to live a life so fulfilling that I would want it to last forever?

Now, that gets right to the point of living wisely for him and for us also. And while many of us rationalize many irresponsible choices, the fact remains that we as citizens of the world need to earn our passage through life.

ABOUT MEANING -- In one of the first programs in this fulfillment series, at the sophisticated Minneapolis Women's Club Rhonda Flemming asked the question that often comes up in our seminars. She called to Roberta:

Please tell us what you mean by the meaning of life -- we have all kinds of different ideas at our table.

Of course they did! Roberta would have surprised and disappointed had a group of intelligent and successful women not had different opinions. Given the unique nature of each person's personality, mind-set and experiences, along with the many subjective aspects of meaning and belonging, of knowledge and wisdom, we often find satisfaction in different ways. As we have mentioned earlier, only persons with illusions of superiority and closed mind-sets are so egoistic that they set themselves up as examples for everyone else to follow. We certainly find many people who are much more emotionally and spiritually mature than we! Asking either of us the one true meaning of life is like asking a football coach the one best play with which to win a championship game. Neither he nor we can say, for both football and life have too many variables for a simple answer.

A coach must consider the stamina of the players and their opponents, the condition of the playing field, the time left in the game and much more before selecting a game winning play. To complicate matters, the best possible play for one game may be the worst for the next. It all depends on many circumstances, some of which are beyond any person's control. However, if as philosophical sages we cannot tell you the one true meaning of life, we can like a championship coach describe for you the kind of game that must be played to come out a consistent winner. Remember, one great factor in fulfillment is that you must always find your own and develop it for yourself. No one can deliver it to you on a gold platter. That kind of effort always requires sweat and often draws blood.

Ben Thomas, a former Big Ten Conference football coach spoke at a banquet for a local group recently. He'd recently had a heart transplant operation and was being very philosophical. Jard Howard quips that having another person's heart beating in his chest would almost certainly lead to some very serious thoughts about one's own existence and the meaning of his life! And sure enough, Ben used football as an analogy for life. He spoke of being physically prepared for toil and struggle and went on about developing the psychological toughness needed to deal with a serious challenge. Ben then concluded with good advice about living a spiritual life to keep everything in perspective. He delivered a challenging after-dinner speech, even if it was what Viktor Frankl was teaching when Ben was still playing sandlot football. We do indeed live within the Logotherapy Pyramid shown below.



SELF FOCUS 14

HOW WOULD YOU DEFINE MEANING FOR YOUR LIFE?

UP THE PYRAMID -- We write about these three aspects of life as if they are separate but that is only because we can't deal with three concepts at once. They are actually as integrated in each personality as the ingredients of a cake after it is baked. Nevertheless, every aspect of personality does have a dominant influence at different times in our attitudes, activities and relationships. As Abraham Maslow wrote, we do have an ascending progression of needs as we move from the physical to the psychological and on to the philosophical and back again. We find that our moods and needs are ever fluid, are never as static as Maslow assumed. Each person is a dynamic individual of systems that function more or less together according to our physical, psychological and philosophical states at any given time.

The Physical – In this aspect of life, we typically live according to the Pleasure/Pain Principle suggested by Freud as the basis of human attitudes and motives in the First Viennese School of Psychotherapy. This view of life was later refined by BF Skinner in Behaviorism. We must admit, Skinner built a fine career and got a lot of professional mileage from the rather simple idea that people prefer a pat on the back to a swift kick on the rump. Unfortunately, the world still teems with politicians, managers, teachers, police and parents who will not apply this basic fact of motivation. They brutalize people and then cannot understand why their victims resist and frustrate them, why they refuse to let them get away with most of life's rewards.

In the physical aspect of life, we usually gain our satisfaction through the *HAVING* of things that give us pleasure and avoid pain. We all want good food and shelter, nice clothes and transportation -- those things we have won so easily for generations in an affluent civilization that is now bogging down in this post-industrial, post-communism era. We have no trouble accepting the Pleasure/Pain Principle, so far as it goes, although for a thousand years many theologians and religious cults like the Puritans thought satisfaction contrary to spirituality and decency. Sexual pleasure was particularly feared because of a strange medieval theological separation of those aspects of life called matter and those called spirit. The Puritans of New England even built their homes in neat little squares so they could keep a judgmental eye on one another lest the neighbors get any real joy out of life. Nevertheless, pleasure is better than pain. Jard A. once closed a car door on his hand so he knows about pain. That experience was what psychologists call a one trial learning event. He learned all he ever wanted to know about closing car doors on his hand that first time around. And Roberta suffered through the much longer pain of childbirth with three children -- the last was a breech-birth that almost ended her life. Comedian Morrie Amsterdam said only half in jest:

I've been rich and I've been poor. Rich is better.

So it is, even if an ancient quip is that it's easier for a camel to walk through the eye of a needle than for a person obsessed with obtaining wealth by any means to live a meaningful life. However, winning pleasure per se and avoiding pain is never enough to make life consistently fulfilling. We must continue maturing up into life's mountains, pedaling our bicycles beyond the *having* of things in the physical aspects of life. If you don't buckle down to a mission of importance to yourself and to society, satisfaction shall surely pass you by. Even the great Abraham Maslow admitted that the best way to mature in life is to have a meaningful job that you enjoy doing. You must limit your games in order to win good grades in school, love someone beside yourself to create a healthy family and labor for years to build a satisfying career or your life shall remain unfulfilled. Even legitimate pleasure must often be sacrificed in order to win something much better. It's not that we must become sour, grim-faced people but rather that life always demands something good of us before rewarding us with something better. You must make choices for no one can have it all -- we must usually surrender something desirable to earn what we really need.

The Psychological -- In this aspect of living well, we tend to follow the Power/Prestige Principle of *DOING* things that offer us self-esteem and win the respect of other women and men. Alfred Adler first identified this approach to motivation and eventually fulfillment when he broke with Freud to lead the Second Viennese School of Psychotherapy. Adler believed that just avoiding pain and winning pleasure is not good enough for consistent satisfaction in an affluent society, that we need potency and prestige in our activities and relationships. Eric Berne took Alfred Adler's views about the human desire for power and prestige to the next level in Transactional Analysis. Once again, let me say we find nothing wrong with that. We understand and appreciate Adler's point.

We do prefer climbing up life's totem pole a bit -- rather than being the poor grunt at the bottom who holds everything up with brute strength and awkwardness. Jard enjoys walking into a book store and seeing three of the DeVille books on the racks at the same time. Roberta sees no great benefit in being so powerless that any bully who wants to can humiliate her or the people she loves. Dee wants her daughter and her grand children to live spiritual lives.

Not long ago Jard used his influence with a church executive to protect a young minister who was being abused by an older pastor. Henry was chipping away at the agreement he had made with the church board that had chosen him to serve as Sam Davis' co-pastor rather than being senior minister. He'd no sooner come on board than he lost control of his ego, broke his agreement, started bossing Sam around like a hired hand and went to the new bishop to complain to him how terribly the congregation was reacting to the co-pastorate. Henry asked Bishop Will to overrule the agreement made with the church board and to sack the younger man. Jard opposed it for he believed that the deal should be honored. What Henry didn't know was that the Bishop Will and Jard are old friends, that he uses our books about leadership and reviews them for different pastoral publications.

Bishop Will and Jard often had lunch in a quiet place to relax and to discuss the work of the church. Therefore when Will snorted one day that he was going to clean up that *co-pastorate mess*, Jard realized that the older pastor had not only deceived the board about accepting Sam as his equal to get the very good position, he was also complaining to the bishop at every opportunity. Actually, the only discord in the parish was within Henry's ego and Jard quickly spelled out the circumstances to his friend. The bishop was perceptive enough to see that he was

being manipulated by a man who could always convince himself that his personal desires were best for the rest of the world. When Jard said that the only fair thing to do would be to let the contract run its course or to transfer both men and start over with two new ministers. Bishop Will agreed with Jard. Sam remained as co-pastor for five more years until he left on his own terms to head up a fine congregation in a nearby community. Jard was pleased to have the influence needed to block a serious wrong that might have crippled a fine young man's career. Nevertheless, his action cost something he wanted. Henry repeatedly blocked his presentation of a Logotherapy program to the ministerial association in the community. To him, Jard had become the villain!

Power and prestige isn't enough, even with pleasure included, to make life consistently meaningful. You must keep pedaling your bicycle uphill.

The Philosophical -- Life empowers us, at the peak of our experiences and relationships, to rise above the *Having* of things and the *Doing* of tasks that we should complete. We can focus all our powers to *Become* what we have the potential to be. We then live according to the Purpose/Permanence Principle first alluded to by Frankl and then developed further by Professor DeVille. This approach, that Frankl called the *Will To Meaning* after he called Freud's concept a *Will To Pleasure* and Adler's method the *Will To Power*, formed the basic element within the Third Viennese School Of Psychotherapy.

*Rather than reinventing the wheel, however, rather than writing about a Will To Meaning, Jard formulated the **Purpose/Permanence Principle** which better explains this as a distinctly philosophical concept.*

We have long since known that life must be purposeful to be satisfying and that humans need the sense of permanence that comes from belonging in a family, company or a community in which they share faith, hope and love.

Obviously, this need for a sense of permanence can be met by maintaining strong family, friendship and church ties while membership in a good company can lead to a strong sense of purpose. Unfortunately, as our society changes -- with almost half the couples who marry divorce, disrupting family life and so many companies laying off employees to use temporary workers, feelings of permanence are rather rare for a great many persons. This is a major contributing factor in the widespread *existential frustration* and *alienation* of our age.

Spiritual maturity isn't an all or nothing proposition, of course. Normal women and men who are maturing philosophically still desire pleasure rather than pain and prestige rather than being devalued. We see nothing good coming from the way Mexican *flagilistas* flog themselves with thorns, and Shiite Muslims beat themselves bloody with swords and chains during religious ceremonies. None of that transfers into service being offered to humanity. It comes from a perverted medieval sense of piety, the egoistic assertion that -- *Because I'm more holy than the great unwashed of the world, I'll voluntarily suffer to prove my faith.* Great trouble occurs when we fixate too long in the two lower aspects of living wisely, when we accept the nihilistic lifestyle from which spirituality is absent. To get a better idea about fulfillment and the three aspects of life, turn the pyramid over.



You can see that your capacity for satisfaction is severely limited in the physical when you freeze with an adolescent attitude about eating, playing, working and loving. And yet, great multitudes stop maturing as they eat excessively, abuse narcotics and seek the adolescent excitement of many sexual partners, rather than maturing into permanent adult relationships. After all how many greasy, fast food hamburgers can you eat at a sitting without becoming satiated? How many sexual partners can you pass through your bed, without losing the ability to care about them as persons? As with narcotics in the physical, we must find greater and greater amounts of pleasure to reach the same level of enjoyment, until we reach a point of diminishing returns that cripples our ability to succeed.

You can also see that each person's capacity for satisfaction is greater in the psychological aspects of life. Still, it isn't limitless. You can learn how to do many things can. According to research, eight out of every ten men and women become satiated with and somewhat disappointed in their careers after a decade into them. Jard A. certainly has made major shifts in his life on the average of ten years when his paths became too familiar and he was bored. You may know more about selling automobiles; formulating paint or conducting marketing research than anyone else but the time will come when you think -- So what! What will it all matter in a hundred years? Not much, if you are honest with yourself.

The philosophical aspects of life are open ended. There is no cap -- we no longer need to seek satisfaction through the possession of more and more junk -- to win prestige and use interpersonal power at the expense of other persons. We have positioned ourselves to mature in faith, hope and love, to achieve as authentic persons who want to make life as good as possible for those with whom we work and play; love and learn; worship and persevere.

We are then living according to the Purpose/Permanence Principle -- we are forever becoming what we can be.

SELF FOCUS 15

IN WHICH SITUATIONS DO YOU FUNCTION IN THE:

PHYSICAL ASPECTS OF LIFE?

PSYCHOLOGICAL ASPECTS OF LIFE?

WHEN DO YOU MOVE INTO THE PHILOSOPHICAL ASPECTS OF EXISTENCE?

MATURING WITHIN THE PYRAMID -- There are three powerful constructs to use as you mature up through the existential pyramid.

First of all:

IF SOMETHING FEELS GOOD TO YOU ACCORDING TO THE
PLEASURE/PAIN PRINCIPLE - USE IT IN MODERATION

Dedicate yourself to life's long and purposeful view. Reject the selfish hedonism that has always crippled foolish persons. Don't snort dope or smoke crack or swill booze for counterfeit pleasure. More to the point for most people -- eat moderately to keep your heart from plugging up. Take part in demanding, sweaty exercise to

stay well and avoid deadly, sexually transmitted diseases now reaching epidemic levels because so many selfish, thoughtless people devalue intimacy. Maintain your balance about pleasure, for according to our friend Bishop Will –

You cannot soar with the eagles all day if you're out hooting with the owls all night!

By accepting your physical nature as legitimate but keeping it balanced in all of life, you can apply the Pleasure/Pain Principle as it best serves yourself, your family, organization and community.

Then:

IF SOMETHING LEGITIMATE IS TO YOUR PERSONAL ADVANTAGE
ACCORDING TO THE POWER/PRESTIGE PRINCIPLE - USE IT TO
SERVE HUMANKIND.

Power is much like money in that it isn't power so much that harms people as our lusting after it. Lord Acton of Great Britain wrote that power over people tends to corrupt and that absolute power corrupts absolutely. Of course it does, when applied without the realization that we are personally accountable to life and responsible for the many persons with whom we co-exist. The abuse of power, privilege and prestige destroys the normal *quid-pro-quo* through which we invest our powers in productive activities and relationships. Relate to others whenever possible through acceptance rather than through selfishness, because the person who takes every pot and wins every game, who relates out of a selfish *I Win - You Lose* attitude, soon alienates the people who make achievement consistent. No one trusts a tyrant. Develop the elements of power and prestige that can be used to resolve life's problems rather than letting them corrupt yourself and those for whom you are responsible. The most successful persons - teachers, managers, pastors and parents or whomever - are people who empower others to mature along with themselves.

Finally:

IF SOMETHING GOOD IS GROWTH PRODUCING, ACCORDING TO
THE PURPOSE/PERMANENCE PRINCIPLE, NURTURE IT WISELY

Live according to the meaningful aspects of life rather than becoming like a spoiled rebellious child who cannot complete a difficult task without constant supervision. Gather in a variety of rewards and sow their seeds recklessly through society. Develop those spiritual elements of existence that make pleasure and prestige worth having - that make life so rewarding that you would want it to last forever.

SELF FOCUS 16

CAN YOU TELL SOMETHING ABOUT A SUCCESSFUL PERSON YOU KNOW WHO FOLLOWED THESE THREE KEY PRECEPTS?

NARCISSISTIC SYMPTOMS -- There are four major nihilistic lifestyle symptoms that should be recognized for the damage they cause women and men in an industrial civilization. They are:

OPPORTUNISM -- This is the symptom that cripples people who focus on short-term and too pragmatic choices rather than on long-range benefits in their activities and relationships. A haphazard or an opportunistic person is like a rudderless ship on a dark and storm-tossed sea. It makes little difference how powerful the engines or the destination. It wallows helplessly at the mercy of the winds and the waves. Claudia Harris, a young teacher in Cincinnati, suffered from this symptom of a thoughtless lifestyle. She said:

There's something basically wrong with my life. I hate my job because I detest working with smelly, talentless brats and listening to their whining. I live only for the weekends but then I collapse and do nothing with my own art. I don't even try to find a job in commercial art where I wouldn't have to deal with the kids. Life is terrible for a person as stuck as I am.

Claudia is drifting aimlessly, doing what seems best for the moment but planning little for the future. Opportunistic and pragmatic people change careers, jobs, cities and families frequently, often with no benefit to themselves. Claudia has a near-terminal case of the bias at the core of her life and the only way she'll recover is through a sense of meaning and belonging. She should plan her life as a long-term adventure rather than accepting whatever the wind blows in her direction day by day.

CONFORMISM -- This symptom of a nihilistic life leads to alienation and frustration for people who go along with the crowd despite the consequences. It was a fear of being penalized that made the three top executives of a baby food company conspire to continue selling contaminated products rather than tell the president that profits would fall from shutting down the factory for repairs. Conformism isn't the expression of sound communal relationships among persons who love and trust each other but a counterfeit of belonging together in a good team of first class achievers. It's the movement away from ethical values and responsible choices that Milgram found in his research.

Milgram asked his subjects, taken at random from the streets of his university city, to apply what they believed were dangerous or even fatal electric shocks to helpless people strapped into what seemed electric chairs used to electrocute criminals. The electric experiment was a sham, the chairs were not even connected to a power source, but had dials, bells and whistles that whirred and buzzed to make them appear dangerous. The actual experiment was with the community men and women who were informed they were helping Milgram and his students learn how much pain people could tolerate without passing out. They were really being tested to learn whether they would endanger a stranger because an authority figure told them to keep intensifying the pain. The results if you'll pardon the pun, was a real shock.

The researchers had estimated in advance that from three to five percent of the city people would ignore the student stooges in the chairs groaning and begging to be released, crying out things like -- “Remember Doc, you promised not too much for me, remember my heart condition!” They were wrong. Almost sixty percent of the city folk continued turning up the 'power,' obeying without hesitation the command of a researcher in a white coat assuring them he or she would accept the responsibility for any harm caused. The subjects conformed to social pressure to take part in a harmful operation and if that's the pattern in your life, you would make a great concentration camp guard. You shall certainly be tested by life - you must live ethically and honestly, despite pragmatic decisions made by your spouse, boss or national president or life shall surely smite you. You must find the courage to do the right thing, even if you stand alone, even if it costs you something important!

FATALISM -- This symptom makes many people feel stuck and unable to make life come out well. Many such sufferers shift the responsibility for their lives to outside factors and then blame big business, big government, big education and big religion for their failure to mature. Such people use the word 'they' a great deal. As in, “They won't give me a break in business.” Or, “They won't let me get an education.” A few years ago when Roberta was chairwoman of her home church's official board, Betty McGuire hunted her down one day and exploded in indignation:

The people of this church -- officers and members alike have everything sewed up! They have me stymied - there's nothing here for me to do, so I'm getting out of this mess.

Roberta knew Betty well enough to know that she didn't really want to work within the group so much as tell the others what to do. Nevertheless, she looked around in surprise, wondering for a moment whether they were talking about the same organization. She's labored there more than twenty years -- leading financial drives, cooking miles of sausage, serving tables at banquets, helping the homeless, conducting seminars, painting baseboards and chairing the governing board. Now, here is the point In her twenty years of labor through that group of people she admires and respects, not one single soul ever came to her and said -- “Gosh, Bobbie you're working too hard - you should take it easy. You can't work anymore around here.” Indeed, she got the distinct impression she could work there sixty or

seventy hours a week at anytime she chose to. And so could Betty! She remains a fatalistic reactor to life rather than becoming a positive, forward looking initiator. We can't help but compare her badly to a young friend of ours who suffers from multiple sclerosis.

David is confined to a motorized wheelchair and cannot dress or feed himself. He uses a computerized device to speak in another person's recorded voice. He is an authentic man who takes part in many community tasks, is a member of the governor's advisory board on matters concerning handicapped persons, holds down a job and maintains a loving relationship with a sweetheart. Dave and Andrea have a fuller social life than we do! Last year he won a fine prize for raising a large sum of money for a national charity - to help, he said without a hint of sarcasm or self-pity, "People less fortunate than myself." No fatalism for David and there must not be for you either.

FANATICISM-- This fourth major symptom of opportunistic Nihilism is the one through which *alienated and psychospiritually bankrupt* people reject the worth and the rights of others who disagree with or who compete against them. People crippled by the evil of fanaticism have a Gulag prison guard mind-set from with they devalue others so as to feel better about themselves. The Iranian clergymen, who called for Salman Rushdie's murder for writing *SATANIC VERSES*, and actually ordered shot to death the Norwegian publisher of Rushdie's book, are brutal criminals even as they claim to speak from religious motives. So too are the Ku Klux Klan and skinhead hoodlums who abase religious symbols and messages when they deny civil and economic rights to minorities struggling to become first class citizens of our organizations and society.

For Jard, the best example of fanaticism will always be Archie and Edith Bunker in the old *ALL IN THE FAMILY* situation comedy on television. Archie was aggressive - hating anyone who differed with his constricted view of life and fulfillment. Edith was apathetic, withdrawn from life and personal fulfillment. He lashed out wildly at anyone who managed claw into life's chow line ahead of him while she did what he told her to. They suffered much existential pain as life passed them by. All they could do was to cling by their fingernails in a life they neither understood nor enjoyed and wait for it to end. There is no fulfillment through aggression and apathy as some increasingly dangerous, jungle-like cities demonstrate all too well.

SELF FOCUS 17

WHAT CAN YOU DO TO AVOID THE FOUR MAJOR SYMPTOMS OF SPIRITUAL BANKRUPTCY:

OPPORTUNISM?
CONFORMISM?
FATALISM?
FANATICISM?

CHANGING YOUR WORLD -- We find nothing in life as empowering as a personal determination to make your life count for something meaningful. Few people demonstrate this better than Joseph Butterworth of Denver. The man was no slouch; he was a fine family physician who in his youth had planned to serve in the Philippines as a back country clinic general practitioner. He never got there. Evidently, life had more in store for Joe, for along the way he and Sally had a little girl born with spina bifida. They couldn't take her to a land without first rate medical facilities and had to give up their plans to serve humankind overseas. Then, they discovered that Denver had neither the specialists nor the kind of children's hospital their baby needed with a serious spinal disorder.

Joe grumped around the house for a week or so - complaining about the situation until Sally grew tired of it and gave him an ultimatum.

Get out of here and do something about the city's lack or hush up and get back to work, looking after your patients.

Joe later said that his decision was easy after she so succinctly clarified his options. He said:

Given those choices, I pondered my situation for - perhaps – as long as three or four minutes.

He did both, remaining a fine family physician while also hitting the streets of the city, determined to build a children's medical center for the Rocky Mountain region. This jolly man laughs:

I went out begging, borrowing and stealing - money, services, equipment - even corporate aircraft to rig as flying ambulances - from anyone who would stop walking long enough to listen to my pitch. I was beyond shame for Denver's kids.

Joe has retired now but his marvelous vision lives on. This great guy, who obviously has risen above all the seven sins save for a touch of gluttony, took the bull by the horns to achieve something wonderful. He found his deepest purpose in life by creating a grand medical community in which he and many talented people belong. It should come as no great surprise that Denver now has one of the world's best medical centers dedicated to children - possible the finest in the world. Joe simply would have it no other way, with a driving determination that steamrolled the selfish, the unconcerned and the cowardly, he'll never be mistaken for a meek and weak wimp. And although he laughs a lot these days, he isn't joking when he says:

Your life will never be the same once you learn how to change the world!

We suspect that Joe drives by the Center from time to time just to make sure he really made it happen. When asked how he moved his dream to reality, he smiled sweetly and answers:

PERSISTENCE - PERSISTENCE - PERSISTENCE!

Joe Butterworth hasn't had to ponder the purpose of his life very much in the last thirty years. He truly is a first class human --*an authentic person* -- who got his priorities right, who knew he was doing the best possible with his life.

SELF FOCUS 18

CAN YOU TELL OF A TIME WHEN PERSISTENCE RATHER THAN BRILLIANCE OR AFFLUENCE WAS THE KEY FACTOR IN COMPLETING SOMETHING IMPORTANT?

PROJECT THREE - CHANGING YOUR WORLD

DESCRIBE SOMETHING IN YOUR WORLD THAT NEEDS TO BE CHANGED AND THEN WRITE:

WHAT COULD YOU DO TO CHANGE IT?

HOW WOULD YOU PERSIST TO WIN CHANGE?

CHAPTER FIVE

ELEMENTS OF SATISFACTION

There are four major attitudes held by people of all nationalities and cultures.

The Superiority Attitude - *I'm fine but you're an idiot who must do as I command.*

The Inferiority Attitude - *You're all right but I'm not so you must save me.*

The Hopeless Attitude - *We're both idiots so why try anything difficult?*

The Accepting Attitude - *We're both all right so we can relate well to each other and get good things done.*

The Accepting Attitude, the only positive attitude of the four, sends this message: God didn't put me in this world to please you and didn't place you here to humor me -- but as long as our paths merge, we'll work things out fairly and treat each other as equals who have connected our lives through mingling our affairs.



Satisfaction is an elusive condition that cannot be grasped without destroying it any more than you can fall asleep by fretting because sleep eludes you. Just as sleep flees away the harder we pursue it, so the more we seek fulfillment directly the less joy we experience. A good example of the by-product approach to fulfillment would be that of a merchant asking to be paid without offering goods or services before the payment. Unless the buyer and the seller are both satisfied, the deal falls through. You can no more expect fulfillment without having sound reasons for life to become satisfying than a seller can demand payment when offering nothing in return.

Each of the five aspects of life through which a *lasting sense of meaning and belonging* is developed is crucial. Taken as a whole they make the difference between consistent fulfillment and dissatisfaction for us. Study them carefully and apply what you learn about them.

SPIRITUAL VALUES (Ethical Virtues) -- The value system through which we focus our powers isn't something we often think about as we move through life's activities. Most of us are far too busy surviving in a swiftly changing world to bother examining our values very closely. Soren Kierkegaard was the most profound philosopher of 19th century industrialization but even he admitted that it was only in times of great turmoil and challenge that his own mind turned to the issues of individual and community meaning. Nevertheless, a lack of self-examination is the key reason many persons automatically focus their lives through ancient traditions and ideologies rather than adapting to something more valid today. This racial tendency to reject anything beyond our early concepts, learned in childhood and adolescence, keeps us from pondering anything new when we have to get dressed in time to catch a ride to work. Our lives, however, have become too complex to master successfully with whatever comes to us through the genetic and environmental luck of the draw. We must make many meaningful choices for life to turn out right.

When we pause to consider the values by which we live -- those things that are most important and valuable to ourselves, it becomes obvious that they set the bounds of what we never do because it is wrong for us and what we always do because it is the best thing to do. The Basic Principle of Psychology plays a crucial aspect in this. All normal humans typically continue doing the activities and maintaining the relationships that reward them while ending those that do not. Obviously, the human mind is so complex and so prone to symbolism that we may fail to understand the rewards some people seek when we try to lead them in our families, communities and organizations. For example, some women live with battering men because their self-images are too broken to see how they could get along without them. Other people with enormous talent fail to achieve consistently because they fear the possibility of failure. We may continue activities and maintain relationships that only appear to satisfy ourselves as distorted values continue to play a major part in our choices. They are usually self-destructive over the long run.

To put it simply, a philosophically sound ethical value system sets the limits within which we seek a satisfying life. There are some things we always do because they are right. For many people, voting in local, state and national elections is a great responsibility. So is contributing as much as we reasonably can for charities. Despite his criticism of dishonest, closed-minded politicians, Jard's

friend Tony Anderson agrees with him that democracy is as Winston Churchill wrote, the worst political system - except for all the rest. Tony quips he'd even vote in the United Nations General Assembly if they'd let him. He deeply values the vote and a representative form of government. But then, as much as he considers himself a citizen of the world, with old friends in many nations, Tony has his limits. He could never betray America as did Jonathan Pollard or John Walker, two spies who sold US military secrets to foreign agents. Naturally, those black and white choices of what we always do and never do, leave a great gray area of less certitude in which we must use our best judgment of what is right and wrong for ourselves as authentic women and men.

POSITIVE ATTITUDES -- Our attitudes are rooted in our understanding of life and of our place in the universal scheme of things. Attitudes determine the general thrust of existence as in a poem we read so long ago that we cannot remember the author. One verse said:

*One ship sails east and another west,
By the self-same wind that blows.
It's the set of the sail
Not the strength of the gale,
That determines the way each goes.*

There are four major attitudes held by people of all nationalities and cultures.

The Superiority Attitude - I'm fine but you're an idiot who must do as I command.

This attitude is used by people who protect themselves from wounds of inadequacy they unfortunately developed in childhood. Such a negative attitude is often internalized by persons pursuing military, law enforcement and managerial careers. Superiority lets them deal with others through power, prestige and violence rather than with heart-felt empathy and persuasion. Even General Norman Schwarzkopf, who led the American and Coalition forces during the Persian Gulf War, received the nickname Stormin' Norman because of his loud, humiliating assaults on his subordinates rather than from his combat aggressiveness. And while Schwarzkopf went far in the Army, the highest honors came to Colin Powell

who was so much better at relating to people. Obviously, because normal people always resent and resist humiliation to the limit of their powers, many persons with superiority attitudes hide them and find ways to rationalize their abuse of others. Nevertheless, this is a disastrous attitude to hold for it antagonizes and drives away the competent and cooperative lovers, employees, relatives and friends who would help make life rewarding. Many marriages and careers collapse from this sick and selfish attitude, so don't try to support a weak ego by cutting others down to your unconsciously perceived size. Superiority may help you feel better for a while but it won't empower you to mature in satisfaction. And if you can conceal it from yourself, insisting that other people really are idiots, you cannot hide this self-defeating attitude from anyone who knows you. Most competent women and men will resent and resist you with all the strength they can summon up.

The Inferiority Attitude - You're all right but I'm an idiot so you must become responsible for me.

This negative attitude is used by people who were wounded even more in childhood or who haven't learned how to disguise their feelings of inadequacy. This attitude also leads to great disaster in marriages, careers and friendships for few women or men want to be saddled for life with a person who will not or cannot assume responsibility. Every counseling minister, psychologist and psychiatrist sees people suffering from inferiority feelings, persons hoping desperately for a miracle worker who shall make their lives meaningful, with little or no effort from themselves. Initially it may seem that one person with a *Superiority attitude* and another with *Inferiority feelings* would fit neatly into a satisfying relationship. That seldom happens for long because one becomes tired of being bullied and the other of having to assume all the responsibility. Inferiority attitudes prevent persons from accomplishing anything that leads to fulfillment.

The Hopeless Attitude - We're both idiots so why try anything challenging?

This attitude is held by people who feel that life is grim and pointless, that no one can mature. A great many people caught in social, economic, legal and educational deprivation in our cities and rural communities feel this way about life. It is pure Nihilism and it is devouring our throw-away cities and improvised rural areas like cancer despite the work of some persons and organizations to help.

The Accepting Attitude - We're both all right so we can relate well to each other and get good things done.

This, the only positive attitude of the four, sends this message:

GOD DIDN'T PUT ME IN THE WORLD TO PLEASE YOU AND DIDN'T PUT YOU HERE TO HUMOR ME - BUT AS LONG AS OUR PATHS MERGE, WE'LL WORK THINGS OUT FAIRLY AND TREAT EACH OTHER AS EQUALS WHO HAVE CONNECTED OUR LIVES THROUGH MINGLING OUR AFFAIRS.

HIGH EXPECTATIONS -- These set the stage for great things to happen because life is filled with logical *quid-pro-quos*. Whatever we plan well to happen, develop a vehicle to make it occur and then work hard and smart to get it moving, is what life most often gives to us. There are no guarantees - we cannot positively say you will not be trampled by a herd of stampeding water buffalo before dawn tomorrow -- but that's the way life usually works out.

Decades ago, during a Beef Wellington and Port wine dinner in the unlikely city of Kankakee, Illinois, Viktor Frankl and Jard pondered why in the days before vaccines were developed, physicians, pastors and nurses could often work through epidemics that were killing many thousands of people without contracting the deadly disease. They discussed the possible survival mechanism and decided it had to be psychospiritual in nature. Jard and Viktor drew a research design on a napkin and when, a few months later Jard became psychology department chairman at Westminster College, he discovered the answer to the immunity question. He learned that human expectations not only determine to a large extent the quality of our lives, they also affect the length of life we enjoy. They set the stage for how long we live and what we finally die of! He feels very strongly that this is one crucial aspect of life that every person should learn.

Jard recruited five male and five female students whom he'd previously found to be excellent hypnotic subjects and on one Saturday morning placed all of them in deep hypnotic trances. No, hypnosis isn't some trickery as your elderly Aunt Alice believes but merely a function of the autonomic nervous system! It can be demonstrated with mice and with chickens who we presume have no hidden motives. Jard left his students with post hypnotic suggestions that their lives were

deeply satisfying: they were going to graduate on schedule and enjoy great careers. He reinforced the post hypnotic suggestions the next Wednesday and a few days later had blood samples drawn from those students and analyzed at University Hospital. A week later he repeated the session and left them with the post hypnotic suggestion that life was awful: they would have to stay in college an extra year and would probably have unhappy careers. Jard reinforced their negative expectations in mid-week and again had their blood chemistry analyzed. His results were absolutely fascinating and clearly revealed why persons having high expectations often survived epidemics in the years before good vaccines.

When the students had high expectations - compared to low expectations - their agglutination titer against bacilli infection was many times higher. This is the body's defense against infection, disease, aging and death. It was elevated for every student in my study - without exception.

In other words, if you live with positive attitudes and high expectations, doing the things you believe you should, not only will your outlook on life be improved, so shall your blood chemistry!

***We have identified three major expectations
you can focus on for a better life.***

Love Theme Expectations - form the assumption that you deserve to enjoy deeply satisfying relationships with the men and women with whom you share life. You have within yourself the skills and strengths needed to win and to keep the love of the people you care about. You can accept the fact that you are a complete, forever maturing person who has the right to love others and to be loved by them.

Mind Theme Expectations - form the assumption that you have the intelligence and the strength to focus your powers wisely. You are not a hapless victim of fate even if you had some bad experiences while growing up but remain a free person who can plan well and will achieve when you set your mind to it. You really can change your part of the world when you go at it with diligence and commitment.

Joy Theme Expectations - form the assumption that you can create reasons for consistent joy in the normal 'highs' of life. You as an authentic person need not resort to dangerous mood altering chemicals that promise so much in the beginning but turn to attack and destroy the user. It now appears that an addiction takes about twenty years off of an abuser's life while making the rest of it unhealthy and miserable.

Anything that blocks these expectations from reaching fruition comes from a nihilistic view of human worth, from self-defeating attitudes and low expectations.

SELF FOCUS 19

HOW COULD YOU BETTER MATURE THROUGH:

ETHICAL VALUES?
POSITIVE ATTITUDES?
HIGH EXPECTATIONS?

MATURE BELIEFS -- Our beliefs focus the faith, hope and love that come to us as spiritual-minded beings. Unfortunately, we find that a great many persons cause serious problems for themselves by confusing old traditions and ideologies with mature, life-enhancing beliefs. Some years ago, we attended the Andy Williams San Diego Open golf tournament which was orchestrated by Jard's cousin Mariam Henderson Wilt, a black golfer had made a tremendous run that final day to come from way back in the pack to challenge the leader. He'd completed two score perfect shots before landing one in a sand trap on the sixteenth hole. When he did, a bitter old racist seated behind us went into a lengthy diatribe as to that being the *reason black players should be kept from playing golf.* 'They' he said - the generic *they* so many racists use -- were temperamentally unsuited for the gentleman's game. Let black athletes, he went on to complain, play football or baseball and run track where their jungle roots give them an advantage against more civilized white athletes. How absurd! He had forgotten, or

more likely, he wanted to forget in order to sooth some deep wounds in his soul, that only fifty years earlier, newspaper sports writers were insisting black men and women should be kept out of sports of all kinds because they were genetically too awkward and uncoordinated to compete successfully against white athletes. If one immature belief won't support your bigotry, you can always find another to bolster your hatred. For, racism always includes a strong element of fear, rage and hatred. Indeed, despite all the evidence of the Nazi Holocaust, including some people we know who suffered there, you still find anti-Semitic skin-head haters and country club bigots denying that it ever took place -- insisting that the blood-bath of World War II was a fraud perpetrated on the holy and pure Gentile Germans by Jewish bankers and politicians with faked photographs and outright lies.

To be mature, our beliefs should be congruent with our time and place in history. They must also take into account the scientific realities and the social sensitivities of our age. Shortly over a hundred years ago a popular and influential minister, who said he was obeying God's will, lead a cavalry raid on a peaceful Cheyenne Indian village at Sand Creek, Colorado to slaughter hundreds of men, women and children. He returned to Denver a glorious hero, where all the churches joined in a day of thanksgiving to God for letting him destroy so many of the 'wild beasts' whom they rationalized were standing in the path of 'progress'. As usual, the congregations and denominations considered their property and wealth more important than people of a different race and culture. Even good people behave in nihilistic ways at times. Especially when they engage in *group think*. Actually, like virtually all conflicts, it was an economic war between the Indian people who first inhabited the land and its wealth and the white invaders who'd come to take it from them by force. Many still use the Indians' defense of their homeland to justify the genocide attempt against red Americans. In a recent article, columnist George Will criticized the Indian leadership of the politically sophisticated confederation of New England tribes as wild and savage red men of the forest. He is abysmally ignorant about the past -- meeting his own closed-minded needs. Jared is convinced -- by justifying several centuries of colonial cruelty against poorly armed people. Actually the great confederation of tribes supplied many of the New England town meeting and other democratic concepts absorbed into the colonial governments when they abandoned the British monarchy, as is described in the fascinating book *INDIAN GIVERS*. George Will isn't the only ignorant writer clinging to the Ultimate Lie.

Only this morning, as this is written, a religious-minded attorney published an article in the Minneapolis *Star-Tribune* in which he tried to argue his beliefs logically, as he would in a courtroom, that all scientific evidence from cosmology, astronomy, biology, genetics, physics and geology - about the nature of matter and life in the Cosmos is wrong. To be blunt, Harry Barker made a fool of himself before tens of thousands of educated readers with his immature beliefs that deny entire disciplines of scientific research. He did himself and his church a great disservice. He looked like an ignorant know-nothing member of the Flat Earth Society who had stuck his head in the sand intellectually. Harry couldn't find one world-class researcher in any discipline to substantiate his simplistic assumptions. It seems that the expert he quotes in biology has his PhD in math. And the specialist used in astronomy holds a doctorate in statistics. Poor Harry sounded completely overwhelmed by cosmic vastness and unable to understand why he cannot get a first rate scholar in any discipline to substantiate his immature beliefs. The man is totally ignorant about the great silent tides of continuous creation occurring in this boiling, forever expanding bubble universe. People like Harry who resist change because they live with the fear of having to adapt as life goes on, cause great harm for themselves and their organizations by trying to squeeze the entire Cosmos into a time frame that flashes like a single firefly in a summer meadow. Mature beliefs allow us to combine knowledge and wisdom, to accept facts and faith while we deal fairly with society and individuals.

RESPONSIBLE CHOICES -- This is where the rubber of life meets the road -- where we put *ethical values, positive attitudes, high expectations and mature beliefs into action*. Life never lets us drift along without making key choices - be they responsible or not. Jard has a Quaker friend who was a colonel in the US Army. Ken Masters was one of the best and the brightest -- certain to become a general, a fine man who served his country and humankind with courage and wisdom for twenty years. Nevertheless, during the Vietnam War, when many were compromising their souls to remain in power, as described in the book *A BRIGHT SHINING LIE*, Ken was too honest to go along with our national Nihilism. He resigned his commission rather than take part in the Phoenix Campaign in which almost twenty thousand Vietnamese teachers, doctors, village chiefs and province leaders were murdered by our *CIA* forces. Ken wasn't alone - so many of the best officers left the service rather than corrupt their souls. It took the US Army a full generation to recover from the ethical collapse forced on it by the Lyndon Johnson

and Richard Nixon and later reactionary administrations in the Indochina and Middle Eastern wars that were a major factors in the financial downfall of the U S. Life challenges us all.

What would you do if it was your governmental department releasing radioactive poison into the atmosphere outside Hanford, Washington? And your boss insisted that you could not make an omelet in the great nuclear showdown with the evil Islamic terrorists, without breaking a few eggs. And now hundreds of persons are dying from the radiation poisoning. Or, if you were the training officer for a fascist, Central American army unit and you discovered your native student officers are planning to assassinate a dozen priests who are teaching peasants how to farm successfully? Along with their housekeeper, cook and her daughter -- murdering them to make a right-wing political point for their tyrant masters? And when you report it to your general, he shrugs and tells you to forget it, to keep your mouth shut, for killing a few liberal priests will teach the church to keep religion out of politics. And, should you protest, he'll ruin your career with a bad performance review. What if you are the first woman detective in your city's police force and three months into your new career, you discover a narcotics ring run out of your precinct station? And your captain is dividing the proceeds among the cops while his superiors conceal his crimes to avoid bad publicity during the mayor's re-election campaign. Will you go along to get along, accepting the self-serving police code of silence through which crooked cops protect themselves, until your emotions freeze solid and you commit moral suicide, compromising more and more until you've destroyed three marriages and your children are basket cases from your lack of emotional honesty? (One research study revealed that the average police officer in Chicago has three different spouses in a twenty year career). Only schizophrenics can compartmentalize the public and private aspects of their souls without self-destructing. Freud said it well when he wrote our very pores ooze guilt until we behave congruently with ourselves and with others.

There are few easy answers to the question of responsible choices in a pragmatic, nihilistic society in which the profit motive remains all-powerful but we do know this. Life will certainly test you and if you fail, it will come again and again with greater temptations until you corrupt your soul and destroy yourself. A few years ago, a Minneapolis banker went to prison for years. He admitted that he went along with larger and larger scams in order to be promoted in the company. He told reporters he knew crimes were being committed but chose not to make waves

that would upset the president. Evidently, his boss felt the same way for he also was in handcuffs after surrendering himself to federal marshals for the trip to prison. You must protect yourself in a pragmatic world by making responsible choices instead of surrendering to the Nihilism and greed internalized in so many organizations. After all, it was Josef Stalin who began his secondary education in a seminary preparing for the Orthodox priesthood, who step by step became one of the true monsters of the 20th century. He eventually quipped that while one man stabbing another on a street car was murder, the death of millions from a governmental policy change was only statistics. Stalin started his career wanting to help his people end the evils of poverty. And even his campaign against Russia's free farmers in which so many starved was initiated for a good purpose -- to insure that only the best grains would be planted so everyone would have enough bread. He didn't wake up one morning as a slaving monster - he moved gradually through irresponsible choices to become complete evil. You must not do the same.

SELF FOCUS 20

HOW CAN YOU BETTER OPEN THESE ASPECTS OF FULFILLMENT?

MATURE BELIEFS?

RESPONSIBLE CHOICES?

CHAPTER SIX

BEYOND FEAR AND ANXIETY

Early in his magnificent series of DUNE novels author Frank Herbert called fear the little death. Herbert hit the nail right on the head, as we learned in ten thousand hours of counseling and two generations of research, across the spectrum of human attitudes, activities and relationships. Indeed, closed mind-sets along with fear and guilt keep us constricted and unable to focus our lives as well as we might. Narcissism, fear and guilt are basic elements in virtually every act of cruelty we have investigated.

This era of swift change and a nihilistic or secular philosophy has been called *The Age of Anxiety* by philosophers, psychologists and theologians. Even composer Leonard Bernstein wrote a major work called *THE AGE OF ANXIETY*. And while this topic has had its time in the media - which has an interest span of about three days - the fact is that our society and its people have become more confused and disturbed. The epidemic has steadily grown worse as anyone with a bit of perception and judgment realizes. When Jard was a young airman in New York, he and his friends would catch the *A Train* up to Harlem to visit the great jazz clubs there. In those days, Harlem was a fine community of families, factories for jobs and small stores in which people would greet the aviators with friendship and dignity. They were always welcome to hear some of the greatest musicians of the World War II era. Today, it could be worth his life to walk down the same streets, for the community crumbled as factories closed, jobs vanished and the people were cast into poverty as America turned its cities into reservations for the poverty stricken during several Democrat and Republican administrations' retreat from civil and economic justice. America is withering despite the spate of lies from selfish politicians about the continuing collapse of the American middle class.

Most adults today grew up with the anxiety of a nuclear holocaust hanging over their heads. No wonder so many of us are still more than a little jumpy! WH Auden wrote:

*We move on -
As the wheel wills:
One revolution Registers all things,
The rise and fall In pay and prices.*

*This stupid world where Gadgets are gods,
And we go on talking.
Many about much but remain alone.
Alive but alone - Belonging where?
As unattached as tumbleweeds.*

*The fears we know are of not knowing.
Will nightfall bring some awful order?
Keep a bookstore in a small town?
Make profits for the owners?
Teach school for life to progressive girls?*

*It is getting late.
Shall we never be asked for?
Are we simply not wanted at all?*

That reflects so poignantly the anxiety many feel as our instincts, traditions and ideologies fail us - no longer offering the stability humans need for satisfaction as we apply the following to our lives and choices. Generally speaking, we almost always are influenced to make choices according to the following.

INSTINCTS, TRADITIONS, IDEOLOGIES

INSTINCTS - ARE OUR UNEXAMINED PHYSICAL METHODS OF LIVING.

TRADITIONS - ARE OUR UNEXAMINED PSYCHOLOGICAL METHODS OF LIVING.

IDEOLOGIES - ARE OUR UNEXAMINED PHILOSOPHICAL METHODS OF LIVING.

Instincts - Humans have always had our instincts, including *the fight or flight syndrome* that prompts us to attack or flee when threatened with harm and, *the conceal or reveal syndrome* that causes us to withhold crucial concepts from others or to discuss our interests openly. We still possess several instincts but they seldom serve us well. For eons, our ragged, snaggle-toothed ancestors bashed some stranger across the head, stole his food supplies and rushed to the rear of the cave to eat it. Preferably, before he could recover then return with friends and their clubs. Today, there is very little to be gained by attacking your boss if you are frustrated, or by fleeing from the office when things don't go your way, although we've known people who do both.

There lingers in many minds the suspicion - if not the certainty - that we and only those like ourselves are true humans while all those different people out there are sub-humans who don't deserve the benefits we claim for ourselves. Southern slave owners in America and Northern slave ship captains, long justified slavery by dehumanizing their kidnapped Africans. Many company owners and executives do the same thing with their workers. Two years ago, Roberta sat next to a table filled with elderly women at lunch in an exclusive Minneapolis country club. For a solid hour, those unhappy wives of wealthy and powerful men complained about and bitterly criticized their husbands' employees and their own servants for daring to want a living wage, for dreaming of owning homes and sending their kids to college. Only elite persons like themselves, they implied, have such rights. In World War II Germans invaded Russia, with the excuse they were exterminating only Slavic untermenschen, or sub-humans, who were taking up good farm land that pure blooded Aryan humans needed. Not only do many white people feel this egoism when comparing themselves to dark skinned persons, most Japanese are convinced fully that they are far superior to every other race. It is a form of instinctive superiority. The Japanese are polite enough but this scorn soon surfaces when they assume a dominant position over someone of a different race or culture. These egoistic instincts seem almost universal to people crippled by the evil of a superiority attitude.

Traditions - Our instinctual reactions served us well enough to survive in the distant past but they eventually became less reliable as conduct guides in our attitudes, activities and relationships. Our rising tide of brain power forced our ancestors to develop traditions for guidance in a world that had not yet invented writing as a means of transmitting vital information from one generation to the next. Tevye the dairyman explains the use of traditions in the musical *FIDDLER ON THE ROOF*. He steps out onto the stage to say - and we paraphrase:

***You want to know why life is good in our little village? I will tell you.
It's because we live according to our traditions.***

He then tells the audience how ancient Jewish traditions in pre-industrial Russia determine how everyone lives from birth to death. He went on:

***You want to know how our traditions got started? I will tell you. I do
not know.***

Of course, he didn't know - their origins were too far back in the mists of antiquity for anyone to remember. As the musical goes on, it soon becomes obvious that Tevye's traditions are failing badly. His daughters challenge his choices for their lives. The booming industrial Revolution brings a used sewing machine to greatly increase one young husband's productivity. Still another son-in-law becomes a flaming revolutionary in the long battle to end serfdom, bigotry and poverty. Cruel Nihilism sweeps across the steppes - the old ways are collapsing because of pressure from the *Great Transition* and the people must adapt or suffer greatly. The entire village is uprooted with some families going to Poland, others to Palestine and more to America. For, as much as we love our traditions, so we don't have to complicate our lives with anything new and challenging, they serve us well only so long as the circumstances in which they developed remain static. It works like this.

The anti-contraception tradition, long held by religious groups, may be more dangerous to humankind than technological warfare. From the beginning of history until our parents' birth in rural nineteenth century America, every family, tribe and nation needed a long flow of children to grow up as hunters and farmers, to weave cloth and make pots, to fight off raiding bands and, of course, to have many more children of their own. This made sense, because so many infants died of disease that less than half reached adulthood. There still exist Third World societies in which so many children die they are not even named until their first birthday. Therefore, though this long, pre-Great Transition period of history, any form of birth control worked against the clan's survival potential. A low birth rate was a sin against the people and as late as 1900, every religious denomination in the world was passionately in favor of large families. The few progressive women who taught other women how to limit and control their pregnancies were often condemned by male editors, beaten by police and sentenced to prison by the white male judges of the era. Every society except for the Polynesians of the Pacific and the American Plains Indians decided it was better for women to die in childbirth after twelve or fourteen children than for the clan to risk its future survival. And the Pacific islanders had a serious over-population problem which made them limit their desire for large families.

We keep going back to the *Great Transition* as it relates to satisfaction because it was indeed important to the human race. This is when change became exponential in nature. Great scientific advances brought almost all childhood diseases under control through effective vaccines. Too many children grow up to have many more mouths to feed. China, for example can now feed itself -- but only by ruthlessly limiting births and by keeping three quarters of a billion persons laboring incessantly as gardeners. Technological changes allow a current Western farmer to feed hundreds of people rather than the two persons a farmer could support beside himself in 1800. Birth control quickly became highly desirable -- especially as more and more women began careers outside their homes. Until she takes control of her pregnancies, a woman is indeed a second class citizen at the mercy of her own biology and her lover's whims every month of her reproductive life. A woman could hardly achieve in any capacity except as broodmare and housekeeper for some lord and master if she didn't control her fertility. Roberta is flogging a dead horse here -- everyone knows this is right for women today, except for a few anti-woman psychological and ideological primitives in Christianity. Along with some sects of Judaism and Islam who have turned outdated anti-contraception traditions into destructive ideologies because they fear change and despise independent women. Intelligent, educated women around the world have rejected Sigmund Freud's dictum that a woman's biology is her pre-ordained destiny and well they should. That freedom of personal choice to mature, Jard calls the dynamic *Mainspring of Human Progress* belongs to women as well as to men. Of course, you still hear a lot of reactionary and inept men telling cruel jokes about strong, competent women - like Martha Stewart, Hilary Clinton, and others who terrify them and the women they dominate.

When we write about traditions, we're not talking about the simple customs people often call traditions - such as a family *tradition* of going to Grandfather's farm at Thanksgiving or the *tradition* of having a glass of wine with dinner. We're referring to widespread cultural requirements that are virtually universally obeyed in a religion, nation or society - like circumcising the clitoris of infant girls in some Muslim nations or anti-contraception traditions in most primitive societies.

Ideologies - We've said that to say this. Given our spiritual unconscious -- our need to discover the deeper meanings of existence -- to express our mysticism -- our ancestors could seldom leave their useful traditions alone. They found ways to explain them to their children, with the idea of making sure, they didn't experiment and lose something vital that could endanger the potential of the family or the tribe

to survive. They tinkered with their traditions until they got them right. Eventually shamans, priests and philosophers invented mystical *reasons* to justify virtually every tradition that evolved to solve a practical problem. They felt forced to, because there were so many evil spirits around and also those capricious gods who were always lurking to stick it to rebellious societies that did not follow their rules, punishing them with famines, floods, tornadoes and deadly diseases. Priests turned practical traditions into hard and fast ideologies that dare not be broken because that would offend the angry gods and bring retaliation. Theologians spent entire lifetimes trying to learn why the gods were so angry with humans. In addition to anti-contraception ideology, the age old tradition against eating poorly cooked pork, because it caused illness through trichinosis, became a total anti-pork religious ideology in Judaism and Islam. And there it remains, frozen forever long after it has become harmful to entire societies rather than simply useless.

One of Jard's international participants in the Executive Development Program at the University of Arizona was a young Saudi Arabian prince. He'd come with both of his beautiful wives and a clutch of children to Hacienda Del Sol in Tucson where we held our lectures and seminars. At one buffet luncheon, he turned in some embarrassment and in a whisper asked Jard to point out the pork dishes so he could avoid them. He said:

You know, I have my masters from the University of London and understand the origins of our Islamic traditions, but the very idea of eating ham still makes my skin crawl.

We understand his emotions - for during our Civil War ceremonies years ago, Jard was asked to play the part of a Union officer in an Illinois pageant. To Roberta's surprise, despite having served in the US Army Air Forces and being a loyal American soldier, he could not bring himself to put on that blue Yankee uniform. We suppose, on an unconscious level, he was afraid his Confederate ancestors would haunt him should he betray the Cause!

What starts as a good tradition in it's time and place becomes a harmful ideology at a much later time. Half the world is starving today from overpopulation - therefore, anyone who clings to ideological reasons for producing floods of already doomed children forfeits all rights to advise couples about their sexuality so far as Roberta is concerned. In the case of pork, science and technology have eradicated trichinosis from the swine herds of every European nation. For

generations Germans and Austrians have eaten raw bacon as part of their diet in perfect safety. The prohibition of pork for food has denied the use of a hearty and healthy animal as a source of inexpensive protein for the poor peoples of the Middle East and around the world as far as Malaysia and Indonesia. Many priests, rabbis and mullahs hold old ideologies up through sheer theological courage, when the traditional practice has become harmful to their societies. Some people do indeed cling tenaciously to traditions and ideologies long after they harm them.

David Livingstone, the missionary physician who explored central Africa more than a hundred years ago, saw at first hand the power of ideologies in human experience. Livingstone saw a healthy young African man come through his village on a journey to a distant community. The youngster stopped for the night in the hut of his uncle and took his evening meal with the family. That dinner was chicken stew and aware that certain types of wild brush hens were considered taboo to any male not initiated into one of the native warrior societies, he asked what kind of bird it was. His uncle, a deacon in Livingstone's congregation, assured him it was a domestic fowl that he could eat without worrying about the taboo. The youngster dined, slept soundly with the family and went on his way the following morning.

A year passed, according to Livingstone, before the young man returned to the village. His uncle then told him that to show the power of his new religion, he'd deceived his nephew. The chicken the boy had eaten a year earlier was indeed a brush hen and look; he hadn't even felt sick from breaking taboo. The uncle's faith wasn't enough. Within minutes, the boy broke out in a heavy sweat, fell ill and despite all Livingstone did to heal him, died within a few hours. He died because he 'knew' he was going to die for breaking the age old ideological belief. And although the physician couldn't explain it, science can. We've seen similar but less dramatic episodes many times during many years of research. The lad's ideologically produced fear exhausted his adrenal glands, his heart beat went erratic and he died from shock. In psychology, this is called the *General Adaptation Syndrome*. When under stress, during great fear, you must find relief because severe pressure and stress can damage health faster than most persons believe. And if it doesn't do so immediately, it will eventually corrode the plumbing that keeps us alive and healthy.

SELF FOCUS 21

IN WHICH SITUATIONS DO YOU SEE THE FOLLOWING CAUSING PROBLEMS;

INSTINCTS?
TRADITIONS?
IDEOLOGIES?

WHY DO SO MANY REACTIONARY MEN FEAR TO USE AND ABUSE COMPETENT WOMEN?

A THEME FOR LIVING-- The human tendency to adapt as life changes swirl around us or to stand pat by holding to the past even when doing so is self-defeating - begins when we are infants. Our personality patterns, values, attitudes, expectations and all the rest jelled when we were deciding who we are, what life is all about and what we are worth in the scheme of things. Your life-theme, the prism through which you interpret what goes on within and about you, is also been called a person's world-view or mindset. We prefer the term life-theme, for as a musical theme has a recurring pattern in a composition, so a person's theme keeps showing up again and again in everything he or she does. Fortunately, a negative, discordant theme can be improved upon, can be brought to maturity. You can progress from a closed and fearful view of life to open and fearless expectations through which you can find greater fulfillment. Edwin Markham said it well.

*Heretic, rebel,
A thing to flout,
He drew a circle that shut me out.
Love and I had the wit to win,
We drew a circle to take him in.*

We have tried to expand our circles all our adult lives. Nancy Hughes is a retired military nurse who does not see management, politics and patriotism from Roberta's frame of reference. They clashed repeatedly in a health organization to

which both belonged. Roberta considered her a martinet -- and she knew Roberta was a soft-headed liberal as they tried to steer the group's policy. Then she fell really ill and Roberta was one of the few persons who went to the hospital regularly to see how she was getting along. She supported her emotionally as she broadened her circle to take her in and if you can imagine, no more than two weeks ago, she put her arm around her shoulder and said; *I must be getting soft-headed - your ideas are beginning to make sense to me.* It wasn't the quality of Roberta's ideas that had improved but her acceptance of Nancy as a person. And that grew stronger when she listened to her conscience that whispered *Get over there - the crusty old gal needs some support.* Themes form like this in childhood.

PERSONAL LIFE THEME = f (Heredity x Environment x Choices)

An individual with an open and accepting theme simply assumes that he or she is an all right person, is competent enough to relate well to others and can adjust to good or bad circumstances as life shifts. Such a man or woman feels at peace in life and with the human race. On the other hand, a person with a closed and rejecting view of existence feels that something is wrong most of the time. Joan Bishop, for example, remains in a constant state of worry, fearful of her own emotions, frightened by those dangerous people who are different from herself and unable to work well toward a career. She feels that life must be frozen forever as it is now, to keep from losing the few good possessions, experiences and relationships she has managed to acquire. Our hearts bleed for Joan and we'd give anything if we could lead her to a deeper, more fulfilling acceptance of herself. We feel that could be a new beginning - as healing as the one Charles Colson had when he left bare-knuckle politics to work with prisoners and persons leaving captivity. An open and accepting theme would be a powerful predisposition toward making life outstanding for her and her child. There is, unfortunately, a major factor that complicates a person's shift from a closed to an open theme. It is:

Each person's life-theme is virtually always invisible to himself or herself.

Many psychologically unsophisticated persons feel that:

YOU MAY HAVE A LIFE-THEME TO FOCUS YOUR LIFE BUT WHAT I EXPERIENCE IS REALITY. CONCEPTS LIKE PERSONALITY PATTERNS, MIND-SETS AND LIFE-THEMES ARE ONLY PSYCHO-BABBLE BEING USED BY LIBERAL PSYCHOLOGISTS, PHILOSOPHERS AND OTHER SOFTHEADED INTELLECTUALS TO DISGUISE HOW TOUGH LIFE REALLY IS.

Andy Hanson told Jard this early in their Logotherapy sessions. Andy will not tolerate anyone of a different race, sexual orientation, nationality or economic class. In one discussion, he rambled for an hour - telling him how stupid and dangerous Blacks, Indians and Asians are; how cautious one must be around them. He says that his prejudices are based on the Bible that God planned for the white race to dominate the lesser breeds out beyond decency, who are not completely human. Andy has hurt many people physically as well as emotionally, for he is a big and aggressive man, but because of his *spiritually bankrupt* life-theme, he has harmed himself most of all. He is an enormously talented musician who could have contributed a great deal to humankind had he stepped out in faith, hope and love through a purposeful focus of his strengths. A fearful and closed life-theme has crippled him.

When a child learns during early formative years, from the handful of adults dominating the home that life is good - that when hungry he'll be fed, when frightened will be comforted, when soiled will be cleaned - all in good grace, the child develops what psychologists call basic-trust. This is the normal feeling life is pretty good, he or she is an all right person who deserves a share of the good things life offers and there is enough love to go around. Such a child learns the secret of love all you need do to win all the love you need is to offer your love to others. Open minded and accepting parents see to that. Unfortunately, this can be a cruel and brutal world for kids. Not all youngsters are that fortunate - in psychologically and philosophically immature home environments, many children learn fear and doubt rather than love and trust.

A growing number of children, now that life has become increasingly complex, with so many of their parents trapped in spiritual bankruptcy and society spiraling out of control, grow up in misery. One study of inmates in women's and men's prisons revealed that most of the prisoners had terrible childhoods. Many were reared in poverty, but even those who had enough money were pawns in cruel conflicts between their parents, were taught nihilistic values or suffered sexual abuse within the home. Charles Manson, the evil mastermind behind the brutal Sharon Tate murders in California twenty or more years ago, defended himself when some media people accused him of kidnapping boys and girls and using them for such murderous schemes. Manson was quite honest when he indignantly insisted he'd stolen no one, that he recruited his followers sitting hopelessly on some curb where their parents had abandoned them. He had persuaded just a few of the many alienated, rage-filled adolescents of a deeply frustrated and nihilistic

society to join him. How could such a child believe that he or she deserves faith, hope and love? He seldom prospers without a modicum of grace which overcomes the crippling assumption that he hasn't the ability to attract love, to win life's good things for himself and live joyously without using narcotics. Obviously most of the people who suffer basic-distrust toward life and others are not so far down the mind-set continuum as Manson. They just feel miserable much of the time although some do become addicts and criminals.

Very few of us are as naively innocent as the protagonist in Melville's novel *BILLY BUDD*. Billy was so honest, aboard the whaling ship, that his crewmates had him killed to keep him from betraying their petty schemes while talking to the ship's officers. Fortunately, even fewer people are like Ted Bundy who slew and raped up to fifty college girls in his campaign of terror from Seattle to Florida. Nevertheless, many women and men are unable or unwilling to shift their life-themes from closed to open even when it's in their best interests to change. They have lost the precious ability to adapt and to adjust, to take the powers life gives them and to turn them into something great. Their minds are closed to new attitudes, activities and relationships unless they profit immediately from them.

Obviously, even the boys and girls who start out well in life learn caution along the way. We discover through parental guidance, logic or trial and error experience that stray dogs shouldn't be indiscriminately petted, some strange men frighten mother and certain other kids will take all your candy or toys if given half a chance. In other words, although we learned basic-trust, we progress beyond our childhood innocence quickly enough. We become wiser in the ways of the world and its people and look into new situations before wearing our hearts on our sleeves. Nevertheless, in our heart of hearts, within our life-themes, we continue believing that life is pretty good, that we deserve to share in many good things and that families, organizations and communities work best through mutual faith, hope and love. We see life's exceptions and even feel sorry for persons trapped in basic-distrust, for those who remain frightened and bitter, but we go on loving and trusting to the best of our abilities although we do due diligence to avoid being abused.

On the other hand, a doubting, suspicious person, suffering from a closed and fearful world-view, also sees exceptions in his grim, dog-eat-dog world. Society has a most generous portion of good pastors, talented teachers, honest merchants and all the souls who contribute to making a civilization succeed. However, if a

person's basic-distrust is burned deeply in his or her psyche, so that good and evil, trust and distrust cannot be put into perspective, the many good people may remain invisible. Because of a closed life-theme, they may never appear on his or her personal radar screen. Or, if they do appear, the sufferer may attribute their motives to selfishness or assume they are getting close in order to abuse him. Some persons with closed life-themes even set themselves up for attacks to prove that a distorted view of reality really is the right one. Of course, that drives away the very people who would make life more satisfying through mutually supportive relationships. Gerald Dawkins is a police officer with a closed life-theme that seriously complicates his activities and relationships.

Gerald goes armed around the community although he patrols in another precinct and relates to people through power and prestige rather than with persuasion and support. He humiliates neighborhood children and teenagers and so antagonizes neighbors that some of them retaliate by smashing windows in his patrol car and stealing his kid's toys from their yard. Then he complains how rotten the neighbors are and how he is compelled to use violence to keep them in line. He is married to a little sparrow of a woman - his third marriage - who's afraid to challenge him when he abuses her. We have little doubt that his attitudes and actions reflect his rage toward the people he's sworn to protect and serve. Gerald has brutalized scores of black teenagers whom he claims assaulted him or resisted arrest, testifying in court to send many to prison on flimsy charges. Nihilistic, opportunistic city administrators hid the facts of Gerald's malfeasance and abuse of authority for as long as possible to keep from embarrassing themselves and a cynical county attorney steered a grand jury away from indicting him for crimes committed behind the protection of his badge. Even his chief admitted that Gerald has a dark soul what we call a negative life-theme.

Not long ago Gerald burned to death with a grenade an innocent elderly black couple in a drug raid gone bad and then brutalized a handcuffed teenager – leading to the payment of a million dollars in damages and penalties by Minneapolis tax payers to atone for his angers and violence. Gerald's talking about moving out into the county but intends to keep on to working for Minneapolis, where he'll be part of an army of occupation more than anything else. Gerald is the kind of cop or soldier who dominates others through intimidation and violence and when that fails to keep life tolerable, blows his own head off with his service pistol. In the past decade when New York City was losing twenty-one police officers to street

violence by criminals - sixty-six of its cops shot themselves to death with their service revolvers. Gerald personifies the tee-shirt slogan Roberta saw a young girl wearing not long ago. It said:

Life is a bitch and then you die.

We beg to differ!

Life is what you make of it.

As with most of us, Gerald's negative life-theme remains invisible to himself although it is perfectly obvious to his neighbors. To him the violence that swirls around him is the central reality of his unhappy and aggressive existence. What he desperately needs is to mature as a real-person, to live with faith, hope, and love and to find peace within himself and with the world. If he fails to find philosophical wholeness, if he doesn't develop spiritual values, he'll likely drift into yet another marriage and cripple his children - even if he doesn't die face down in a dirty alley some night because he abused someone even more alienated and aggressive than he is. And faster with a gun.

SELF FOCUS 22

WHAT HAVE YOU SEEN WHICH REVEALS THAT EACH PERSON'S LIFE THEME IS INVISIBLE TO HIMSELF OR HERSELF?

WHY ARE LIFE-THEMES SO IMPORTANT?

PROJECT FOUR - LIFE THEME IDENTIFICATION

To identify your life-theme, write a paragraph of four or five sentences that spell out what usually happens to people like yourself as you work and play and love and learn through your life.

Now, boil that paragraph down to a single sentence - something brief that could be put on your tombstone to sum up your life when it is all over.

That single sentence pretty well describes you life-theme - the way you expect your life to become the way you set up life to happen for yourself and your loved ones.

SELF FOCUS 23

IS YOUR THEME AN OPEN OR A CLOSED ONE?

WHY DO YOU ANSWER AS YOU DO?

HOW COULD YOU MAKE IT MORE ACCEPTING?

COPING WITH ANXIETY -- We'll give you a technique for coping with anxiety that includes meditation at the end of this chapter. However, it is better for a person to live with ethical values and positive attitudes, to live in such a way that anxiety, stress and resentment are avoided in the first place. We have identified four major ways of doing this.

Accept Others – From the beginning of this course, we have written about connecting consciously with humankind. Such a relationship enables us to become whole within ourselves, to live more peacefully with others and to cope with the Tragic Triad of guilt, suffering and death. To state it simply, we are no longer alone and lonely.

Not only do we find deeper peace, we become more accepting of the women and men with whom we share life. Jard learned this from the most loving man he ever knew - his father. During the Great Depression of the nineteen-twenties and thirties, when up to twenty-five percent of all Americans were out of work and losing everything, Dad DeVille was always taking in stray people and encouraging them to live in one of several cabins on the farm. If they were healthy enough to work - well and good. If they weren't, that was all right also. There were literally acres of garden produce and field crops, clear cold water, watermelons beyond number and with the nation stalled through bad financial management, plenty of time to think about the future. Occasionally one of the guests would steal something and Jard would become highly indignant. *How could they?* He'd bluster. *You should never let anyone ever come here again.* And his father would smile and say:

They're frightened, son. And I'd rather be cheated every second week for the rest of my life than to grow so tough and so suspicious that no person could ever take advantage of me again.

Being a bright and curious child it only took Jard thirty years to realize how completely spiritual his father was in his attitudes and relationships. You too can avoid many of life's stresses by connecting lovingly with the human race.

Relate Authentically-- To avoid many problems, remain emotionally honest or authentic in your relationships. This attitude is what psychologists call personal congruence or authenticity. This is very hard to do for a species as self-centered as humans. After all, we humans stand tall and sweep our eyes around to see that we

personally are obviously at the center of the world. Everything revolves around us and that's symbolic. We are not only consciously tempted to grab every advantage we can, we are also unconsciously ready to justify our selfishness. History is filled with stories of persons who were open and accepting of others while they were becoming successful, wealthy, powerful but who turned completely reactionary once they'd climbed to the top of the heap. Jard feels that actors Charlton Heston and singer Frank Sinatra did everything they could politically to pull the ladder up after themselves once they became popular and wealthy. So, he believes, has Supreme Court justices Scalia and Thomas who seem determined to keep minorities as hewers of wood and drawers of water and women barefoot and pregnant as brood mares. Engine-Charley Wilson, the one-time chairman of General Motors was totally sincere when he said:

What's good for General Motors (me) is good for the USA.

Self-deception is certain to cause resentment and resistance for several reasons. In the first place - no normal person wants to be abused. In the second place, self-deception forces people to wonder if we are trying to cheat them in some manner. When our messages are not congruent, when we say one thing verbally and then contradict it non-verbally with our body language or tone of voice - we really frighten people. They assume we are lying or going out of control and get out of the way to avoid being hit by flying parts.

We want the pilot aboard our 747 bound for Sydney or London to be precisely what he or she appears to be - technically competent and emotionally stable. We don't want any unpleasant discoveries about a traumatic childhood or marriage conflict at thirty-five thousand feet and six hundred miles per hour. We want our flights to be the good kind - uneventful. We expect the same level of authenticity from our surgeons, bankers and managers. And they deserve the same from us. To remain emotionally honest with yourself - to be congruent with others:

Recognize What You Feel-- This isn't always easy because of the way we so often hide our emotions, deceiving ourselves by insisting that our greed, anger, lust and fear are the responsibility of others rather than our own choices -- but you must consciously work at it. Become aware of your life-theme and what you feel when you relate to other people.

Accept Your Feelings As Legitimate -- This is often hard for those persons who have too many nagging constraints from childhood. However, it is completely normal to feel fear when in danger, resentment when abused, ambition when working and sexual desire when being loved. Accept your emotions as normal aspects of existence and learn how to deal with them in a mature manner.

Share Appropriate Emotions With Others -- To stuff strong feelings down in your psychological or spiritual unconscious, to gunny-sack them until they spill out, is disastrous. Let others know what you are feeling without verbally attacking anyone, without running out of control - so they can adapt rather than pushing you over the edge by continuing the pressure.

Behave Independently -- You can avoid many of life's stresses by becoming a self-directing person. Humans don't do well in isolation because we are social beings, and we must surrender some independence when we work, worship, study or play with other people. And yet, you must retain an inner core in which your freedom remains unfettered or someone else will dominate your life and cause you great resentment and anger.

Most teenagers who become addicted to narcotics such as tobacco, alcohol and the other drugs are bullied into their deadly lifestyle by dominant peers. Because kids are immature emotionally and spiritually, they often lack the courage to make responsible choices. Last year a young woman in our community stole a bottle of vodka from her parents and took it to a party for some classmates. Several boys got drunk with her alcohol, one pulled a gun and several were shot, one of them fatally. She was very contrite but nevertheless, was sentenced to several years in a youth facility as a major contributor to the attack. She lacked the wisdom and courage to remain independent when her friends pressured her to steal for them and is paying a terrible price while all others but the shooter and herself go free.

We need to join others in places of the heart where we love and are loved but we must always retain an inner-self that tells us how far and no further, we can go in the crucial choices of life. We use a simple tactic when we hear persons being abused, because we've found that very few people will challenge a rage-filled hater face to face. When someone starts attacking another race, religion or culture, we politely but very firmly say something like:

I cannot agree with you. The American way is to judge people as individuals rather than lumping every ethnic class together because a few are dishonest or cruel. I surely don't want to be joined with psychopathic killer Ted Bundy because we both are Methodists.

Every time we take this approach, without making it a personal challenge while pointing out facts and our personal feelings -- the group swings away from the speaker and rallies around us. They are waiting for someone to be courageous and take the lead and when that independence is forthcoming, most people will follow.

Become Inventive -- Make life more rewarding and less stressful by moving out on the cutting edge of existence. Progress beyond traditions and instincts -- especially those failing in this era of incessant change, by maturing past the routine and banal. To settle for the status quo, to wait for others to open opportunities for you, is to accept problems and disappointments that frustrate you deeply.

We cannot all be a Picasso or Shakespeare - we can't even be a Joe Butterworth. And if we cannot change the world, we can as Joe did settle for Denver or possibly our hometown or our family and company. And your own life, of course.

Once you have created something meaningful for yourself, for your family, organization or community - not even God can turn back the clock and take from you the satisfaction of that achievement.

It may be that you have created a loving marriage, a thriving business, or led a scout troop. Whatever it is, it has been recorded forever to your credit and can never be undone. Of course, you must have learned by now that just wanting to do something great, yearning for it, does little to put wings to your dreams. There is a progression to reducing disappointment through creative achievement.

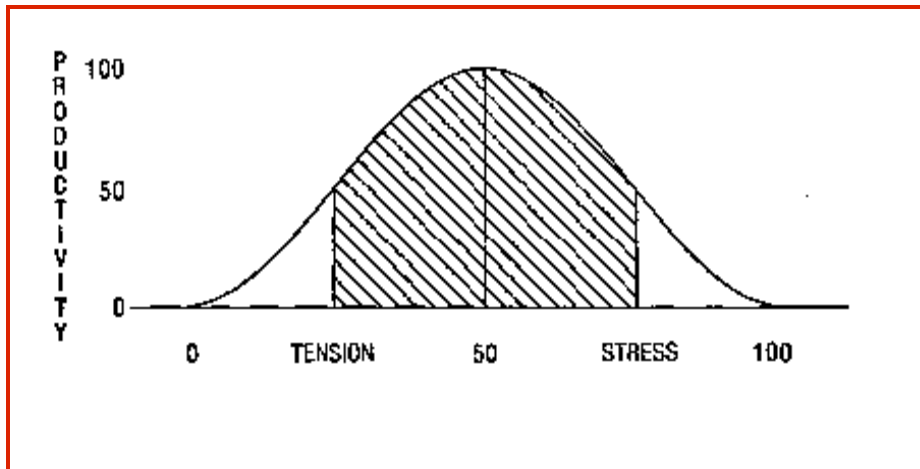
SELF FOCUS 24

HOW CAN YOU AVOID ANXIETY AND STRESS IN ADVANCE THROUGH:

- ACCEPTING OTHERS?
- RELATING AUTHENTICALLY?
- CHOOSING INDEPENDENTLY?
- CREATING ORIGINALLY?

BEYOND STRESS -- Tension, contrary to common belief, isn't harmful in and of itself. We would accomplish very little work without task tension. And we humans would soon become extinct without sexual tension. We define tension as the common realization that we have to accomplish something important within a limited amount of time. Such knowledge usually motivates people to complete some vital activity or to cement some sound relationship. Many problems occur if we allow tension to grow too great, to dominate us and thus become stress. Such stress becomes counter-productive. And, the latest research seems to indicate that it isn't even the stress itself that's the great killer of ambitious and productive women and men but the resentment, angst and rage that accompany being under pressure.

Research at Duke University reveals that attorneys, physicians and managers who score high on hostility scales at twenty-five years of age die in disproportionate numbers before they are fifty. And most of the rest are gone before reaching retirement age. They destroy themselves with bile and acid because they hate rather than love as humans are designed to do. It just doesn't pay to nurse your angers for that shall surely destroy your satisfaction along with your life. The relationship of tension to stress looks like this.



You may have times when your old homosapien angst will go on a tear on the outside or the inside of your mind. Use the following process when stress and angers well up unbidden, that was examined by Herbert Benson when he was a researcher at Harvard Medical School. Benson didn't invent it. This method was in use with prayer by religious mystics from the earliest days of the church but he did put it in this form in his book *THE RELAXATION RESPONSE*. Like hypnosis, it is a function of the autonomic nervous system that we can harness.

PROJECT FIVE – STRESS AND ANGER MANAGEMENT

The Relaxation Response (Dr. Herbert Benson)

CHOOSE A QUIET PLACE WHERE YOU'LL REMAIN UNDISTURBED

Close the door. Turn off the radio or television and the phone. Ask to be undisturbed for twenty minutes or so.

ASSUME A COMFORTABLE POSITION

Sit in a comfortable chair, kneel as if in prayer or take the lotus position. Don't lay down unless you want to sleep afterwards. Grow quiet in your mind by reading a favorite Bible passage or some other literature that helps you keep life in perspective. Seek peace of mind and for relief from your frustrations and angers. Relax your muscles by flexing them - starting with your toes and working upward to your neck and head. Remain still and quiet.

CHOOSE A KEY PHILOSOPHICAL PHRASE

Select some phrase that has special significance for you - something like Love, Peace, Faith or anything that lets you grow quiet. This word will be used to disconnect your mind from life's pressures. It also keeps your thoughts from wandering while you are using the process.

CLOSE YOUR EYES WHILE YOU BREATHE NORMALLY

This is all you do. Breathe normally and each time you inhale, repeat silently to yourself your key word. Then, each time you exhale, listen carefully to the sound of your breath leaving your body. Continue breathing, repeating the key word and listening to your breath for fifteen minutes or so.

MAINTAIN A PASSIVE ATTITUDE UNTIL YOU'RE DONE

If your mind wanders, gently turn it back to the process - without criticizing yourself. Continue the technique as if uninterrupted. When you've completed the process, rest for a few moments, slowly get up and go on with your activities.

That's all there is to it and if it sounds too simple, don't be deceived. It works very well for managing stress and anger. Also, we have found that many people who refuse to use the *Relaxation Response*, who will not give it a month or two once or twice a day -- are living with a 'live fast and die young' life-theme, a suicidal determination to remain closed-minded that they are too fearful to change.

PART THREE

LOGOTHERAPY METHODS

Because instincts, traditions and ideologies remain effective only in a static society, we should develop more consistent fulfillment for ourselves by using a continual process approach through which we keep maturing as life changes around us rather than clinging to the past because we are comfortable with the way things were when we learned them.

CHAPTER SEVEN

A PRINCIPLE OF SOUND RELATIONSHIPS

The Basic Principle of Life we want others to learn from us is this --

GOOD THINGS HAPPEN TO PEOPLE WHO COOPERATE WITH ME,

BAD THINGS DON'T HAPPEN TO PEOPLE WHO COOPERATE WITH ME,

GOOD THINGS DON'T HAPPEN TO PEOPLE WHO DON'T COOPERATE.



Obviously, the world has fallen on difficult times because change has become incessant and we have accepted secular philosophies that go against the grain of human spirituality. And of course, any attempt to keep the cultural traditions of our uneducated, pre-industrial ancestors as *Truth Incarnate* is self-destructive. Nevertheless, that is precisely what many persons try to do. The passage of time and the flood of new persons being born and growing up changes everything until we are like the befuddled King of Siam in the musical play *THE KING AND I*. He sings:

When I was a boy, what was what was what.

Now I am a man, things have changed a lot.

Some things nearly so, some things nearly not.

We humans are inclined to pack our beliefs in bundles - to cast them in concrete with handles on them, so we can pass them on unchanged and unchallenged to our children and their children. Just as our parents and our grandparents tried to do for us. We will, as the king continued to sing:

Fight to prove what we do not know is so! Tis a puzzlement!

This means, of course, you must assume the responsibility for yourself and the people for whom you are responsible because huge societies never collapse overnight. And Yet they seldom adapt in time to save themselves. Half a century ago, Billy Graham was saying that America was in trouble, that without a spiritual renewal such as many discussed years later, we were doomed to defeat as a society. He preached that only through a spiritual restoration with strong ethical values could we mature enough to succeed. We did respond to Graham's call, from 4 or 5 percent who said they followed a spiritual lifestyle in 1940, to 35 or 40 percent who say they do now, and yet we are still in trouble because of the even swifter growth of Nihilism in our institutions and our human reluctance to adapt.

Fortunately, through years of study and counseling, we have identified a *Basic Logotherapy Principle* of satisfaction that will help keep you on the right track as you cope with widespread nihilism and narcissism. This principle isn't what a greedy society offers people. This is what you as an *AUTHENTIC* or a *CONGRUENT* person promises to the people with whom you share life. It is this:

**GOOD THINGS HAPPEN TO THE MEN AND WOMEN WHO COOPERATE
IN ORDER TO REDUCE ALIENATION AND STRESS AND TO ADVANCE
OUR COLLECTIVE SATISFACTION.**

The title of Jard's first major book - *NICE GUYS FINISH FIRST* - was fascinating to reporters, talk show hosts and newspaper editors. Some of them wanted to believe he was right but a significant number of people with closed-minded life-themes wanted to prove he was an idiot to even think such obvious nonsense. Every intelligent person knows, some reporters implied, that nice guys finish last. Leo Durocher, the baseball guru, even wrote a book to that effect.

John Kelly was the skeptical host of a killer talk show in a large Ohio city who did everything but put a dunce cap on Jard's head when he arrived before a studio audience of three hundred persons, while many thousands viewed out in the community. He even seated him on a stool before beginning his attack. Kelly then asked the studio audience to vote on the proposition that good and decent men and women can succeed. About half said Jard was correct, that nice people can do well; while the other half decided he was all wet, good persons don't have a chance in this *lousy, rotten world*. That was interesting since none of the audience had read the book; had no idea what he'd written, although they were willing enough to

judge in advance. Kelly then turned to Jard and gloated over the negative vote, *Now, Doc, How are you gonna handle the skeptics?* He then sat down in the audience while the three cameras whirled up close, presumably to watch Jard sweat as the people grilled him.

Jard started out by agreeing with the host, admitting if you define a nice guy or a decent gal as a wimp, a doormat or marshmallow - such a person couldn't expect much in a nihilistic, too pragmatic society. On the other hand, he said,

I define nice guys and gals as persons like Joe Butterworth who apply life's Basic Principle through:

Putting your life in order along lines of personal excellence -

managing interpersonal relationships consistently well -

sharing the rewards of success with cooperative women and men -

creating a community of achieving persons who belong together.

Jard leaned back on the stool, folded his arms and waited quietly while the cameras frantically panned around for some kind of action. Kelly was so startled by Jard's statement that he sat silently considering the answer for thirty seconds or more and that's an eternity of dead time on television, before coming slowly to his feet. He muttered right on camera - *Well, I'll be damned - I never thought of it that way.* He was hooked and rather than the six minutes Jard was supposed to have, he discussed *NICE GUYS* for thirty minutes and sold a lot of books in the community! When the audience voted again, only two persons out of three hundred still said that Jard was all wet. He went home and the next Sunday took our minister aside to repeat the story. He concluded,

If you had my conversion rate, we'd be the largest congregation in the city!

You must begin with a firm foundation for your own life. Then the following elements of consistent satisfaction, dealing fairly in your relationships, sharing the benefits of cooperation and offering others a community where they can belong with people who support each other - will surely go a long ways toward making your life the best it can become. It is a practical expression of the faith, hope and

love that is vital to consistent growth. There is another aspect to the basic principle. It is:

BAD THINGS DON'T HAPPEN TO PEOPLE WHO COOPERATE IN OUR ACTIVITIES AND RELATIONSHIPS.

You must recognize the obvious - that accidents occur, recessions come, companies fail and much more in an imperfect world. The *Tragic Quartet* of *suffering, rage, guilt and death* is all too real. However, to the limit of your abilities, you promise to be consistently open-minded and accepting of other people in your relationships. You shall neither blame women and men for your own failures nor punish them for circumstances beyond their control. You will not hide when people require your help and will end all cruel psychological games designed to hurt someone who gets sucked into some hateful scheme. Because you serve society in an organization or free-lance as a committed person should, according to the by-product approach to satisfaction, you will apply faith, hope and love to guarantee meaning and belonging that wells up out of your Logotherapy lifestyle. You become a mature person in your relationships and that gives you better opportunities to influence other persons toward a satisfying life.

There is one more factor to the Basic Principle.

GOOD THINGS DON'T HAPPEN TO PEOPLE WHO REFUSE TO COOPERATE IN GETTING GOOD THINGS DONE.

Accepting and maturing men and women don't want to be cruel even though we all are frustrated at times and tempted to become aggressive or apathetic. However, we are finite persons with limited time and resources to invest in a satisfying life. Therefore, we have not only the right but the responsibility to use our powers where they will accomplish the greatest good for ourselves, the people we support and for humankind. Be patient; don't write people off too soon. Offer distressed or difficult men and women time to understand, despite possibly negative life-themes and low expectations that you mean well. Work with them and discover ways to convince others that you do indeed work, love and play according to sound Logotherapy principles. Be very patient as you try to lead people to consistent satisfaction.

Nevertheless, as finite persons, times do come when we cannot invest still more effort in the activities of some people without depriving someone else of something vital. Some of the people we try to help, have hidden agendas or vested interests that are destructive to those you support. Others have wounds that are deeper than your ability to relieve them. When that happens, you should move on however regretfully, to use your time and energy for someone who will respond to your graciousness and generosity. Even the deeply accepting Jesus said something about not casting one's pearls before swine, but then, he may have been having a bad day. We were forced to abandon Andy the musician who hates himself and everyone else. We had taken him in after he was released from prison, put him in our upstairs apartment without charging him rent and fed him for several months. Despite doing our best, he grew consistently angry and aggressive in drunken fits, swearing at and threatening to harm Roberta, our daughter and an elderly aunt, until Jard drove him away at pistol point in order to protect the family. We'd done all we could for Andy and was not going to have him abuse us in order to meet his selfish, distorted needs. Our good efforts simply could not continue for a man who was threatening violence against us and someone we love. We all have to be tough at times.

The Basic Principle is effective in normal relationships because the vast majority of people prefer:

Pleasure to pain in the physical aspects of life,

Prestige to contempt in the psychological aspects of life,

Purpose to meaninglessness in the philosophical aspects of life.

Apply this principle in your relationships - *Good things happen to people who cooperate* and discover why it is so successful a method for relating to others, for enhancing your growth and influencing others to a fulfilling lifestyle.

SELF FOCUS 25

HOW COULD YOU APPLY THE BASIC PRINCIPLE IN IMPORTANT SITUATIONS:

GOOD THINGS HAPPEN TO PEOPLE WHO COOPERATE?

BAD THINGS DON'T HAPPEN TO PEOPLE WHO COOPERATE?

GOOD THINGS DON'T HAPPEN TO PEOPLE WHO DON'T COOPERATE?

CHAPTER EIGHT

THE PRINCIPLE OF RECIPROCITY

I had a boorish young Texas oil millionaire from Houston who tried to treat me as one of his oil field peons. Only thing, he didn't realize he was on my turf -- I'm not an employee but a free agent instructor. He commanded me, "Here, Boy, bring my skis as if I was his porter." In the past, I would have insulted him in return but I recalled what you'd taught us in the seminar about reciprocity and so I kept cool. I told him, ever so politely, "Sir, on the mountain each person is responsible for his own equipment. It can get dangerous if we get careless and someone could get hurt. Will everyone please follow me to the lift?" The rich guy picked up his gear and trotted along with us like a little lamb. The group was reassured that I knew my business and I felt good about the outcome. And the best thing is he signed up for a series of expensive private lessons starting after lunch. Hey, this reciprocity stuff really works!

The Reciprocity Principle or the *golden rule* is simple and uncomplicated and yet, families, companies, nations and entire civilizations collapse because parents, managers, priests and politicians fail to apply it in their relationships.

This is how it works in our relationships

The attitudes and expectations you hold and the behaviors through which you relate to other people, largely determine how they react to you.

This principle is so universal to human relationships that Jesus, Buddha, Confucius and Mohammed were teaching versions of it centuries ago. And yet, each generation and its organizations need to learn it anew if we are to find satisfaction in interpersonal relationships. *Reciprocity* implies that unless a person has a hidden agenda to be met at your expense, such as several Minneapolis automobile dealers who long refurbished junked wrecks, and sold one of them to us as a pristine car for high dollars, you can often set the stage for consistent fulfillment through mutually satisfying relationships. You can change the world as Joe Butterworth did.

When your life-theme is positive and your values, attitudes and choices allow you to offer esteem to normal women and men, they automatically think well of you and strive to keep the respect mutual. For example, Jard has some significant political and philosophical differences with Pat Robertson of the 700 Club. And yet, when he was invited to appear on the program, he accepted the opportunity to promote a new book. Why? It could be because Pat laughs so uproariously at his stories. Actually, he appeared because it was to his advantage to promote a book and because despite their intellectual/political differences he likes Pat personally. Even fiercely partisan former Democratic Speaker of the House Tip O'Neil and equally opinionated Republican President Ronald Reagan, who fought many ideological battles were known to get together and toss back a few drinks while telling each other outlandish Irish political stories after hours. Good friendships are so rare that you don't dare let your political, career and religious interpretations ruin them!

On the other hand, when you abuse other people they resent it and not only resist but also find ways of disrupting your schemes before you can hurt them again. Should you be so disturbed by a negative life-theme that you enjoy humiliating others, rest assured those individuals you anger will do all they can to complicate your life, destroy your dreams and sell you down the river into vile servitude. Should you have power over people and use it to abuse them, reconcile yourself to a life marred by an endless guerrilla war in which everyone loses something. Hotel magnate Leona Helmsley battered and bruised her employees so badly psychologically that when they had an opportunity to strike back, they gleefully became the key prosecution witnesses who sent her to prison on several tax charges. What you give others is what you get from them in your relationships. Unfortunately, our prisons and mental institutions are filled with unhappy people who never learned this powerful aspect of satisfaction. So are more than a few dysfunctional companies, military units and governmental agencies where control freaks have seized power at the expense of persons and performance.

The Sidewalk Test-- You can test the *Reciprocity Principle* for yourself with the rather silly DeVille Sidewalk Test (T V hosts loved this one). On your next walk through your community, smile pleasantly and greet the first ten pedestrians approaching you. Don't look as if you are going to beg for money, simply catch their eye, smile and move on past. Nine out of any ten people you meet will automatic respond with a greeting of their own. They connect to your mood according to the Reciprocity Principle.

Then, repeat the performance with the next ten people you meet but this time, instead of smiling and nodding, frown and stare pointedly. Let us warn you - (We don't really expect you to apply the Sidewalk Test - it's a scheme only slightly nutty researchers try.) be prepared to get out of the way. We've had people jump between parked cars, stop and stare after us until we passed out of sight, swear and clench their fists and run away.

What you offer others is what they most often return to you.

We were on a talk show in Manhattan and the host said that Reciprocity, smiling and greeting folks, may work out in the wilds of Minnesota or Colorado but never in downtown New York City. We rebutted her on the air and then on the way to lunch somewhat later Jard smiled and called a cheery Good morning, to the first ten men and women we met. Eight of them responded with smiles and nods of their own. In paranoid New York City no less! We don't claim that reciprocity will help a great deal if the boss' cousin is after your job, the IRS is auditing your books or rogue Los Angeles cops are beating you senseless with their flashlights, but those are abnormal situations.

You can use this knowledge to better your activities and relationships in two ways. You can create productive, conflict-free situations because the majority of people will connect to your attitudes and expectations.

WHEN YOU OFFER TRUST, MOST PEOPLE BECOME TRUSTWORTHY.

WHEN YOU REWARD PEOPLE, THEY STRIVE FOR MORE GOOD THINGS TO HAPPEN.

WHEN YOU BRING WOMEN AND MEN INTO YOUR LIFE AS YOUR PEERS, THEY'LL SUPPORT AND CARE FOR YOU.

Of course, you can use counterfeit Reciprocity to manipulate and deceive other people -- for a while. However, even that won't annul the principle - people will see through your pretense and connect into your negative attitudes and activities with compound interest. The choice is yours, to work along the grain of human personality, or to struggle against it, driving yourself through brute strength and awkwardness until you heart explodes or life becomes ghastly and your marriage, family or career fails.

In the second place, recognize this tendency within yourself and refuse to be manipulated by people who'd use it against you. Professional athletes needle their competitors constantly, hoping to distract each other. Many NBA basketball players talk trash to their opponents to get an edge by making them angry. In a recent Twins baseball game, the opposing catcher momentarily held a dropped bat out to a Minnesota batter and when he automatically reached for it, insulted him by dropping it into the dirt to irritate him. The catcher was trying to hook the batter into becoming annoyed. Dwelling on the insult could have lessened the Twins' batter's chances of getting a hit and the catcher knew it. You must not let alienated, angry and clever users and abusers establish your agenda or disrupt your game plan through your automatic responses for their own reasons. You'll be a better person and win greater satisfaction by applying Reciprocity for yourself.

SELF FOCUS 26

HOW WOULD YOU DESCRIBE THE PRINCIPLE OF RECIPROCITY?

TELL OF A TIME IT WORKED

TELL OF A TIME IT FAILED

WHY DID IT FAIL?

CHAPTER NINE

SELF-FULFILLING PROPHECY

You dare not let skeptics block your dreams. Deal first in facts and then go on to the real reasons women and men accomplish great things. Bloody Mary got it right in the musical SOUTH PACIFIC when she sang – “If you don't have a dream - than you'll never have a dream come true!” Of course, you must give it wings through a proper vehicle and hard and smart work. Once you understand the issues and get things together, you can as Joe Butterworth did -- Change your world.

* * *

Not only do circumstances swirl swiftly around us, we ourselves change inexorably as we learn new concepts, develop additional relationships and come to grips with an ever-shifting society. We all have good times that we enjoy and bad times with which we must bravely cope, while never forgetting that both are transitory. Few people succeed in any activity or relationship without developing a sound process through which to approach the future. We find great help in the *Principle of Self-Fulfilling Prophecy*.

***Life consistently gives us whatever we expect to happen,
Develop a vision to give a positive shape to our desires,
Create an adequate vehicle for consistently achieving, and
Work hard and smart to make it permanent.***

As there is no magic in the power of expectations, so there is none in this process. However, human miracles do occur when perceptive, ambitious women and men focus all of their powers in order to change the world. We've learned about AJ Johnson who kept maturing, even as he played the violent game of professional football and we have already discussed Joe Butterworth of Denver. But we must not forget Betty Coombs who battled her way out of ignorance, poverty and superstition in the coal fields of eastern Kentucky to earn a college degree and become a personnel manager in a fine company. Her story of study and work may not thrill you as a world shaking event but it surely pleases herself and her family

a great deal. Betty may never be invited to the White House for dinner with the president but she has found many ways to focus her powers for the good of her company, family, church and community. Joe and Betty, Mother Theresa and Lee Iaccoca and A J Johnson are not all that much smarter than the rest of humanity. They have, however, learned how to identify a meaningful goal and to focus their efforts through a self-fulfilling prophecy. Such a process looks like this:

SELF-FULFILLING PROPHECY = f (Personal Vision x Adequate Vehicle x Intelligent Effort)

First - When applying this equation to your dreams, begin by considering objective facts and figures. You cannot create a great business by braiding and selling buggy whips for there is no vast market for them. Nor can you succeed through manufacturing bad automobile tires when so many good companies are competing with you. A failure to deal with objective information is the reason why so many new businesses collapse in a short while and why many college graduates cannot find jobs after graduation.

Second - You can seldom achieve anything great by ignoring the subjective elements of achievement. Most women and men want to be connected to something exciting and meaningful. For, while objective facts are necessary for winning an education, building a good business or constructing a bridge across a swiftly rushing river, facts can never explain why creative, ambitious people spend their lives accomplishing important things. By way of example, Steve Lesnic is a talented stonemason. Not long ago he and Roberta were driving to a meeting when Steve detoured a mile or so to cross a community college campus. When Roberta looked puzzled, Steve said:

Do you see that facade on the library? I built that with my own hands. My crew erected those beautiful arches across the quadrangle, and also, the windows of the music building. That was fifteen years ago and everything here is as strong and as beautiful as the day I packed my tools and went on to the next project. And long after I'm gone and forgotten, college kids will be finding life here a little nicer because I left my mark on this campus.

Steve changed his world and no one can take that away if he lives to be a hundred. He made his life count for something good. Of course, he didn't stop there. He went on to one new project after another and the entire society is a little better because he passed this way.

David Sarnoff, one of the pioneer electronic geniuses who virtually created the broadcast industry in the thirties and forties inspired his employees with this message...

Whatever humans can conceive and believe, they can achieve.

Sarnoff had many battles along the way - the wildest with a closed-minded New Jersey district attorney who accused him of fraud because he was selling shares in a company falsely *proporting* to send words and music through the air. It was, the reactionary official insisted, impossible and against the laws of God and nature and thus an indictable criminal offense to pretend to broadcast music. Like the medieval priests who wouldn't look through Galileo's telescope, he wouldn't allow Sarnoff to demonstrate a radio in his office. His mind was closed and the DA wasn't alone in his frozen outlook. Of course, self-fulfilling prophecy can work the other way also.

Not long ago Jard had a day off between leadership seminars he was leading in New Zealand. Having learned that he was an aviator, his host escorted him to the Keith Park Memorial Aerodrome which celebrates some of the airmen and aircraft that were prominent in that small nation's military history. They fired up a Lancaster bomber and inspected a Catalina flying boat. It was a step back in time for Jard. However, he couldn't help observing that the grounds crew, young Polynesian men were annoying the retired Air Force officer in charge of the operation. The official even complained bitterly about his workers to a complete stranger which made Jard immediately think him an idiot. Jard still believes with Napoleon that there are *no bad regiments - only bad colonels*. When it was time to eat, he grabbed a box lunch and followed the young men under a shade tree to relax with them. They were suspicious at first but their native Maori courtesy and generosity soon asserted itself with a guest -- especially when he started talking about his interest in their Polynesian culture and its matchless seamanship. Then, when they'd accepted him, he casually asked why they had so many conflicts with

the retired officer. They grinned and finally admitted they annoyed him on purpose. He was such a martinet, such a racist, that they were ruining his second career so he'd be replaced. The bigot was getting precisely what he deserved - so much so that Jard never said anything about their scheme when he met the officer again in the afternoon. He too thought the entire operation would be better with a less alienated man leading the crew. The man came in expecting bad relationships; set the stage for them to erupt with his criticisms, and got precisely what he prophesied would occur. He forced it to happen but shifted the blame onto the workers - complaining that he'd inherited a *bad regiment* rather than admitting he was a *bad colonel* - as so many managers do in their dysfunctional organizations.

The editor of a Dayton, Ohio newspaper ignored the greatest story of the first half of the 20th century with a closed mind-set. He refused for five years to print the story that the Wright brothers had built a successful flying machine. *Impossible*, he scoffed repeatedly, *for a machine to travel through thin air*, although thousands of local people saw the brothers flying when riding the Dayton-Springfield trolley when the Wrights flew every fair weather Saturday morning from Farmer Hoffman's Prairie. And there was the banker who snarled, *Get that toy off my desk!* It was a telephone. Plus a Hollywood producer who rejected a big, dramatic manuscript, saying that Americans in the late 1930s would not be interested in a Civil War drama. It was '*Gone With The Wind*'. So far as we know, the movie producer was the only one of the three to admit his mistake. He later shook his head sadly and said:

Every word in my letter of rejection cost me a million dollars personally when Darrel Zanuck produced that great movie with Clark Gable and Vivian Leigh.

Bloody Mary got it right in the musical *SOUTH PACIFIC* when she sang - *If you don't have a dream - than you can't have a dream come true!* Don't let skeptics block your dreams - For once, you understand the issues and get things organized you really can change your world.

SELF FOCUS 27

HOW WOULD YOU DESCRIBE THE SELF-FULFILLING PROPHECY PROCESS?

WHAT WOULD YOU REALLY LIKE TO ACCOMPLISH?

WHAT IS YOUR VISION?

WHAT IS YOUR VEHICLE?

HOW CAN YOU REACH YOUR GOAL?



CHAPTER TEN

BEYOND SELF-DECEPTION

We all distort reality to some extent, because confronting life in the raw can be cruel. Just the other day Jard cut off another car in traffic with a bonehead maneuver and the driver gave a long, angry blast with his horn. Roberta squealed and Jard immediately protested: "Well, I'm not the only one to make a mistake." Indeed, he is not. Even Freud quipped that he always remembered the money his patients owed him better than the money he owed his creditors -- but the truth is, Jard had endangered half a dozen persons in two automobiles through carelessness. And then automatically excused himself in order to maintain a bit of self-esteem.

SELECTIVE PERCEPTION -- Because we humans are so subjective in outlook, wanting what we want, distrusting anyone who complicates life for us, competing for the good jobs in every hierarchical organization and desiring to fit everything we see and do into our own frame of reference. We have the almost unlimited capacity for self-deception as mentioned earlier. For example, aviation safety agents have learned to view with considerable skepticism the reports of eye-witnesses to aircraft accidents for one major reason.

WE HUMANS FILTER ALL INFORMATION THROUGH A PERCEPTUAL SCREEN THAT KEEPS US FROM BECOMING CONFUSED BY UNFAMILIAR CONCEPTS OR FROM BEING HURT PHYSICALLY OR EMOTIONALLY.

Aviation accident investigators have discovered that eye-witnesses regularly report events that are completely contradicted by the physical evidence. Regularly a man or woman will insist that she heard the aircraft engine stop mid-air and only then looked up to see the machine tumbling toward destruction. That sounds reasonable enough - after all, everyone knows that aircraft fling themselves down the moment the engine stops running. Right? Wrong! Sailplanes can soar for hours and fly hundreds of miles without even having engines by gliding from one thermal to the next. Every pilot in training learns how to glide down to a safe landing should the engine fail in flight. Even a great airliner can be landed safely without power as Captain Sullenburger demonstrated in the Hudson river. Very few aircraft suffer catastrophic crashes from engine failure but few laymen understand that and it shows in their reports.

When investigators examine the wreckage, they often discover that the propeller is twisted sideways and gouged across rather than bent back and scarred down the length of the blade. Contrary to witness reports, the physical evidence reveals that the engine was still producing full power, still spinning the propeller at high speed and so the accident was caused by some other failure. Obviously, experienced investigators realize that witnesses are not trying to deceive them by reporting a dead engine before the crash. They understand the point we're trying to make here; people see what they expect to see, witnesses interpret life's events according to their values, attitudes, beliefs and expectations. Non-fliers don't think in terms of pilot vertigo, broken control rod fittings and ice accumulating on wings. They see what they believe to be true and so do we all.

Another example can be seen in the difficulty of persuading a voter to see any good at all in a candidate that is proposing a plan to eliminate his or her pay check. This is why one son or daughter can perceive the death of an elderly parent as a spiritual home going within the Cosmos, while another sibling grieves it as a disastrous eternal loss. American prisons hold many, many innocent black men who were illegally arrested by burned-out cops, misidentified by well coached white witnesses who can't recognize one black person from another, prosecuted by ambitious district attorneys who need scalps in a campaign for higher office and convicted by racist juries who secretly feel that stuffing one more black kid in prison, regardless of his innocence, is a good day's work. Few officials say that they are going to railroad black men to prison but the crumbling criminal justice system is organized in such a way that every member's selective perception works to convict once any person falls into its clutches. Because everyone in the system is rewarded to convict and people who presume others innocent until proven guilty are considered troublemakers, up to ten percent of Black American prisoners are innocent of the charges that sent them away. We do see what we expect to see.

This process works at two different levels in our attitudes, activities and relationships.

First - *Selective perception*, self-deception, lets us continue feeling good about ourselves by automatically justifying beneficial events that are obviously evil. Spouses begin affairs by telling themselves that a new lover won't complicate and destroy their marriages, because they crave the adolescent excitement of a new

romance. Employees steal from their firms after convincing themselves that the losses won't weaken the company and cause other employees to be laid off. Anna Negrete, a middle-aged bookkeeper, recently confessed to stealing some sixty thousand dollars from her company to support her alcoholism and a compulsive gambling habit. Anna had succumbed to the age-old human itch to get something for nothing because her values were unethical and her attitudes negative. She had persuaded herself, as she interpreted the information available to her through her selfish perceptual screen, that the money wasn't all that important to the successful firm. She had also reasoned, she told a reporter, that sixty thousand dollars was too small an amount to be missed by so large a company. Such a distorted, selfish interpretation of reality leads to many existential disasters.

We all distort reality to some extent, for confronting life in the raw can be cruel. Just the other day Jard cut off another car in traffic with a bonehead maneuver and the driver gave a long, angry blast with his horn. Roberta squealed and Jard immediately protested:

Well, I'm not the only one!

Indeed, he is not. Even Freud quipped that he always remembered the money his patients owed him better than he recalled his own debts, but the truth is that Jard had endangered half a dozen persons in two automobiles through carelessness. And then automatically excused himself in order to maintain a bit of self-esteem.

The more frustrated or alienated a person becomes, the greater the split between reality and the person's perception of events and relationships and the events themselves. Adolph Eichmann, the SS Nazi officer who developed the efficient railway shipping network that transported millions of people to the death factories across Europe during World War II, rationalized his contribution to the Holocaust by insisting until the time of his execution that he was merely the *Coordinator Of Railway Timetables* who'd murdered no Jews. In his decades of hiding from retribution for his ghastly crimes, he'd run and re-run this scenario through his mind until all that would cause him to look evil was washed clean. For, we don't simply recall old memories - we modify and reinterpret them every time we think them through. Personal contrition and a plea for mercy may have had Eichmann's death sentence commuted to life in prison but he refused to plead. Death itself was less painful to him than admitting to the world that such a neat, obedient German boy as he had become a mass murderer in order to advance his career.

Second - Our perceptive screens not only defend our egos, they also help us better understand what is going on around us. For example - you can be at a party or a meeting, paying little attention to the chatter, when out of the chatter you hear your name spoken across the room. You come instantly alert and discover you not only heard your name but the proceeding several sentences leading up to it. You may have been idling, your mind out of gear so to speak - but something important such as your precious name, and the self it represents, brought you to immediate attention. You get ready to fight or to flee, to conceal something vital or to reveal it when appropriate by interpreting the situation.

This point is crucial. Just as Jard, Freud and you also interpret every attitude, activity and relationship first of all to benefit ourselves and then the persons we love and the organizations we serve, so does each one of all those people with whom we work and play or love and learn. The process is automatic unless we are very sophisticated and there are few human traits so filled with potential for conflict and confusion. When serious differences arise, each person recalls the events leading up to them in the most favorable terms for himself or herself. And we keep improving them in each new memory recall to make ourselves look better and better. Thus, you must look carefully behind the facts, figures and words when someone asks you to sacrifice your ideals in the name of *truth*, because many people persuade too much when convincing others. You must discover whether you are being set-up, perhaps unconsciously to accept another person's *reality* to the detriment of your own. It isn't necessarily lying or conscious deceit, for even good people will swear on a stack of Bibles that anything benefiting them will benefit you also. And, they will mean it right until the crash! The Alcohol, Firearms And Tobacco agency officials who conducted the disastrous raid on David Koresh's camp in Waco, Texas, where so many persons died needlessly, rehashed and regurgitated their information many times before reporting to the attorney general. They convinced themselves that their undercover man in Branch Davidian really hadn't come out and told them Koresh knew of the raid in time to prepare his defense; that they'd better call it off.

Alan Greenspan of the Federal Reserve vetoed the need for better control and more honest accounting from the wicked financial abusers – believing and saying that the Wall Street gurus would regulate themselves safely through Global Capitalism. His mind-set failed not only himself but threw the entire world into a

disastrous recession that shall take a decade or more from which to recover. Even Greenspan now admits that he spent his career clinging to a self-serving illusion that was disastrous even as more perceptive Paul Volker, his predecessor, cried out for ten years in alarm. There is very little satisfaction to be found in naïveté because you have not learned how the *Selective Perception Principle* works for yourself and others. .

We all want to feel good about ourselves by protecting our tangible and intangible assets - our possessions and our egos, but self-deception can lead to disastrous consequences in many ways. Develop legitimate reasons for life to be good and you'll have a narrow gap between clever perception and dramatic reality.

SELF FOCUS 28

HOW WOULD YOU DEFINE THE PRINCIPLE OF SELECTIVE PERCEPTION?

HOW COULD YOU USE YOUR KNOWLEDGE TO HELP PEOPLE FOR WHOM YOU ARE RESPONSIBLE DEAL BETTER WITH REALITY RATHER THAN ENGAGING IN MAJOR SELF-DECEPTION?

CHAPTER ELEVEN
**LOVING, LABORING AND LEADING
PEACEFULLY**

Most people in conflict laden situations make the major mistake of dealing with facts to buttress their arguments when they should be concerned with their opponent's feelings in order to demonstrate understanding, trust and honesty. Only when you have paraphrased his or her position and asked whether you understand it, will your competitor feel you have the right to suggest a compromise. People will do what we want them to do more often because they feel we understand their concerns than for any other reason.

It isn't difficult to live peacefully in almost all circumstances. To avoid recurring conflict all you need do is always obey the people who'd dominate you, abandon your own vision and never challenge anyone who abuses you and the people you love. Then, very few people will trouble you. If, however, this approach to conflict management isn't appealing, if you don't want to be a tool of people who'd use you for their own reasons, master the processes taught here. They'll enable you to avoid a great many unnecessary conflicts. We use the word *unnecessary* for some very good reasons. There do come times when we have to resist abusers who'd harm us or persons and organizations we need to protect. Some things are too important to surrender so plan on strapping on your helmet and jumping into the fray when it becomes necessary. But, until draconian measures are needed, use this process to avoid unnecessary struggles.

Fortunately, for a person who'd live at peace, most conflicts are seldom over lofty philosophical ideals or serious degrees of personal achievement. The majority of interpersonal battles are fought over possessions, power and prestige - about ego related issues unless one is so poor that he'd fight for a pair of shoes or so barbaric that he or she would murder for a Chicago Bulls team warm-up jacket. At one of the *COUPLES* seminars Roberta and Jard taught for a community college, a young husband ruefully said:

I didn't know when we were married that we'd fight over the best way to do the dinner dishes.

To which his wife added:

Or whether to hang the toilet paper so the sheets come off the front of the roll or the rear.

It was obvious to Roberta they were not quarreling over dishwashing and toilet paper but were locked in a power struggle for dominance in the relationship. Perhaps the husband grew up in a home where his mother automatically yielded to his father and married without realizing that a great many women no longer tolerate male domination. It appeared however, that both were existentially frustrated and acting out their aggression with one another as the target. Other conflicts result from dissimilar personality patterns or from misunderstandings. It seems to us that almost every opera has the characters at cross purposes and mistaken assumptions that come from a failure to communicate expectations well.

Because humans are so subjective and prone to misunderstand what another person really means unless we ask and listen well to the answers, many conflicts can be avoided entirely or at least controlled by applying the *Principle Of Reciprocity* discussed earlier. We developed the principle further in the process called *Three Stage Conflict Avoidance* and *ASRAC Conflict Management*. Both work for one powerful reason. Research reveals that more people will do what you ask of them - will cooperate more, when they feel that you really understand, trust and accept them - than for any other reason. Of course, this isn't true if you are stealing all the rewards and they have to fight to get a fair share, if you use your knowledge to humiliate them, if you are blocking their growth as persons of worth. But then, that isn't a normal situation and you are a spiritually warped character who needs to get his or her head on straight before people get together and throw you over the side of the ship so they can sail on peacefully without you.

PROJECT SIX -- THREE STAGE CONFLICT AVOIDANCE

STAGE ONE -- When a conflict is brewing, calmly and authentically clarify your feelings about the situation. If you don't attack the other person and remain calm and accepting with your verbal and non-verbal communication, most people will react positively to a sincere attempt to avoid conflict. They may not agree with your conclusions but they will seldom deny your feelings or your right to have

them. For example, you can say something like this in a calm voice.

When you keep interrupting and I cannot express my concerns, I feel that you don't want the team to consider my recommendations as well as your own. Please -- may I at least feel I'm getting a fair hearing before we decide?

If such a calm statement that expresses your feelings avoids conflict - well and good. If it doesn't, go to the next stage of the process.

STAGE TWO -- Without becoming bitter or contentious, without an attack against his or her character or motives, escalate the intensity of your emotions about the matter. Say something like this.

I feel that your continued interruptions devalue me -- that you are trying to win your points by shutting me up rather than the merits. That's not fair to the team. If blocking my idea isn't your intention, I must speak without your distractions!

It's quite possible that the contentious person is working from a hidden agenda or with a *Superiority* attitude that convinces him that both you and the group should yield to his or her limitless knowledge and wisdom. To avoid surrendering, you must go on to the final protest stage. Of course, this is an ultimatum and you must be prepared to battle for your rights and responsibilities should she continue to interrupt.

STAGE THREE -- Raise the emotional ante by using all your communication skills to make your point in a still non-aggressive manner. Demand a solution and if he refuses this final time, decide whether the relationship is worth keeping on his or her terms. We assume it would be if the speaker was your elderly Aunt Minnie who treats relatives like dull children but mentions them nicely in her considerable will. Or the normally supportive spouse who comes home frustrated and angry occasionally from pressures at work - but not the idiot in the next section of your office who's been trying to bully you since he's been promoted. You can say:

I feel very strongly that nothing can be gained by combining our production goals the way you want us to. I've found that good natured

competition between sections keeps the gals and guys more focused on the results we want. Surely, I cannot be expected to feel a great deal of partnership with a supervisor who won't let the team hear my suggestions before we consider merging our sections.

You still haven't attacked his character or motives but have stuck to your guns through a calm and rational expression of your emotions. He could go on arguing that his motives are as pure as the driven snow, that the merging would be productive, but he cannot validly deny that you feel the emotions you have expressed. The group may vote against you but you have taken the high ground, have shown him to be a manipulator and forced people to consider your views more thoughtfully than a quarrel would have. And should you win and continue working with him, there'll not be harsh words left laying there to complicate matters further. And with you as a strong and articulate opponent, he may not be so eager to take you on next time.

SELF FOCUS 29

FIND A PARTNER AND ROLE PLAY A CONFLICT THAT GOT OUT OF CONTROL IN ONE OF YOUR RELATIONSHIPS. SWITCH WITH A PARTNER OR FRIEND AND CHANGE ROLES WITH ANOTHER CONFLICT.

THE ASRAC PROCESS --

Most people in conflict laden situations make the major mistake of dealing with facts to buttress their arguments when they should be concerned with feelings in order to demonstrate understanding, trust and acceptance. *The ASRAC process* includes the following elements.

Accept - Encourage the frustrated, angry or contentious person to speak openly and honestly about his or her crucial concerns. Accept everything expressed as legitimate feelings even if you disagree with the facts. Don't defend yourself, your company or your country if there is an attack. Do not rebut the angry person's feelings or concepts but give verbal and non-verbal permission to be critical, defensive and stubborn even if that goes against your own ego needs for a while. To make it clear - be quiet and really listen. You can say something like:

Go on Jenny -I need to know more about this. Feel free to tell me what you really feel. Is there any more I should learn while we're talking this over?

You'll probably be the first person in Jenny's life who didn't try to shut her up - who asked her to continue complaining when she was angry. So here she is - all ready to batter down your resistance, to seize the verbal advantage - and you agree with her, admitting it's only fair she tell you what she's feeling. Talk about catharsis - talk about taking the wind out of her sails! When she runs down and stops lamenting, go on with the process.

Share -- Clarify your understanding of the contentious person's feelings by finding points of agreement and expressing them openly and authentically. Remember, we mentioned that people want to be understood, trusted and accepted much more than winning specific arguments. The least you can honestly say is:

Wow! I have to admit it. Jenny - if that had happened to me, I'd be as upset as you are. Maybe even really angry. Would you like to tell me how it happened?

You bet she would, so go on listening with acceptance. Remember, just because you must reject something important to her doesn't mean you should also deny her the satisfaction of explaining it. Of course, you shall have to keep your verbal and non-verbal messages free of contradictions. And you don't deny her desires capriciously. Continue negotiating.

Reflect -- Take a page from the psychotherapist's notebook here. Demonstrate your understanding of and empathy with her desires, even when you have legitimate reasons to deny them. Rather than saying *I understand you*, which any abuser or a manipulator can say glibly enough, spell out grasp of the situation with something like this.

Let me see if I understand what you're trying to tell me. Correct me if I get it wrong. Is that all right with you?

Then, paraphrase in your own words the essence of what caused the conflict and Jenny's anger. If she cries out *I'm sick of this mess*, you could reflect her feelings by recasting it as:

This project has you really-really upset emotionally? Is that the problem?

Of course, it is - she just told you so in her own words. When, however, you capture her emotions in different terms, she'll perceive you as an absolute interpersonal genius of great understanding and wisdom - perhaps even someone who can help her resolve the troubling situation or relationship. Remember, most run-of-the-mill conflicts are not about great eternal truths but from our day to day rubbing against each other. She really wants to get it solved without being thought inept or by being abused. Just like you would in your relationships!

Pause at this point in your use of the *ASRAC* process with Jenny. Think about it - become contemplative. Stroke your chin if that feels good. Possibly say *hmm* a time or two. Actually, you are letting her think about your understanding and acceptance, are letting her cool off now that she has your undivided attention. This is the key to the previous three steps.

Only after dealing with her emotions have you earned the right in her mind to deal with the facts of the situation.

Only now are you qualified with enough information to offer suggestions she can accept. You have paid your emotional dues to Jenny and can now start dealing with facts.

Add -- Offer her *new* information giving her a *logical* reason to end the conflict - even if the facts remain a paraphrase of your original requirements. It may be something you as a parent, teacher, manager or pastor must have from the situation. You may not enjoy the luxury of backing down - and obviously, you should not have made it an issue if it were unimportant. However - now that you have made the effort to *Accept, Share and Reflect*, your added *Facts* give her a face-saving way to change her mind and accept half a loaf - even if the half-loaf is your empathy and support of her as a person worth the time spent understanding her better. You might say:

I understand that Martha rubs you the wrong way but we must get the designs finished to keep the customer happy and win the new contracts that keep our jobs going. I don't have anyone else who's not committed to other projects -I need your keen eye and steady hand to meet the deadline for us. And next time around, I'll pair you up with someone else.

With your *added* information, Jenny can reason:

Now I understand why I have to work with that crabby woman - getting the job done on time really is important to our jobs. It makes sense and I do want to do my best for an understanding boss who does what is possible for me.

Conclude with:

Confirm -- Ask for a verbal agreement to end the issue on a positive note. This gains emotional closure for Jenny rather than leaving it dangling to come up again next time she and Martha quarrel. Shake hands on it or offer a pat on the shoulder for personal feelings have been explored, catharsis gained and her worth as a person reassured. Jenny will be far more willing to cooperate than had she been told by words and actions that her emotions and ideas are worthless.

Say something like –

Can we put this behind us now? We need to get on with our work and I'm counting on you to keep the project running smoothly.

You may even want to hold a similar session with Martha. And if you feel the Three Stage and the *ASRAC processes* are too time-consuming when conflicts need resolution, you are too busy for the good of your family or organization. You are being penny wise and pound foolish!

PROJECT SEVEN -- THE ASRAC PROCESS

CHOOSE A CONFLICT OF ONE KIND OR ANOTHER AND WITH A FRIEND, WALK IT THROUGH THE ASRAC PROCESS TO A RESOLUTION.

REVERSE ROLES AND ACT IT OUT THE OTHER WAY.

BOOK TWO

FOCUSING ALL YOUR POWERS

Each person exists within the *physical, psychological* and *philosophical* aspects of existence. We focus our talents and desires by *working faithfully* and *playing joyously*, by *relating warmly* and *learning wisely* and by *connecting spiritually* and *persevering bravely*.

PART FOUR

PHYSICAL ASPECTS OF MEANING

We exist first in the physical aspects of life, working and playing as two major means of fulfillment. Our bodies must be cared for through proper diet and sound exercise as a foundation of all that follows or we become unhealthy and miserable.

CHAPTER TWELVE

SERVING SOCIETY FAITHFULLY

Studs Turkle interviewed hundreds of people, while doing research on his book WORKING, at every level of life's totem pole. Turkle asked how they felt about their jobs, themselves, their peers and bosses and the organizations in which they were working. He discovered some people who enjoyed their jobs and admired their decent bosses. He also interviewed scores of men and women working at terrible jobs, for very little money, humbled by cruel and greedy bosses. Those persons hated their jobs and always shall. But when Turkle asked if they should win a lottery, would they stop working; most people said they would continue to serve society in some way. Who, many asked -- wants to watch daytime television or hang out in twenty-four hour bars? But there was a catch. Almost all the people said they would quit their rotten, lousy jobs and find something decent to do that they enjoyed.

From prehistoric times until the *Great Transition*, before our ancestors came through the vast sea change of Western Civilization from deprivation to affluence, it was indeed by the physical sweat of their brows that they won their daily bread,

shelter and a few amenities. The slow climb to fossil fuel and technological based affluence, up a great black mountain of ignorance, poverty and superstition was precarious. Most civilizations were but one or two bad harvests from starvation. Therefore, every successful society evolved a work ethic as one of its major ideologies. This ethic not only included the assumption that work was good for the society, it was also good for each person's soul regardless of how dangerous or humiliating the job, how cruel and abusive the boss and how poorly paid the worker. Even today, many older persons in America, Asia and Europe feel that way. They grew up expecting to work very hard all their lives, according to the traditions of a pre-fossil fuel world, for they'd known nothing else. Even the church was so committed to hard labor regardless of conditions that the work ethic was quite often called the Protestant Ethic. We had reached this point in a *FULFILLMENT* seminar at Calvary Lutheran Church in Golden Valley, Minnesota when a young physician's wife, the mother of three children, grew restive. Roberta read her body language and called to her table. She asked Linda Boone whether she had something to say. She certainly did!

Surely, you're not saying we should be satisfied working at scut work well below our potential? I own a small consulting firm and I enjoy working on my own terms.

We agreed wholeheartedly. Despite feeling work important, Jard also has avoided menial labor, ruthless bosses and crippled companies like the plague all his life. As a young man, he fought forest fires for a tough forest ranger and also hustled freight in warehouses to support our children while getting through college. They were honest and honorable jobs but he had no intention of making either a career. Don't get us wrong - we think people should contribute to society - our labors have always been important to ourselves. When you take the king's shilling, you commit yourself to his service. That was the age-old social contract between employers and employees that long governed bosses and workers in their relationships. Unfortunately, that contract has largely collapsed because of computerized production, a nihilistic view of human worth and the obsession with share prices forced on firms by institutional investors. Many companies have so enhanced productivity without increasing market share in each world glut, that thousands of employees are dropped because they are no longer needed. Downsizing has become a self-defeating panacea because the work must still be

done by the survivors who are forced to sacrifice family, community and relationships in order to remain employed. The research is in now - few if any of the many firms that downsized gained any lasting benefit from their efforts. How much strategic planning goes into an edict to cut ten or fifteen percent of the work force from every department and division? Too many organizations see their members as no more than consumable inventory although employee commitment is almost impossible to win with such a mindset.

Our children and our children's children do not see life and labor in such terms. Roberta recently heard a business owner complaining about the schools of our community. He wasn't dissatisfied with the graduates' lack of math or writing skills. He griped that the teachers made so many of the kids think they were special that they argued with him about the best way to get their jobs done. *Don't they realize they are barely just average?*

The kids admit that working is reasonable, providing it is meaningful labor, if it leads to satisfaction rather than merely staving off scurvy and starvation, and if the leadership is honest and fair. Who wants to work at a dangerous, humiliating job, for a minimum wage they ask, for an obsessed boss in a dysfunctional company, who cares nothing about you as anything but a unit of production that will be discarded like a broken machine tool as soon as you malfunction in the slightest degree? Most young Americans say --

Leave those scut work jobs to the poor border jumpers from Mexico and the rest of Latin America and Asia.

We have serious doubts whether work in America as we as we know it shall survive this era.

SELF FOCUS 30

HOW OFTEN DO YOU SEE THE PURE WORK ETHIC IN OPERATION IN OUR ORGANIZATIONS TODAY?

SERVING SOCIETY-- Such a huge number of women and men seek meaning through careers we cannot help realizing that working, like loving and learning, is one of the major aspects of a consistently fulfilling life. Only the neurotic and the immature, and Jard puts both in one category because he defines neuroticism as the use of childish methods to get what one wants in adulthood, see work as an intrusion into their fun and games. Normal persons are committed to completing worthwhile tasks. Everyone who has not been spiritually crippled needs to contribute. world's changes as we rush pell-mell through the 21st century. More and more men and women shall be unemployed for longer periods of time until we reinvent civilization with different responsibilities and rewards. Society is changing too swiftly for most jobs and careers to remain as they are. Few companies will ever look out for their workers again. Most people shall have to change careers or occupations about six times just to remain employable. Obviously, anyone who can should create his or her own independent career in order to prosper financially. Nevertheless, a meaningful service to humanity remains a basic element of satisfaction in individual and group activities as we mature emotionally. Our service or our work still remains important to our satisfaction. Most people instinctively realize this or how else do volunteer organizations like so many church, extra-curricular educational and charity groups prosper? Only recently, our Twin Cities public broadcasting radio station held a volunteer fund drive to help refinance the St. Paul Chamber Orchestra and raised over three quarters of a million dollars in just a few days. Many people contributed to something they thought worth keeping.

Studs Turkle of Chicago wrote his excellent book called *WORKING*. While doing his research, he interviewed hundreds of people at every level of life's totem pole. Turkic asked how they felt about their jobs, themselves, their peers and bosses and the organizations in which they were working. He discovered some people who enjoyed their jobs and admired their bosses. He also interviewed multitudes of men and women working at terrible jobs, for very little money, humbled by cruel and greedy bosses. Those persons hated their jobs and always shall. Any satisfaction they won came from the friendships they make at work and by frustrating the boss at a low enough level to keep from being fired rather than from the job itself. They surely were not like Linda Boone who operates her own consulting business and manages herself. Turkle's unhappy workers experienced companionship of the type that develops between veteran soldiers who survive a

hard campaign led by some bad but politically powerful general. The loyalty that develops is between friends rather than to the officers of the organization for if you malingers, someone you care about has to do your work. This is not a good age in which to be at the mercy of a sick company.

Throughout America, dysfunctional organizations from roadside hot-dog stands to the American Congress are committing suicide - sabotaging the strength and commitment of their people through petty office politics, job elimination, dishonesty and simply horrible management. They wither with penny wise and pound foolish choices and their people have been beaten down by unexpected lay-offs, midnight firings; and Gestapo tactics. Too many of our organizations are themselves sick because they are victims of terrible mistakes. And while few families or other groups intend to cripple their people, many evolve cruel, self-destructive policies and practices that strip employees of their confidence, self esteem and trust.

Any group is crippling itself when it has more than three or four of the following traits.

ORGANIZATIONAL LEADERS CARE MORE ABOUT THEIR POLICIES THAN THE PEOPLE.

LEADERS IGNORE HONEST CONCERNS ABOUT POLICIES AND PRACTICES.

NO ONE WILL GIVE STRAIGHT ANSWERS ABOUT THE GROUP'S FUTURE.

THE DOMINATE PEOPLE ABUSE THE SUBORDINATE PERSONS.

PEOPLE ARE REWARDED WHO HAVEN'T EARNED THEIR BENEFITS.

THE GROUP REFUSES TO SPEND MONEY ON DEVELOPING THE MEMBERS.

LEADERS GET GREAT REWARDS WHILE THE RANK AND FILE MUST SACRIFICE.

Look for the following in any organization where you hope to find career satisfaction.

ENTHUSIASM RATHER THAN DEPRESSION

COOPERATION RATHER THAN CONFLICT

CLARIFICATION RATHER THAN CONFUSION

PERFORMANCE RATHER THAN PRETENSE

AFFIRMATION RATHER THAN CRITICISM

Look for positive traits in the leadership's actual behavior, rather than in nicely worded policy statements that cost little to write and can be used to deceive employees, when you are avoiding dysfunctional organizations. A failure to work through ethical values, positive attitudes, high expectations and responsible choices will likely lead to your becoming part of some organization's suicidal slide, being seduced into exploiting others as one of the abusers. Abusers in dysfunctional groups come in the two fight or flight types:

OFFENSIVE ABUSERS - *who attack others, reward themselves at all costs and destroy loyalty.*

DEFENSIVE ABUSERS - *who avoid others, protect themselves at all costs and destroy loyalty.*

SELF FOCUS 31

WHAT IS LIFE LIKE IN A DYSFUNCTIONAL ORGANIZATION YOU KNOW ABOUT?

To Turkle's amazement when he asked whether the unhappy workers would stop working should they win a lottery, the vast majority of people said they'd continue serving in some capacity. Who, they answered, wants to hang around watching soap opera television or guzzling bad beer in a twenty-four hour bar? They intuitively understood that we are given life to do something meaningful with it. A good life demands more of us than sloth! That was the good news for managers, business owners, investment bankers and economists. The bad news was that most of those persons who said they'd keep working also told Turkle they'd quit the *lousy-rotten jobs* they had now and find decent situations through which to contribute to society on their own terms. They would not continue their nasty jobs for spiteful bosses to make a little money which are so prevalent in our post-

industrial society. They echoed Eric Hoffer, the longshoreman philosopher who wrote *THE TRUE BELIEVER* and several other powerful books about the human condition. Hoffer concluded that:

Most persons are much more interested in being useful to society, to being needed by their peers, rather than becoming rich and famous.

This is why so many people prepare for low paying and overworked careers in education, social work and ministry that we cannot hire all of them. And yet, a refusal to play their game frustrates the power freaks, manipulators and abusers who devise schemes to use people for their own reasons as they sell their souls to make more and more money and to become powerful enough to command and control others. They detest anyone who doesn't obey them, who refuses to grub for money and power as they do, condemning them as uncompetitive drones. We have found that most abusers hate teachers, social workers and ministers, largely because they can't easily manipulate such people. Jard was lunching at an athletic club with his minister one day when an extremely rich automobile dealer in his congregation came to the table. In a bantering but cruel manner, he insulted at length the hardworking minister for not making great amounts of money as he was. Horace Johnson failed to realize that anyone with a modicum of intelligence can create a fortune, that he wasn't all that superior.

All you need to do to grow rich is to think about nothing but wealth and scheme endlessly to make money through the best thirty or forty years of your life.

Such a distorted regimen just doesn't appeal to most people. Most of us enjoy relating in love, playing games, taking time to worship and making life deeply meaningful in more fully human ways. Sadly, Horace's insatiable ambition and his scorn of humanitarian and helping services helped created a disastrously narcissistic relationship with his two children that not all his wealth could heal. His daughter drifted into drugs and through several devastating marriages and his son dropped out of college to join a a ruthless cult. He focused so selfishly on making a fortune that neither he nor his wife and their children enjoyed life together. However, after saying that about greed, we have discovered something vital that we've briefly mentioned earlier:

The persons and organizations that serve society best are always the most satisfied over the long run.

There are no guarantees of success and our rewards must include something more meaningful and permanent than mere wealth. Becoming financially successful is satisfying but achieving something meaningful is still better. You must be certain, however, wealth and prestige does not develop dominance over you. Regardless of how well we do, we all remain afloat in very small boats on a tempestuous cosmic sea. We need a sense of purpose and belonging that doesn't go against the grain of human spirituality. And if those are missing from our work, because of greed, bad leadership, dysfunctional policies and systems - frustration, alienation, resentment and resistance set in. Unfortunately, many businesses in the English-speaking world long ago fell into the old British lords and laborers adversarial relationship which makes so many of our lives miserable and unproductive. Many people will contribute enough to keep from getting fired but that's about all a dysfunctional organization can expect. If fulfillment is missing from their work, the majority of men and women will find personal satisfaction outside the company - through the universal human need to love and play, to learn and worship, while the boss dies too soon from pushing the load without their personal commitment.

GENDER DIFFERENCES -- We have observed through personal experience and research that men and women usually strive for achievement with different value systems. Most men care little about the nature of the business they engage in if it provides them with profit and the possessions and prestige that come with wealth. They will as quickly market death-dealing cigarettes as manufacture heart valves if the returns are good enough. When Steve Job's computer firm was recruiting a Chief Executive for his booming computer software corporation, he challenged the then president of PepsiCo by saying:

Do you want to peddle sugar water for the rest of your life or do you want to change the way the world does its work?

And his prospect took considerable time thinking about it, because it made little difference to him what his company was doing -- so long as the financial rewards were great.

On the other hand, the vast majority of women who start their own businesses are far more selective. They plan to make a profit, of course, but they typically have a deeper need to find a sense of purpose and keep sound relationships in their careers that goes beyond the drive of most men to simply amass money and power. For example, while you often see women entering the long exclusive male bastion of construction, you seldom see them starting businesses to transport and process waste and garbage. They are saying in effect:

I want to turn a profit - to win the possessions, prestige and power that come with career success - but my achievements must offer me a personal sense of meaning and belonging as well.

Despite all that, we must also report that every prosperous family, company and community achieves because ordinary persons finish ordinary tasks extraordinarily well. Our politicians and merchant princes assume the credit but a major point of the *Great Transition* was people get along quite well without being manipulated. Each person really should consider the possibility of working for himself - of creating his or her own business that offers rewards commensurate with ones' labors.

We can change our world and prosper or we can cling to our past ways of doing things, letting our lives, families and organizations shrivel as many are now doing, to crash and burn as Lord Macaulay wrote.

History is filled with many examples of human groups that were successful as a result of cooperating hard and smart. The vast city-state of the Biblical Babylon - *Babylon the Great* - stood like a bright beacon between the Tigris and the Euphrates rivers in ancient Mesopotamia. The city was one of the ancient world's great wonders and Jared is convinced it got a bad rap from the Hebrew authors who hated losing their war and despised cities as well as being taken captive. That was one case in which the vanquished wrote the history books that came to us! Babylon was surrounded by thick, high walls that stretched protectively for miles, wide enough at top for four chariots to drive abreast. Great city libraries were filled with books containing the wisdom of the age and sailing ships moved their freight and passengers along the rivers and canals. The many streets were broad and paved and each block of homes had a park in the center and space for gardens

watered all year long. Food, trade goods and artworks were abundant, because Babylon was a well organized human machine for living and it succeeded for one basic reason.

Because the women went out every morning to sweep the sand from the streets, the desert was kept at bay. Because the irrigation canal workers stripped to their skivvies at sunrise and grubbed water weeds and repaired the banks, the irrigation system watered the plants that grew heavy with grain. Because many farmers went with their donkeys and oxen to the fields, the green fields around the city grew so broad they could be seen from mountains two hundred miles away. Long before capitalism was invented, camel drivers, scribes who kept the records, priests, farmers, craftsmen and merchants contributed consistently in a well understood *quid-pro-quo*. Why did they do it? Because they understood that cooperating, together on ordinary tasks let them live much better than they could as individual families. Together they could maintain a strong army that would drive away desert brigands, keep teachers in a fine educational system, support civil servants and store enough grain to carry them through the years of bad harvests. They'd already learned what the key purpose of life was - it was to grow enough food to keep from starving the following winter, to rear the kids to placate the gods and maintain the physical, psychological and spiritual systems on which their satisfaction depended.

SELF FOCUS 32

WHY ON EARTH WOULD ANYONE PREFER BEING NEEDED TO BECOMING RICH AND POWERFUL IN AN INDUSTRIAL SOCIETY THAT ASSIGNS STATUS ON THAT BASIS?

CAN THE TWO BE COMBINED SUCCESSFULLY?

HOW DO YOU SEE MEN AND WOMEN DIFFERING IN THEIR SEARCH FOR SUCCESS?

MISSIONS AND MATURITY -- If you live with sound values and positive attitudes, you need a mission or a life-task through which to invest your powers in meaningful if not necessarily spectacular contributions to society. A mission can be defined this way.

A mission or life-task is the most important thing you must complete in each of life's succeeding stages - the task that wouldn't be done or certainly not be done as well if you didn't do it.

As a very young child, your first life task was learning to understand others and to communicate with them. In the elementary school years, your key task was to master the skills you needed to build on while maturing physically and mentally. Each stage brought you to another task for no one has a mission that lasts throughout life. Not even the long term commitment of rearing children. When our children are small, we must choose carefully for them, selecting their clothes, games, companions and so much more. That is normal during the stage of life when we are rearing our offspring. However, clinging to them as children, keeping them as your mission while they mature rather than letting them grow and letting them go, is a major mistake. It will very likely turn them into neurotics or else they shall have to battle you ferociously to keep from being smothered.

Our worship and our work, our love and our learning as well as our play and the way we persevere, must shift as we move from childhood to maturity and old age or we shall inevitably become deeply dissatisfied. We must discover for ourselves more mature attitudes, activities and relationships. A failure to understand that life must be lived appropriately in a series of stages causes many people to freeze in their earlier years. They fail to mature. For example, an adolescent who dates a large number of partners in a rosy glow of infatuation is growing up, is learning who he or she is worth and what kind of partner will be best for marriage and child-rearing. On the other hand, a forty year old person who dates incessantly, craving the adolescent excitement of many new sexual partners rather than settling down in a permanent relationship can only be considered neurotic or immature. Roberta perceives singer/actress Brittany Spears as one such person with her numerous disasters. She, because of the pressures of a career too early in childhood and a mother who was trying to live her dissatisfying life through her

daughter, failed to learn what life and love was all about. It seems obvious that she froze emotionally at the age of fourteen or fifteen without moving on through life's stages.

If you are very fortunate, the way you earn your living may be considered your life mission in several of life's major stages. Stages were summed up this way by Erik Erikson in his book *CHILDHOOD AND SOCIETY*.

<i>Stage One -</i>	<i>TRUST vs basic mistrust</i>	<i>(Infancy)</i>
<i>Stage Two -</i>	<i>AUTONOMY vs doubt</i>	<i>(2/3 years)</i>
<i>Stage Three -</i>	<i>INITIATIVE vs guilt</i>	<i>(Pre-school)</i>
<i>Stage Four -</i>	<i>INDUSTRY vs inferiority</i>	<i>(Elementary years)</i>
<i>Stage Five -</i>	<i>IDENTITY vs diffusion</i>	<i>(Adolescent years)</i>
<i>Stage Six -</i>	<i>INTIMACY vs isolation</i>	<i>(Early Adult years)</i>
<i>Stage Seven -</i>	<i>GENERATIVITY vs stagnation</i>	<i>(Mature Adulthood)</i>
<i>Stage Eight -</i>	<i>EGO INTEGRITY vs despair</i>	<i>(Late Adulthood)</i>

Our missions change as we mature and few workers in an industrial or service economy complete assignments that have intrinsic meaning to themselves. Most people work for money today. Our ancestors, who fished or farmed in a subsistence economy to feed their families, had a direct connection between working and receiving a meaningful reward. In a community where men build the ships for their sons and nephews to fish or fight from, quality is always high. The work team disciplines slackers very quickly for their involvement with the job is highly personal. Today, we have used the intellectual creativity of scientists, engineers, time and motion experts to develop soul-searing jobs that drive many people half mad with boredom in the name of productivity and efficiency. An automobile factory worker may bolt one small part onto a swiftly passing chassis, several hundred times a day for ten years. And now the job is being automated! A secretary may type thousands of letters that are completely meaningless to her, except for the money the job brings, work which may be important to someone else in our kind of society without necessarily becoming satisfying to her.

Many professional people with outstanding careers, like Katherine Hendricks, discover after seven or eight years on the job, that they're deeply frustrated but trapped by the need to maintain a standard of consumption which includes private schools, vacations in Europe, expensive automobiles and palatial homes. Pity the poor dentist, Carol Anders, who has spent years in training and practice, only to

discover that she cannot stand another decade of peering into mouths. And she's twenty years from retirement! It will take a very understanding husband and family to support a career change in her mid-forties but starting over is far better than the fate that overtook Jard's old Army Air Forces comrade, Harold Henderson of Albuquerque.

Harold was a psychiatrist who not only had a private practice in New Mexico but also taught in the medical school at the state university. He was respected by his neighbors, colleagues, patients and community friends for decades. He had it all, except that something went terribly wrong that he couldn't manage successfully. Imagine our horror when we learned that Harold had taken his own life after a relatively minor illness. His wife had died in great pain, his two grown children were heavily dependent on drugs and in a time of dark existential despair, he shot himself with the Colt .45 pistol he had carried on his military flights. In his dark mood, his income as a psychiatrist, prestige as a professor and his insights into human aggression and angst were no longer enough to keep life worth living. No doubt, he felt that his last mission had been to see Letty through her final illness before he followed her in death. Fortunately, there is another side to that coin for us.

If a good job or a career cannot make life fulfilling in and of itself neither can a routine job keep you from winning life-long satisfaction. Having a good career going is much like being married to an attractive and charming spouse. Such a marriage can offer you sense of pride and prestige but it certainly can not assure a loving and lasting relationship. Actress Loni Anderson is one of the remarkably beautiful women of her generation but she and husband, actor Burt Reynolds were unable to keep their marriage satisfying. As a sound marriage needs, more than a beautiful partner and Reynolds's several addictions created much distrust. Plan wisely and work hard and smart to do something through which you enjoy contributing to humankind but understand that along the way you shall have to find additional sources of satisfaction.

AVOCATIONS THAT COUNT -- If your vocation isn't your mission, if you work largely to earn a living rather than be useful to society, make your life count for something important through a meaningful avocation. Some neighborhood church surely needs people in every area of its mission to humankind. Several friends of Jard's work in a church's scouting troop. Others volunteer in various hospitals. Try writing your great American novel. Perhaps build a tiny two seat aircraft in your garage - and fly it solo around the world. Bud Tennant did! And over the North Pole also. Publish your own cookbook about delicious food for babies. Mariam Bellingham did, labeled it with a clever title and turned it into a best seller, a publishing company and a new career. Debby Smee, of our home congregation, won her lay minister's license and does substitute speaking in local churches. Ron Dennison speaks at Toastmasters meetings. Really, if you remain bored -- it's pretty much your own fault!

Your job doesn't have to be the way you pay your dues to humankind but pay them you surely must or sponge off the rest of humanity that does contribute well with service of one kind or another. During one pleasant evening at a banquet for people who support a school for developmentally disabled kids, our dinner partner was an elderly woman who seemed to know all the children, parents and teachers there. We chatted a while and eventually realized that Anna is the matriarch of a rich and powerful commercial family whose name you would recognize instantly. You have surely seen it on enough products! Anna regularly entertains senators and presidents, artists and industrialists in her mansion by the lake. Should she decide to visit in the south of France for a week or to fly to the New Zealand glaciers, one phone call sets in motion the well oiled machine that looks after her family affairs. Anna is so wealthy that she never needs to do anything she doesn't choose to. She, however, has matured philosophically through life. As honors were being given, Anna was called to the podium to accept an award for donating more money to the school than Roberta earned by teaching all year. We applauded politely, for that was a nice gesture, even though we understood the money was no more to Anna than her signature on a scrap of paper.

The ceremony continued and after a while, Anna was called to the podium to accept still another award. This time Jard stood and led an ovation. For, she had donated five hundred hours that school year to tutoring the handicapped children in the program. She had not only put her money to good use but also invested a

significant portion of her closing life-stage to win a true sense of meaning and belonging by paying her dues for the great and satisfying privilege of being an authentic person. If your job or career does not enable you to complete your life's mission - the most important thing you must dedicate yourself to in each of life's stages - find an avocation that gives meaning to your existence. It will bring great satisfaction.

SELF FOCUS 33

WHEN DO YOU FIND THE GREATEST SATISFACTION:

FROM YOUR WORK?
FROM AN AVOCATION?

PROJECT EIGHT - MISSION IDENTIFICATION

Our missions change as we grow older, become better educated, marry, have children and move forward in our careers. To freeze in any stage, is to court disaster. Here is how we see the different stages of life.

EARLY CHILDHOOD
LATE CHILDHOOD
EARLY ADOLESCENCE
COLLEGE AGE
EARLY CAREER
MIDDLE CAREER
LATE CAREER
RETIREMENT

What is your current life stage and what is your current mission?
Why did you choose that as the most important thing you have to do?
What shall your next main mission likely be?
What could happen should you carry your mission too far into life's next stage?

OBSESSION/COMPULSION MANAGEMENT -- Few problems interfere more with a person's ability to serve humankind through a meaningful mission than the phobias and compulsions that arise in the attitudes and activities of people who suffer from them. Marilyn Huston suffers from a sexual compulsion, one that has led her into the beds of almost a hundred men in the last few years. Intimacy has fled, as she cannot end her compulsive behavior that some are now calling a sexual addiction. This problem has crippled her growth as a self-esteeming person as well as putting her at terrible risk from disease and death. Fortunately, Frankl developed a technique he called Paradoxical Intention that we have put in a process form for people suffering from compulsive disorders.

Obsessions are recurring and usually debilitating thoughts and images that come unbidden and unwanted. Carol Fox, a student in one of the colleges where Jard taught psychology could not wash dishes with her mother for she feared she would stab her as she washed and dried a kitchen knife. She'd see the bloody death of her mother over and over as the older woman insisted they work together cleaning the kitchen after dinner. The scenes always ended with the mother dying on the floor and Carol running screaming from the home. Other people have phobias that keep them from flying in commercial aircraft, riding an elevator to the tenth floor office or driving an automobile. We knew one postman who was so frightened of bacteria that he felt terrified as he delivered letters people had sealed by licking the flap. You can see how such fears would complicate life and make it difficult to relate to normal people and to work with them.

Compulsions have similar emotional dynamics but they show up as some activity that complicates life for the sufferer. We know of a man who was compelled to tie his necktie ten times each morning before it felt right No more - no less, even if the company president was impatiently waiting for him in front of his home. One girl had to bathe a dozen times each day in order to feel clean enough to meet people. Her compulsion grew worse until she stopped leaving home any longer. Some people have so little flexibility that they must drive to work on the same route every morning, wear the same color clothes for years and relate to people as if they were all alike. Quite obviously, phobias and compulsions are self-defeating and yet, the more a sufferer worries about the problem and tries to overcome it, which is what the typical friend, physician and teacher recommends, the stronger its grip becomes.

Phobias and compulsions work at two levels within the psyche. At the surface level, the sufferer convinces himself that the compulsive thoughts and actions are reasonable. After all, some aircraft do crash and many people indeed die of diseases that could be avoided by proper sanitation. Who can argue against that? At a deeper level however, the person knows that the problem is self-defeating and would like to be free of it. Now - here is the fact of the matter concerning phobias and compulsions.

They are always symptoms of some greater anxiety hidden deeply beneath the surface problem that is used to justify the sufferer's fear-filled life to himself and to others.

The fear really isn't about aircraft crashes or bacterial infection but something so frightening that it cannot possibly be admitted to anyone, often including the sufferer. Carol, from a harshly religious family became pregnant and had a baby she'd given up for adoption. Her phobia of killing her mother developed when the older woman was unable or unwilling to forgive the girl and complained bitterly about her moral lapse to their relatives. She wouldn't let up, could not forgive her daughter for humiliating the family until Carol really wanted to stop her talking to people about her failure to measure up to their religious standards. Thus, the fantasy of getting rid of her mother developed and that was even more terrifying. A sufferer understands that friends and relatives find a compulsion irrational but pleasing them isn't as important as hiding the real fear. We cannot find relief by refusing to think about such a problem, for it has too much power for that. It's like trying not to dwell on something that terrifies us. The harder we try, the more often the thoughts come unbidden. *The Paradoxical Intention Process* functions like this. Professor DeVille tells about the following experience:

I was driving to a seminar sales meeting with a young assistant who'd fought with his wife shortly before I'd picked him up. Jerry was deeply disturbed and said he should stay in the car, that his anxiety and resentment would cause him to send non-verbal signs that would confuse the client and likely block the sale. When I suggested he use Paradoxical Intention, Jerry refused, telling me his distress was too great for that. He said his emotions were too shaken, his future with Jill was hanging by a thread and there was nothing he could do in time to make the sales call with me. When I persisted, he continued to refuse, so I applied the process for him. I said:

Jerry is in deep trouble with Jill. They quarreled -- using harsh words, something lovers have never before done in the history of marriage. This quarrel is unique to the human race.

Beyond that - this event is earth-shaking in magnitude. It is so vital to humankind that life on earth shall never again be the same.

Jerry was beginning to squirm as his sense of logical proportion began to assert itself and he grinned. Jard continued relentlessly.

The problem is so vast that the world's very future is in doubt. Because Jerry and Jill quarreled, civilization as we know it shall crumble. The ice ages shall return and the sun will burn out. All because Jerry and Jill quarreled this morning.

The young man burst out laughing at the absurd statements, his anxiety and stress dissolved and the power fled from his fixation. We made our call together and he was quite effective in making the sale with me. Any reasonably intelligent person can use the same technique in dealing with phobias or compulsions.

PROJECT NINE -- OBSESSION/COMPULSION MANAGEMENT

First - GET ALONE TO AVOID DISTRACTIONS AND CLOSE YOUR EYES. PICTURE CLEARLY IN YOUR MIND THE FEAR, PHOBIA, FIXATION OR COMPULSION YOU WANT TO GET RED OF.

Describe it here if you wish.

Second - ISOLATE THE PROBLEM EMOTIONALLY BY PUTTING A PSYCHOLOGICAL DISTANCE BETWEEN IT AND YOURSELF. DESCRIBE IT AS BELONGING TO SOMEONE ELSE.

Write it out in the third-person - as if the sufferer was someone you didn't care about a great deal.

Third - RIDICULE THE PROBLEM BY POKING FUN AT IT. DON'T RIDICULE YOURSELF BUT MAKE FUN OF THE PHOBIA OR COMPULSION BY CONJURING UP THE MOST ABSURD IMAGES OF IT THAT YOU CAN. HAVE A TRUSTED FRIEND OR RELATIVE MAKE UP HORRIBLE JOKES ABOUT IT. WRITE THE WORST JOKES DOWN AND TELL THEM TO OTHER PEOPLE.

If, for example, you sweat and tremble when meeting with your boss or speaking in public, tell yourself things like:

I MUST HAVE SWEATED A PINT LAST TIME BUT TODAY I'M GOING ALL OUT FOR A NEW RECORD. I'M GONNA GO FOR A QUART THIS TIME. OR, I'M GONNA SWEAT SO MUCH TODAY I'LL MELT LIKE JELLO AND FLOW RIGHT DOWN THE DRAIN. OR, MY HANDS SHOOK LAST WEEK - WELL TODAY I'M GONNA JIGGLE SO MUCH THE BOSS WILL THINK I'M TAP-DANCING IN HIS OFFICE.

If you fear elevators:

I FELT WEAK GOING TO THE SIXTH FLOOR YESTERDAY. WELL, TODAY I'M GONNA PASS OUT RIGHT THERE AND REACH THE SIXTH LAYING HORIZONTAL. THE GALS ARE GOING TO HAVE TO ROLL ME INTO MY OFFICE AND THROW A BUCKET OF WATER ON MY FACE TO REVIVE ME.

For a compulsion such as tying your shoes ten times before feeling comfortable, force yourself to tie them twenty times each morning, all the while making terrible jokes about the phobia but not about yourself.

LAUGH AT YOUR STORIES ALONE AND WITH FRIENDS AND FAMILY MEMBERS

The more absurd you make the problem appear to yourself and to others, the less power it shall have over your thoughts and actions. Write down some jokes you can make here.

Fourth - DEMAND RELIEF FROM THE ABSURD THOUGHTS AND ACTS FOR YOURSELF. COMMAND THE SILLY IMAGES TO DEPART AND THE PHOBIA SHALL VANISH WITH THEM.

This technique can be used as often as you need to, with no after effects or symptoms. In most cases the more you use it, the weaker the problem becomes. Humor, directed at a phobia or compulsion, quickly takes the wind out of its sails so experiment to discover what works best for your fears and anxieties. This process may well be a lifesaver. And any excuse that your problem is too serious to yield to so simple a process is only an excuse to keep it, until you've used this P. I. process twenty times at least!

CHAPTER THIRTEEN

PLAYING JOYOUSLY

Too many women and men who fixate in the physical aspects of life expect too much of play, partying and sports. Many high schools and colleges abuse their athletically talented young people, sacrificing their intellectual and spiritual development in order to win games and increase the school's prestige or to make a great deal of money. When the president of the University of Minnesota tried to have first year students kept out of varsity athletics so they could get grounded in study and academic life before competing so ferociously - the rest of the Big Ten Conference presidents wouldn't even let the discussion appear on the agenda. Even church related universities such as Notre Dame and Southern Methodist succumb, hiring coaches we believe are snake-oil salesmen who devour kids, to keep multimillion dollar per year television contracts for football and basketball games. You can have the highest, most beautifully expressed educational values in the world but the coaches at the big athletic mills understand they must win and make money or be fired. The abuse of student athletes for money and prestige at Southern Methodist University was such an embarrassment, that the United Methodist Church bishop of the area warned SMU's president he'd have to clean up his act or surrender the Methodist name. SMU's abuse of their students became impossible for the denomination's ministers and lay people to accept.

One of the major problems faced by successful societies that developed a work ethic has been the way many people took life too seriously. From the very beginning there have been grim, even angry and sullen women and men who not only saw life as a sacrifice to be endured with the pain of deprivation but also to be imposed on others lest they have to much joy. Such neurotic persons often condemn anyone who enjoys life more than they do. May Brannigan was a neighbor in Cincinnati who attended our church when we were pasturing and at in graduate school there. May was a gaunt, religious woman from the poor coal mining region of Kentucky. She had a mind-set that perceived life as a long, dreary battle to survive against the forces of evil. Her life remained grim despite

the fact that she and her husband had been well paid through the long post-war boom when Cincinnati was prospering by shipping convoy loads of goods all over the world. May detested the fact that the church kids won the church league softball championship and that Jard played with them. It distressed her deeply that Jard was building a sports racing car in our garage because it was a frivolous activity. To her anything beyond work and worship, beyond prayer and meditation smacked of evil and proved to her that she was far more righteous than we miserable incompetents with whom she had to deal.

May lived and died with little or no joy in her life because she missed one of the major aspects of fulfillment. We humans need an appreciation of life. We must have humor, stimulation and entertainment that carries us beyond our work and family responsibilities. Just as working, worshipping and loving, plus learning and persevering are vital aspects of life, so playing enthusiastically is crucial to consistent satisfaction. Of course, entertainment, like the other five major areas of Logotherapy satisfaction must be kept in perspective in order to be effective when we focus our powers along lines of excellence. You can understand why some of our ancestors had trouble accepting play as an integral and legitimate aspect of life. In a pre-fossil fuel world, there was almost no surplus. Every person needed to work hard, to labor almost without ceasing, in order to survive the next bad harvest. Even the Bible speaks of days of toil and only hours of ease. Life was nasty, brutish and short because starvation was quite possible and disease lurked constantly. The struggle to survive gave many a grim view of life that lasted as recently in history as our own grandparents' time. Certainly a cruel fate that sent pillaging Yankees, swarms of insects to devour the South's crops and endless labor in the devastated post-Civil War lost Confederate society, shaped Jard's maternal grandfather's grim mind-set. And Roberta's grandmother lived all her life with a tough, no nonsense Colorado frontier life-theme in which Indians, Mexicans and Blacks were despised because they competed for resources. Nevertheless, normal men and women have always found time to enjoy life as much as possible even when they had to connect their games to productive work.

From Amish barn-raising in the American mid-west, to Louisiana quilting bees and Australasian sheep shearing meets, people came together and worked while also dining and dancing and playing communal games. The scene in Colleen McCullough's novel *THORNBIRDS*, where the sheep shearing crew stops work to

watch a contest between two gun shearers was quite common. Unfortunately, the grim Puritans, stern Victorians and their descendents never seemed to wonder why every society made their food taste as good as possible and enjoyed talking and singing around dinner tables when the people were relaxing after their labors. They were being completely human in a way the Puritans never understood.

RECREATIONAL PLAY -- Life is filled with opportunities to recharge our batteries through entertainment and games. A fascinating event from American history makes the importance of play quite clear. In the westward trek across the continent to Oregon in the early 1850s, two large wagon trains of pioneers with all their possessions left Saint Louis for the Pacific coast. The people drove teams of huge, gentle-eyed oxen to pull their great Studebaker and Conestoga prairie schooners westward ten miles each day. Today, there is a lovely hilltop rest and recreation area beside Interstate 80 in Nebraska on the site they had to reach by July 4th in order to stay on schedule in the crossing of the Great Plains between Missouri and the Rocky Mountains.

As the two trains formed up on the edge of the sea of grass for the crossing, their respective wagon-masters asked each group to vote whether they would travel six days a week or seven over the fifteen hundred mile crossing of the Great Plains. It wasn't an academic question for they couldn't start before the spring grass was high enough to feed the animals and they must cross through the mountain passes before the autumn snows blocked their passage. Should they reach the mountains too late to cross they'd starve for their wagons couldn't carry enough supplies for two years. And should they get trapped in the passes, they'd freeze as did the Donner Party just a winter or so earlier. They voted with a sense of urgency!

One group chose to travel every day - to take no chances at being caught short the other group, voted to travel six days a week and to rest on Sunday. They would, they decided, conduct a communal worship service, rest the animals, mend the equipment, put on a potluck dinner and whoop it up with a square dance around the campfires every Saturday night. Life, they said, was too short not to enjoy once in a while on the dangerous journey they were making.

Many of the people in the seven day group called them foolish, lazy and possible suicidal. Honest, hard-working men and women weren't frivolous, they said, but

took their responsibilities seriously. No doubt, someone brought up the parable of the ant and the grasshopper. They'd never risk disaster in the pursuit of pleasure while on the trail. Didn't the other group know how dangerous that was? What could be more dangerous, the six day people countered, than crossing a thousand miles of Sioux and Cheyenne territory armed with nothing but a few rifles for protection? Only their courage and the grace of God would get them through, so why not rest and enjoy life once in a while. The two trains started west within a day or so of each other and sure enough, the seven day train pulled steadily ahead at seventy miles per week rather than sixty -- ten miles, twenty miles, thirty miles into the distance as the weeks passed.

For two months, the six day train held to its resolve to worship, to work, to rest and to play although some people started grumbling that they should also switch to traveling every day. Then, about halfway across the Great Plains, near the present Nebraska rest stop, their wagon master pointed out that the leading train's campfire ashes were no longer ten miles apart. It was slowing down; not doing as well as the people had planned. The six day train closed the gap, passed the seven day train and reached the mountain passes two weeks before it. More important - their animals were strong and ready for spring plowing, the equipment in good shape, the kids all healthy and the old folks sprightly. By taking time to worship and to play, by enjoying life and each other - by being more completely human rather than workaholic automatons, they'd done better for themselves over the long haul. And it is indeed the long journey to which we as authentic persons must be committed. Recreational play, kept in perspective with the rest of a focused life, greatly improves our satisfaction.

SELF FOCUS 34

WHAT FORM OF PLAY AND RELAXATION DO YOU ENGAGE IN TO RECHARGE YOUR BATTERIES FOR THE LONG JOURNEY OF LIFE?

HOW DO YOU KEEP YOUR RESPONSIBILITIES AND RECREATION IN BALANCE?

Be warned, however, many women and men who fixate in the physical aspects of life expect too much of play, partying and sports. Many high schools and colleges abuse their athletically talented young people, sacrificing their intellectual and philosophical development in order to win games and increase the school's prestige or to make a great deal of money. When the president of the University of Minnesota tried to have first year students kept out of varsity athletics so they could get grounded in study and academic life before competing so ferociously - the rest of the Big Ten Conference presidents wouldn't even let the discussion appear on the agenda. Even church related universities such as Notre Dame and Southern Methodist succumb, hiring coaches we believe are snake-oil salesmen who devour kids, to keep multimillion dollar per year television contracts for football and basketball games. You can have the highest, most beautifully expressed educational values in the world but the coaches at the big athletic mills understand they must win and make money or be fired. The abuse of student athletes for money and prestige at Southern Methodist University became so blatant, such an embarrassment, that the United Methodist Church bishop of the area warned SMU's president he'd have to clean up his act or drop the Methodist name. SMU's abuse of their students became impossible for the denomination's ministers and lay people to accept.

SELF FOCUS 35

WHY DO WE ALLOW SCHOOLS TO ABUSE YOUNG ATHLETES, OFTEN CRIPPLING THEM FOR LIFE IN ORDER TO ENTERTAIN US?

COULD IT BE THAT WEALTHY ALUMS WHO USE AND ABUSE STUDENT ATHLETES ARE SEEKING SURROGATE FULFILLMENT THROUGH A NIHILISTIC PHILOSOPHY OF LIFE?

Very few of the big, hardnosed kids recruited to perform for their colleges graduate -- especially the minority kids who play until they get hurt or use up their eligibility and are discarded without tuition and the tutoring that would help them make up for lost time. Coach Bear Bryant is still idolized as a great builder of men at the University of Alabama by the ordinary people of the state but on an average just three of his one hundred or so football players graduated each year. To Jard, Bryant was a huckster and the kids were little more than inventory to be used and discarded when they were valueless to his schemes. Of course, it need not be this way. Football great Joseph Paterno of Penn State fame is as successful a coach as Bear Bryant or Lou Holtz of Notre Dame were but there is one major difference. Virtually all Penn State athletes earn degrees that leave them much better prepared for life following college. The users and abusers of students could do the same but they are either too cynical or too lazy to make the effort. Sports hucksters recruit naive kids with the promise of winning professional contracts for millions of dollars, neglecting to inform them that one high school football player out of every twenty-six thousand ever plays in the American or Canadian professional leagues. Jard personally can't imagine an Ohio State or Southern Cal coach honestly telling a high school football prospect that should he make every effort and spend all his college time playing for them and just misses a professional football career after he fails to graduate with a marketable degree, he'll have committed career suicide for the greater glory of the University. And not one eighteen year old jock in a thousand, who has been pampered through high school as O J Simpson or Michal Vick was, will figure that out for himself. The excitement and media hype of big money college athletics overwhelms kids. We can't even imagine the Chancellor of the Notre Dame or USC taking a successful student athlete aside and asking him to consider should he spend his four years on the campus preparing to go to medical school, and then fails to be accepted, he'd be able to build a fine career in a hundred fields with his degree in science.

It gets worse. Professional sports, basically meaningless except financially to the participants, their handlers, suppliers and owners, is so lopsided in Minneapolis, that a dozen or so wealthy and powerful men who never grew up psychologically and philosophically, in connivance with local politicians, have saddled the people of Minnesota with more than five hundred millions in debt to keep professional teams in the city. And one pair of owners who threaten to leave town unless the state bail them out of monstrous debt, including their real estate holdings that have

nothing to do with sports, were the owners of the Timberwolves basketball team. And the leader of the business/political coalitions trying to hamstring the people with several more hundred millions in corporate socialism is the same reactionary group supporting a law to drive homeless persons from the Twin Cities by making poverty a crime. When asked how much his company would contribute to keeping the Timberwolves in town, he danced around the issue for half an hour before admitting under media pressure that he would give nothing more than a royal blessing and his good name. Of course, every dollar spent by politicians to keep some egoistic owner from moving his team elsewhere is a dollar that isn't spent on city, county and state programs that would contribute a great deal more to society.

Sports abusers succeed because alienated multitudes, from our nihilistic society, make sports and physical conditioning their near-religious obsessions and coaches like Bryant and Holtz their philosophical mentors. They really believe that young athletes crippling themselves for our entertainment, coaches lying and cheating on League rules, supplying drugs so kids can play despite injuries and consuming athletes and discarding them, creates stalwart masculine character. Such as OJ Simpson's sterling manhood, we suppose! Many naive persons idealize sports stars because their own lives are so empty and meaningless. It's all hype that pays off for a few owners, a few more coaches and a very few athletes for an average of three years in the pros. During the Simpson trial, Jard heard many naive persons implying if not actually saying;

OJ couldn't have committed multiple murders — I know him, he's been coming into my living room for years!

Some time ago, a friend told Roberta that he had gently accosted his retired parents about watching too much daytime television and getting too little exercise and mental stimulation. He shook his head in despair and said his father had told him.

Son, you don't know these people like we do. We have to make sure that they get through their trials and tribulations successfully.

As with so many men and women who are moved deeply by images on a screen, the characters had become real to him. Humans do tend to believe what they see, even if it's on television and carefully staged to persuade them to do what someone

else wants them to for their own purposes. We both have great difficulty understanding how so many naive persons get so wrapped up and committed to the activities of celebrity figures who don't know and don't care that they exist! We reserve our attachments for persons with whom we share the activities and relationships of life rather than identifying with highly marketed persons who are being peddled like so much soap. We relate to persons of character rather than to celebrities.

Janice Hanks is a career woman now past fifty who'd reared several children and served her company in a number of capacities including several middle management positions. She'd lived a well balanced life until she could see over the hill to her end and became compulsive about conditioning, a daily runner who fixated on competing in marathons. Janice dropped out of her friendships, ended her career to accept a simple job and ran and ran and ran until she is leathery and gaunt. Roberta seldom sees her now for she has time for nothing but sport, even though it is crippling her. She wept bitterly when her doctor stopped her from running for several months because of eighteen longitudinal fractures in her lower leg bones. Janice was hospitalized for a week and on crutches for months when she persisted on running during a sleet storm, slipped and shattered her ankle in a dozen places. She thinks she's staving off aging and death through her compulsive running, rather than maintaining her health with sound exercise and good nutrition and gracefully living through life's different stages, but she isn't.

We appreciate the need to remain strong and supple. We do the Canadian Air Force exercises several times a week and monitor the kinds of food we eat. Jard feels good about his strength, for at a recent picnic when a friend had trouble with his wheelchair, he picked him up, carried him uphill and seated him in a car. Jard was pleased that an admiring young woman called to a friend, *Look at Jard - he's still as strong as a horse!* However, unlike Janice we have no illusions that while our diet and exercise is healthful, a fixation on them will make us immortal.

Even worse is the way so many alienated young people in Western Civilization identify with athletes, attend games to cheer a few outstanding players and then go to sports bars to drink alcohol, growing soft and fat, while professional performers entertain them on huge television screens. The manufacturers of sports drinks such as Gatorade and similar beverages picture young athletes as tough, competitive

players but the fact is that not one sports man or woman in a hundred plays hard enough to gain any benefit from the chemical additives in the beverages. We western people really are a soft, over-weight civilization. Such recreation, if it can be called that, is self-defeating especially when it combines tobacco and alcohol with sloth. Sporting activities, games and funny stories must remain only one part of our lives that contribute to satisfaction rather than becoming a compulsion.

SELF FOCUS 36

WHAT DOES THE WAGON TRAIN STORY TELL YOU ABOUT YOUR OWN LIFE?

WHY ARE SO MANY PEOPLE SO FIXATED ON PROFESSIONAL FOOTBALL AND BASKET-BALL, THAT THEY FAIL TO FORM AMATEUR LEAGUES AND COMPETE WITH ONE ANOTHER IN GOOD NATURED GAMES AS CHURCH AND COMPANY TEAMS DO?

LIFE'S ABSURDITIES -- Another vital aspect of play in life is our widespread human appreciation of the silliness that lurks just below life's surface for most people. Living wisely always includes not taking ourselves too seriously. After all, life is fatal for every person in every generation so we might as well enjoy it as the six day wagon train members did. Humor is a universal trait, evidently appearing within humans from the beginning because it is found in every culture. When Jard was in the old Army Air Forces a very long time ago, he studied Mandarin in anticipation of going to China. Even as he did, he wondered whether he'd ever understand those alien beings with whom he had so little in common. Time passed, however, and when he eventually reached Asia and his safety depended on those strange people, he discovered how he and they had everything important in common. They were just like Jard! They enjoyed and hated the very things he did. He liked them and he already knew most of their stories. They were the same ethnic Cajun tales he'd heard all his life, only the simple but honest rice farmer from Bayou Tech who was snookered by city slickers in New Orleans, came through as the simple but honest rice farmer from Sechwan who was taken advantage of by city slickers in Chungking. It was quite a revelation for a provincial youngster and he still remembers that mother-in-law jokes were always good for a belly laugh among the Chinese workers on the airfields as they talked and sang to pass their time while they labored.

British soldiers have a marvelous tradition of black, low key gallows humor they use in dangerous situations. One World War I song mocked their government's attempts to sell them on some glorious ideal for God and Country when they were going into the bloody trenches of Flanders and Piccardy in a battle with Germany over the markets. The increasingly cynical lads cut right to the heart of the matter by singing to the tune of Auld Lang Syne:

*We're here because we're here because we're here because we're here,
We're here because we're here because we're here because we're here.
We're here because we're here because we're here because we're here.*

The ditty infuriated the generals which guaranteed that it was sung over and over in a dull, unending monotone that reflected the growing frustration that actually did lead to revolts in some French and Australian divisions along the trench line.

The Russian people have always used humor to deal with the pain of their unhappy existence, first under the Romanovs, then under the commissars and now during their difficult transitions. A story making the rounds in Moscow told how a huge group of people was lined up to buy a few pounds of bread with their last few rubles. The line moved glacially and one of the men grew angry. The shortages, he shouted were the entire Russian president's fault. Had Putin been honest, the country would be running well again. The villain, he continued raving, deserved to be killed so he was going home to get his hunting rifle and shoot the man. He stormed off and was gone for an hour before rather sheepishly returning and taking his place at the rear of the line.

Everyone wanted to know –

Well, did you shoot him?

No - the line to shoot Putin is even longer than this one and I've gotta get home with some supper for the kids.

In the first book of her Earth Children series, *CLAN OF THE CAVE BEAR*, Jean Aule told of the Neanderthal tribes that came together at a large complex of caves for a moon of feasting and singing, dancing and playing. It was a wonderful time of love and friendship when free from the incessant labor of survival, the preliterate people shared the news with relatives in other clans, traded and bartered goods planned for the future and arranged marriages for the older youngsters. The Dakota, Cheyenne and Arapahoe bands from the Great Northern Plains were doing the same thing little more than a hundred years ago when General Custer and his Seventh Cavalry stumbled over them. Such gatherings were essential for nomads who had to separate into small bands to keep from over-hunting and stripping the land. Even Roberta can remember clearly the times of excitement in her youth when people gathered at camp meetings for enthusiastic preaching and singing and at county fairs when farmers learned how much they would earn for their crops. And while many of the games adults enjoy and the entertainment we seek is quite different, our children still play tag and hide-and-seek as they have for thousands of years.

There was a church group called The Sociables with whom Roberta and Jard played enthusiastically for decades. We've gone to ball games together, put on plays and musicals, hosted banquets and sponsored theater parties. We've participated in river cruises, picnics and met in Arizona and Florida for good fellowship. And while we don't recall anything of great social significance emerging from the group, it certainly gave us great pleasure to belong in it with people we love. For ten years, Jard single handedly organized the Progressive Christmas Banquet through which new members were integrated into the group by driving from home to home for different courses during an evening. Did we have some tales to tell newcomers about that! As we've aged, the Sociables became the Open Gate Club but it's mostly the same survivors who now bring grandchildren to special events. Life does indeed keep us moving on!

Every young couple should realize while playing together that men and women are likely to have different interests. It took Roberta and Jard ten years to realize that we didn't really become one heart and mind, that we would enjoy some things together and dislike others. A man and a woman can be like two circles which overlap in the middle. Roberta and Jard worship in parallel for she sings in the choir and he doesn't. We seldom get to sit together during services but we do enjoy classes and other group activities. We are attending a dinner tonight sponsored by one of our groups and we'll volunteer to work preparing dinners for homeless persons in the city. That's part of our giving of ourselves to humankind combined with the pleasure of dining with old and new friends in a good organization. Nevertheless, we feel it a mistake to demand that friends and lovers do too many things together.

Roberta simply will not go to the Experimental Aircraft Association Convention at Oshkosh to sleep in the rain under the wing of an antique Staggerwing Beechcraft for a week. Jard doesn't even ask her any longer. She won't go but Inar Johanssen will so he and Jard have a great time flying and talking; meeting old and new friends who have the skill and courage needed to built their own flying machines in their garage. Inar and Jard come home with refreshed spirits although in his overlapping circle, Inar sings in a church choir while his wife does not. Next weekend Roberta and a friend are driving to Duluth for the convention of a charitable organization in which she has a major role. Jard shall stay here and keep the home fires burning because the meeting is meaningless to him. We've known

people our age who boast they've never slept apart in forty years of marriage, although we cannot understand that in this era. We can't imagine how we would have managed it when Jard was lecturing in Singapore and Roberta was teaching a class in Duluth!

What great-grandmother Roberta will do with Jard in one overlapping circle, is throw a leg over our big booming Suzuki motorcycle -- an ancient but still honorable racing machine that runs one hundred fifty miles per hour carrying double -- to blow off Corvettes, Porsches and even Ferraris without working up a sweat and gets forty miles to the gallon at one hundred twenty miles per hour all day long. Our friends think us slightly mad but we do enjoy carving our passage along winding river bottom roads. Ear-hole roads, our British racer friends call them because you're banked so far over that your ear is just off the cement! Only this summer we were riding the burgundy red monster home from a sedate half-century wedding anniversary celebration of two dear friends from our faith community. We were working our way moderately fast through Sunday afternoon traffic on the freeway when we were jumped by a dozen boys and girls howling along, riding double on swift, streamlined road racing machines. They waved and we caught up with them, blasting our way through traffic at speeds up to a hundred or more, having a great time with our hair blowing and Roberta's skirts flapping while she clung tightly behind. It was a glorious sunlit autumn afternoon, first with old friends and then with a group of young dare-devils in a chance meeting road race. And never once did she poke Jard in the ribs and tell him to act his age! Jard is currently rebuilding a fabulous old 1937 dirt track Indian racer in his basement that shall be absolutely gorgeous when he gets it completed. And then there is that nineteen fifties California chopper that calls to him every time he passes through the basement door, talk about fun! If golf, bridge or even knitting is your game, go for it! He, however, has always enjoyed playing with engines howling near the redline in sports cars, motorcycles and aircraft of his own design. Roberta, on the other hand, prefers acting and singing and is quite good in theatricals.

Games, entertainment, exercise and humor in conjunction with the rest of life are more than inconsequential diversions tucked into the vacant comers of existence. Playing enthusiastically is a vital aspect of a fulfilling life. Choose your games and play joyously; accept life's absurdities and laugh at them. Get out and *Gather rosebuds while you may, for the days are fast-a-flying*. We have never yet heard

retired men or women regret that they hadn't spent more of their weekends and holidays working harder in the factory or office rather than enjoying life with their friends, children and grandkids! Accept entertainment and pleasure into your life with friends and relatives with whom you share life and love as a means of becoming more completely human.

PROJECT TEN - TROPHY ROOM PROCESS

All persons suffer from anxiety, stress, anger and resentment from time to time all through life. No one is immune from the *Tragic Quartet* of *suffering, rage, guilt and death* -- so there come times when we feel that our existence is futile, that we've squandered our opportunities and there is little point in trying to make things come out right. Most of the time we recover from our feelings of disappointment to see our lives in perspective but if you are having trouble adjusting, here is another process to help you. Once more, don't let its apparent simplicity discourage you from using it whenever you need encouragement.

***First* – ASSUME A COMFORTABLE POSITION WHERE YOU'LL NOT BE DISTURBED**

Think about your past and present accomplishments and relationships. Set your memory free to wander through the halls of your life. Think about the many good things you've done.

***Second* – FREE YOUR IMAGINATION**

Picture a great stately building, like the Taj Mahal, the US capital or Notre Dame Cathedral in Paris, only much more impressive. Imagine you approach this beautiful building from a stately tree-lined avenue like the Mall in front of Buckingham Palace, London and climbing a long flight of Carrere marble stairs. You see, carved deeply in stone over the golden entrance arch the words, *LIFE'S TROPHY CONSERVATORY* and you feel the glory of human existence hovering over the great edifice. You enter and find a service center in the foyer. You type in your name and your personal trophy room number flashes on the screen. It's room 7562, high overhead on the 75th floor. That's where God has displayed your many trophies -- so you board the express elevator and are whisked upward at high speed.

And sure enough, room 7562 is filled with trophies from your life, each one engraved and displayed in a glass lined case like the athletic trophies from your school. Some are cups and some are miniature statues. There are thousands of them lining the room, each one engraved with your name, the deed it represents and the date on which you won it in life's competitions between good and evil. There is a nice trophy for the twenty times you mowed your grandmother's lawn during the summer of her last illness. And a small one for tutoring Mary Ellen in algebra when she was flunking. You find a magnificent cup for hunkering down behind an earthen bank, controlling the bleeding and patching the wounds of soldiers during an enemy attack. They certainly would have perished, had you not swallowed your terror and tended their injuries. You used all your supplies that terrible day, working until almost surrounded and then staggering back, lugging your equipment to a new position and starting all over again, but all the wounded survived because of your courage. You weep when those memories come crashing back in on you and you try to remember who that young Army nurse really was.

You find other trophies for tutoring retarded children and being an assistant Scout master, for serving dinners for years at a shelter in the city, for starting a business that has given jobs to forty people for several decades now, for faithfully loving your spouse and children when so many fail and run away from responsibility - and much more because you became an authentic person long ago.

Some of the trophies are for working long and hard for society. Others are for suffering bravely through the *Tragic Quartet* when your parents died, without making life miserable for those who love you. Still more are for offering love and support when it wasn't expected or required. You did it all and each and every trophy in the case was honestly and fairly won as you survived in life's arena. You deserve them all!

***Third* - SELECT A FAVORITE TROPHY AND RELIVE THE EVENT THAT WON IT**

Recreate mentally and emotionally the event or the relationship represented by the trophy you've chosen. Write it down on your pad.

Relive it now - remember it in detail and cherish it well. Call up the mood of that moment, enjoying the victory and embracing it once again.

Fourth - REDEDICATE THAT TROPHY TO YOURSELF

The victory you won is yours forever. No one, not even God can take it from you. The passage of time, the aging of your body and mind, the loss of the people with whom you won the trophy, the ending of your career and even death itself cannot destroy the attitudes, actions or relationships this trophy represents to you. You took your potential for faith, hope and love and with grace under pressure turned it into reality that cannot be undone. Life comes and goes, companies rise and fall, persons are born and then die and even the stars burn out and grow cold - but God has written this in the eternal record book and turned the page forever. Remember that day, relish it and give yourself the praise you so richly deserve.

BEST OF ALL - YOU REMAIN THE SAME PERSON WHO WON THE TROPHIES

You, the essence of yourself - remain as real and as vital as you were when winning that special trophy. Accept and believe in yourself, love yourself as the person who won so many fine trophies of loving relationships shared, complicated situations resolved, difficult classes understood, crucial tasks completed and hard fought battles won. You have every right to think well of the good things that went into your personal trophy room - even now as you go on adding new contributions to the eternal book in this stage of life. Remember and enjoy what you've accomplished all through life - and keep on pedaling your bicycle along uphill. Complete the activities and maintain the relationships that will make life worth living forever!

PART FIVE

PSYCHOLOGICAL ASPECTS OF MEANING

Humans also exist within the emotional aspects of life, loving warmly and learning wisely in order to make life more meaningful. We all need acceptance and stimulation at this mid-way point of developing consistent satisfaction.

CHAPTER FOURTEEN RELATING WARMLY

Some years ago in New Orleans a battered wife spoke repeatedly with her fundamental pastor who kept telling her to obey her lawful husband and stop setting off his rages by having radically independent concepts about her rights and responsibilities. Lois obeyed the fundamental preacher and went home once too often. Her brutal husband beat their beautiful little daughter to death with his fists in a drunken rage and the woman's lawyer took half a million dollars from the preacher and his church! It wasn't enough. Roberta believes he should have also been flogged with a Roman cat o' nine tails!

When Roberta and Jard were researching and writing the book *LOVERS FOR LIFE*, we taught a class for young married couples at a local college. One of the husbands said:

We've long since learned how to insert tab a into slot b so we don't need a sex drill. We've learned about exotic positions from India, adequate foreplay and multiple orgasms. That's the easy part. What we now need is to make our marriage worth keeping when we are not making love.

The rest of the class agreed with Jon and Claire and so did we. Like all normal people, we wanted a special someone who would make life more loving through acceptance, support and compassion. That is the human norm. However, we all know that life doesn't always work out that way, even for couples who begin marriage deeply in love.

We must say this right up front. After everything else, you can say about women and men, after discussing personality patterns, life-themes, values, attitudes and expectations, we agree with existential psychologist Carl Rogers. *There are two basic kinds of people.* The two types are not black and white, rich and poor or even male or female, as much as we appreciate that last arrangement.

Rogers wrote that there are people who love and those who don't love others.

And after having said that, we must also say that the opposite of love is not hate. Hate is an entirely different emotion that is much more complicated than love. The opposite of love is simply indifference, not caring what happens to another person, family, community or company one way or another. This is not as immediately damaging as hate but it is much more widespread and therefore a cruel affront to humankind.

THE PARADOX OF LOVE -- Love and friendship - and we surely don't know where to draw a precise distinction between the two - present one of the great paradoxes of life. The more love you give away, even squandering it recklessly, the more love and friendship you have. We have learned that we can all love deeply and have compassion for as many people as we choose to. There are no limits, although, we have also discovered that chastity out of marriage and a monogamous relationship within marriage is God's ideal for lovers. We are equally convinced there are no perfect marriages. Ours certainly wasn't! Roberta and Jard separated several times before finally getting it right. He was no knight in shining armor and she was hardly a fairy princess. We had to work hard and smart to make our marriage succeed and even yet, there is hardly a day when we don't need to adjust and to adapt in order to keep peace in our relationship. We believe it is the coward's way out, a lack of courage and commitment that leads couples to say with a shrug and a quip:

We must have had different goals in marriage so we're splitting up. Too bad the kids didn't make it into the lifeboat.

Unless we have more ethical virtues, positive attitudes and higher expectations than that, no marriage can succeed. Most young couples who divorce and put their children under great stress simply abandon a challenging marriage much too soon.

There is a great deal to be said for toughing it out through the learning curve, for becoming better partners rather than shopping around for some wonderful and perfect lover who shall cater to your every whim. You shall have to become an ever mature person to whom your partner can relate in love and friendship. Hang on until both lovers develop more maturity on life's journey.

SELF FOCUS 37

GIVEN YOUR SITUATION, WHAT WOULD YOUR RELATIONSHIP BECOME IF YOU AND YOUR LOVER FOCUSED MORE ON BECOMING BETTER PARTNERS RATHER THAN NAIVELY SEARCHING FOR A PERFECT PRINCE OR PRINCESS?

LOVE AND SURVIVAL -- Nor only is love vital to fulfillment as we mature, it is necessary for survival in our formative years. It goes even deeper than the basic-trust or basic-distrust that sets the tone of our relationships. And while we focus most on the relationship between men and women as lovers, we that find deep and lasting friendships between adults of the same gender as well as between adults and children; among children and adolescents follow the same crucial principle in making life more fulfilling.

Several of the nurses at gigantic Cook County Hospital in Chicago discovered, while caring for infants in the orphaned and abandoned children's ward there, that one of the beds had magical powers. The last crib on the left in the ward, next to the broom closet, always had the healthiest, happiest child in it. The infant's race, gender or nationality made no difference, the child in the end crib, over a two or three week period had less colic, fewer infections and gained weight faster and was discharged sooner than any other kid in the ward. To say this mystified the nurses and doctors is an understatement -- so they switched cribs and discovered it was not the bed with the magic powers but its position at the end of the long row of beds that made the difference. The infants next to the broom closet always did

best and were sent out for adoption the fastest of all. There was considerable skepticism at first but the infants' charts from the previous two or three years proved the nurses point beyond any argument. It was more than a little spooky but they'd found a magic place, next to the broom closet, where kids prospered best. And you know something, the nurses really did discover the magic key of love and life!

They called in specialists who examined everything from the floor wax, to the heating vents and the soap used to wash the bedding. Nothing could be found except that the end spot had a little higher bacteria count because of - you guessed it - from the untidy broom closet's dust and drippings. When everything kept taking them back to the dirty broom closet, when everyone was going a little crazy, Molly Sullivan called in a behavioral detective who studied their data and immediately insisted there was a human factor they'd missed. It took Molly just one night of observation to discover the mysterious healing force.

Eleanor Bentbow was the night cleaning woman -- an Ojibwa grandmother who worked the midnight to morning shift through several of the wards. Her supplies were kept in the broom closet - mops and brooms, solutions and waxes; soaps and cleaning rags stored in beside the mysterious space occupied by the end crib. As Mrs. Bentbow worked through the long quiet night, she would pass back and forth getting supplies for her different chores.. As she came near, she'd pause by the end infant, pat it a bit, tickle it under the chin, and if the duty nurse was gone from her station in the middle of the ward, would snatch it to her ample bosom, rock it in her arms and sing it a few snatches of an old Ojibwa lullaby before kissing it good night and tucking it gently back to bed.

It was all done, mind you, in direct violation of sound health principles, the laws of bacteriology and all hospital regulations. Every night she spread bacteria, dust and muddy mop drippings all over the end kid. Along with love! And you know what -- with life being as it is, the mop squeezings and dust didn't stand the chance of a snowball in hell compared to her great loving heart! She was living and loving on a level that did not negate the science of Koch, Pasteur and Lister but indeed did transcend it. The staff of nurses and doctors at Cook County saw it instantly and started writing that each child in the ward must receive so many minutes of *Tender Loving Care* on every shift. And the illness and death rate plummeted far below the national average.

Guardian angels do indeed come in all sizes, shapes and colors!

Since you're old enough to be reading this, you'll likely not wither and die from a loveless existence. But, neither shall you be very happy until you open your heart and learn that what you give away is the love you shall receive in return. *What you give is what you get!* We repeat ourselves -- As Karen Horney wrote in her book, *THE NEUROTIC PERSONALITY OR OUR TIME* –

A great many unhappy men and women will do anything to be loved except to become loveable.

LOVE AND ALIENATION -- Fear, anxiety and frustration hamper many people in their search for lasting love and friendship. Some years ago probably from her painful experiences, Meg Dalton doubted whether any man could ever be trusted completely. Meg had been abandoned by her father as a girl, sexually abused by her mother's lover when a teenager and was battling through a stormy marriage in her mid-twenties. She distrusted and feared men although she'd married Tom and had a little boy with him. Meg said:

When my son slithered out of my body and I realized he was a male, I wept in frustration. My own child was one of those mysterious, dangerous others. I doubted that I could love him, could care for him as I would love a girl. It was difficult to get beyond my emotions and I fear he still feels my ambivalence.

Two men had failed Meg; her own father cowardly slipped away, who should have loved and supported her even if he would not remain married to his wife - and her mother's lover when he seduced her as a girl. Of course Meg's mother was also disturbed enough to choose a lustful, ruthless man who'd abuse an unhappy adolescent girl for his own egoistic pleasure. Obviously, every mental hospital and prison in America is filled with people who suffered through absolutely terrible childhoods because their parents were neither emotionally nor spiritually mature enough to rear healthy kids. Of course, we do realize that a great deal of the parents' confusion and despair comes from the troubled society we've created with our nihilistic greed. And from the changes that keep so many persons off balance and confused. However, the alienation and frustration of our era does not lessen our responsibility to support those children for whom we are responsible.

WOMEN AND MEN AT ODDS -- The selfish patriarchal system of Europe, Asia and the Americas, is still dear to a significant percentage of reactionary males who yearn neurotically or culturally to dominate women. The father is the family's commander who issues orders in a military manner, the mother carries them out as his executive officer and their children are the rank and file soldiers who salute and obey without question. This is a disaster in our changing society for it teaches children to automatically obey authority figures, regardless of their motives, rather than to think for themselves. Many macho men actually believe the absurd John Wayne/John Rambo mystique in which a *real man* loves nothing except perhaps his horse and his gun. They spread a wicked neuroticism that drives most women and children mad. Police officers and career soldiers who are among the most macho, swaggering men of our society, along with some managers and many military officers and non-coms, often assume that interpersonal and social problems can be resolved with force. Many resort to violence when they cannot intimidate the women in their lives. It's the way a *real* man deals with an *uppity* woman - like Hillary Clinton and Condoleezza Rice - the kind of successful woman male control freaks loathe because they cannot dominate them. Some women also despise other successful woman because they are achieving on a level they cannot possible reach with their reactionary, closed mind-sets.

Obviously, *we* don't believe for one moment that a spouse should accept emotional or physical abuse from a cruel and immature lover. Most couples have differences and quarrel at times. After all -- we belong to the quarrelsome species! But there are limits. We have heard some neurotic reactionary politicians and fundamental preachers insist that a wife's duty is to please her husband, to stand by her man, to absorb his existential alienation and neurotic rage regardless of the harm done to her and the children. Some reactionaries twist scripture to say being an obedient little wife is God's will, even if the husband beats and batters her and the children in drunken rages, squanders the food and housing money on prostitutes and brings herpes or *AIDS* home to kill her through his own selfishness and lust. That is complete and total cruelty and a stupid distortion of something St. Paul probably wrote one night when he was tired and cranky. Any one who believes this is a decent marriage is crippled by an anti-woman hatred that wells up out of his or her neuroticism. Such warped persons have frozen in the power/prestige aspect of life and are more interested in patriarchal male dominance, than a loving partnership.

Run; don't walk to the nearest exit from such a marriage or relationship because there is absolutely no justification for it.

Some years ago in New Orleans a battered wife spoke repeatedly with her pastor who kept telling her to obey her lawful husband and stop setting off his rages by having radically independent concepts about her rights and responsibilities. Lois obeyed the fundamental preacher and went home once too often. Her brutal husband beat their beautiful little daughter to death with his fists in a drunken rage and the woman's lawyer took a million and a half dollars from the preacher and his church! It wasn't enough. Roberta believes he should have been flogged with a Roman cat of nine tails!

We know that women have as many frustrations as men and often attack verbally but it is men who most often control women with physical power. We have identified warning signals that reveal when men are likely to maim or murder the women they detest and assume should serve them in subservient roles.

Learn the list well for knowing them may save your life.

WARNING SIGNALS OF ABUSE

HE QUOTES THE BIBLE TO PROVE THAT WOMEN MUST BE SUBSERVIENT TO MEN.
HE IS JEALOUS OF THE TIME YOU SPEND WITH FRIENDS, FAMILY OR CO-WORKERS.
HE TRIES TO ISOLATE YOU FROM THE PEOPLE WHO LOVE AND SUPPORT YOU.
HE USES VERBAL ABUSE TO CONTROL OR PUNISH YOU FOR DISAPPOINTING HIM.
HE MAKES AN ATTEMPT TO CONTROL YOUR ATTITUDES, ACTIVITIES AND RELATIONS.
HE BLAMES OTHERS FOR THE PROBLEMS HE REPEATEDLY BRINGS ON HIMSELF.
HE HAS SUDDEN MOOD SWINGS FROM LOVING TO CRUEL AND BACK AGAIN.
HE USES FORCE OR VIOLENCE WHEN MAKING LOVE AND THEN PRETENDS IT'S EROTIC.
HE INSISTS YOU GIVE HIM SEX WHEN HE DEMANDS IT REGARDLESS OF YOUR FEELINGS.
HE IS INSENSITIVE TO THE PAIN AND SUFFERING OF OTHERS IN A FAMILY OR IN SOCIETY.
HE BREAKS YOUR POSSESSIONS WITH HIS FISTS OR FEET WHEN ANGRY WITH YOU.
HE THREATENS VIOLENCE WHEN HE DOESN'T GET HIS WAY UNCONDITIONALLY.
HE HAS A HISTORY OF VIOLENT RELATIONSHIPS WITH OTHER WOMEN BEFORE YOU.
HE IS FREQUENTLY ANNOYED BY AND ANGRY ABOUT LIFE'S NORMAL FRICTION.

SCORING

2 - 3 INSIST ON COUNSELING FOR YOU AND HIM WITH A WOMAN COUNSELOR.

4 - 5 ABANDON THE RELATIONSHIP FOR HE IS A TIME-BOMB READY TO EXPLODE.

6 + TRY TO GET HIM COMMITTED BEFORE HE STARTS SHOOTING UP SCHOOLS.

OF COURSE, IF HE USES VIOLENCE EVEN ONCE - SLAPPING, PUNCHING OR KICKING - CALL THE POLICE AND GET AWAY FROM THE ALIENATED, SPIRITUALLY BANKRUPT AND WICKED MAN IMMEDIATELY.

HIS VIOLENCE WILL ONLY GROW GREATER AND BECOME THE DOMINATING FACTOR OF YOUR RELATIONSHIP. STAYING WITH HIM WILL NOT ONLY MAKE YOU MISERABLE, IT WILL LEAD YOUR DAUGHTERS AND YOUR DAUGHTERS-IN-LAW TO CURSE THE DAY YOU WERE BORN AS THE VIOLENCE MOVES INTO THE NEXT GENERATION.

REMEMBER, ONE PERSON CAN NEVER ABUSE ANOTHER ADULT CONSISTENTLY UNLESS HE OR SHE CONSENTS TO THE VIOLENCE OUT OF FEELINGS OF INADEQUACY OR THE FEAR OF BEING HARMED OR ABANDONED.

SELF FOCUS 38

WHAT SYMPTOMS OF A LOOMING VIOLENT EXPLOSION FROM THE ABOVE LIST HAVE YOU SEEN AMONG MEN YOU KNOW OR HAVE KNOWN ABOUT?

HAVE YOU KNOWN OF WOMEN WHO WAIT TOO LONG, CONSENTING TO THE VIOLENCE, LULLED BY SOME VIOLENT MAN'S TEARS OF REMORSE AND A PROMISE TO DO BETTER IF ONLY SHE'LL STOP CAUSING HIS PROBLEMS?

More than a few neurotic and frustrated men attend military colleges like the US Service Academies, Virginia Military Institute and the Citadel of South Carolina. The Air Force Academy at Colorado Springs for decades tolerated the humiliation of and sexual assaults against female cadets. A few years ago, the abuse grew so widespread on the Air Force campus that the Commandant of Cadets was forced to resign by the Congress. Some male cadets who cannot adapt to a normal world of men and women relating as equals, remain hidden in their safe macho haven as professors or better yet, as commanders. They adamantly refuse to emotionally accept change in the form of female students -- although women attend West Point and Annapolis and are becoming generals or admirals in the Army and Navy. In addition to this, the latest results of a major Army survey reveals that one out of every two active duty enlisted women is sexually assaulted at least once in a tour of overseas duty. The women also report that vast majority of girls who report the crimes and attempt to press charges are either ignored or punished by their macho company commanders.

You hear the same arguments against admitting women into first rate careers that you heard about promoting black males twenty or thirty years ago. The fearful include the nineteen and twenty year old cadets who stood weeping like babies at the Citadel when the school was forced by the Supreme Court to accept women students. Or the US Naval cadets who handcuffed a feisty female cadet to a urinal and left her there for hours - while many cadets came in and urinated beside her. Talk about putting a woman in her place! And the Commandant of Cadets, the officer and gentleman setting the standards of conduct for the Cadet Corps, shrugged it off as a boyish prank. Not one of the kidnapers and abusers was expelled from Annapolis. The Citadel boys sobbed that they'd come to a male only school to get away from women so they could develop their masculinity without the distractions that weak, inferior females cause them. Of course, their adherence to such traditions is a sham to conceal deep wounds in their psyches.

SELF FOCUS 39

WHY DO THE MILITARY FORCES ROUTINELY COVER UP THE SEX CRIMES COMMITTED BY THEIR MALE SOLDIERS AGAINST THEIR FEMALE COMRADES?

WOMEN AND LOVE -- Many women have problems with love also. Some never learn the difference between men who enjoy sexual pleasure with women and those who actually love and care about women. This difference between men who seek sex while fearing and detesting the feminine characteristics that make a woman who she is, and men who love women as women, confuse many girls in their search for love and acceptance. About one young woman in every five has a major eating disorder that comes right out of Hollywood and the way women are portrayed in movies and on television. They are caught in a vicious cycle of weight gain and loss that becomes harder and harder as their bodies react to protect them from starvation during their child bearing years. Far too many women become fixated in an impossible quest, dieting and exercising, ignoring everything their bodies are trying to tell them, searching desperately to remain a seventeen year old ideal sold to American women and men by a series of vested interest groups that will abuse anyone for money. Up to a quarter of the women in the U S and Canada are on diets at any given time because of pressure put on them by advertisers and the motion picture industry. We as a society send young women mixed messages. We are telling girls they can have wonderful careers, compete successfully with men in business and have loving husbands and children - as long as they look like a movie star.

We believe it is their preoccupation with this impossible ideal that cripples so many girls from junior high school through college. Before puberty, little girls run, play; plan great projects and have fabulous dreams about the future, anticipating a life of achievement and satisfaction. But as every teacher and school counselor knows, the beginning of puberty destroys these happy expectations for many girls. Grades fall, serious mood swings occur and many girls take lovers to convince themselves they really are loveable. As a boy matures, he sees his increased weight and bulk as a positive sign; he is becoming more competent in sports, more masculine. Sad to say, almost all girls are taught precisely the opposite by many parents, teachers, counselors, and the boys whom they've become fascinated with.

Virtually every advertisement, every movie, every book, every boy - tells girls over and over again that any size or weight increase beyond the slenderness of a fashion model or movie star is a personal failure. Every girl who becomes anorexic or bulimic, we are convinced, is terrified of maturing because the men, boys and advertisers who define beauty have dictated for American women an

impossible goal. Our ideal of beauty comes naturally to no more than six percent of all women. The rest have to starve and batter their bodies in a life-long battle against nature. Anorexic girls are desperate to remain childlike, so they won't be humiliated by their broadening hips and swelling breasts blooming out of control. They have accepted the current Hollywood fantasy of beauty so the boys will find them as desirable as a movie star.

A moment on the lips - forever on the hips - has become the American woman's battle cry as millions starve themselves in an unending struggle to look more loveable that detracts from everything else they strive hard to become and accomplish.

We of Western Civilization created a morality of biology by blaming girls for the fact that while nature gives boys and men six to eight percent body fat, women have twenty to twenty-five percent in order to produce and nourish children. When a woman has a child, nature gives her more fat to compensate for the losses incurred producing it and there is very little anyone can do about it. Almost ninety-five percent of women's bodies react to puberty this way:

Ah - we are getting ready to have babies - time to lay on some nourishment for the twelve or fifteen babies we'll produce before we finally die in childbirth after having made the greatest possible contribution to the species -- having more children.

That's the way nature interprets a woman's coming of age sexually although only a woman dominated by a sexist father, husband or culture would consciously feel that way today. And yet, ninety-five percent of women who diet to lose weight regain it within five years and it has very little to do with willpower. After all, your body knows what it should weigh and fights desperately to stay there to keep you from starving during the lean years of scarcity that came often for most everyone before the *Great Transition*.

All, of which doesn't amount to a hill of beans to a sixteen year old girl who has gone through her junior year without a date because she doesn't fit the Hollywood ideal that's become desired as normal by men and boys across the nation regardless of how far removed from the male ideal they themselves are.

Our point is this. Women of the English speaking world especially, have become vulnerable to lovelessness and self-destruction through certain excesses of capitalism. Through the flood of propaganda and advertising now sweeping the world in print and through television images, men and women have been conditioned into accepting nature's design for a woman's body is a sign of stupidity and a lack of self-control. Women are told over and over again in a thousand ways, if they'd only become disciplined, run enough miles, control their appetites and buy the right products, they'd all become as physically desirable as Geena Davis or some other Hollywood star. Don't forget for a moment:

MEDIUM AND MESSAGE -- For the vast majority of psychologically and philosophically unsophisticated men and women today, the ultimate reality of the 20th century has become the television screen. People consistently believe what they see although every element on the screen is created to serve someone else rather than our society and ourselves. Nothing seems real to so many people unless it is confirmed on the screen. We hate what the abusers can do to our granddaughters and now their daughters, forcing them to give up on themselves as competent, achievement oriented girls to cripple themselves in some motion picture director's or tobacco advertising guru's image of beauty. This is social madness, is anti-human Nihilism of the first rank -- but we see countless mothers and fathers casting their precious daughters into the bulimic rat race.

We're convinced healing for women caught in this self-destruction cycle begins with a philosophical awakening which allows one to reject society's crippling expectations and progresses through finding a sense of purpose that goes beyond a fixation with one's body shape. Dieting and regurgitating is harmful in the extreme. It leads to women as talented as Marilyn Monroe and Karen Carpenter killing themselves in order to maintain an impossible ideal that adds neither more nor less to a woman's worth, ability to love and potential for achievement. All from the legitimate need for love that has been seized by vested interests grubbing endlessly for more and more money regardless of the cost to persons. Mature philosophically, find an accepting lover and life shall be a great deal more satisfying than struggling desperately to remain seventeen for the rest of your life.

We see love like this between women and men --

men and women need each other throughout life,

sexual intimacy is a vital aspect of adult love and life,

women and men must mature together to remain in love.

Thank goodness, large portions of our civilization have finally matured past the cruel and almost criminal medieval concept that human sexuality is evil. Once again, the ancient religious belief that sex is sinful came out of the neuroticism of some powerful men who used psychological self-deception to justify their fear and hatred of women. Because so many medieval theologians saw themselves as holy men who struggled to resist sexual temptation by evil and lustful women, they humiliated them, turned them into second class persons and burned more than a million at the stake. We now know that the beating and execution of witches who were trying to lead holy men from the paths of *righteousness* was a psychopathic transference of their own lusts to women. It was a defense mechanism and a male rationalization. After all;

If I am a holy man of God and I still feel lust, it must be that some woman is secretly tempting me to evil. It's all her fault and I must get rid of her before she makes me sin and land in hell.

We shudder to think how many women were murdered as witches to justify the self-righteous claims of neurotic, women-hating male priests and theologians of the past. According to ancient European church records it may have run into the millions! At times Jard complains about women who allow men to dominate and abuse them. When he grows angry with such woman, Roberta and Dee accuse him of blaming the victims of male aggression. No doubt, they are right. Not long ago Roberta attended a professional meeting with a woman in a leadership position. When the meeting was going on, four or five influential executives dominated the discussion and the decisions, not only shutting down most input from the women leaders but also running roughshod over the quieter male members. As they walked away from the meeting, Joyce Hopkins muttered under her breath;

I can't believe the testosterone level running rampant in there!

Several of the women whooped in laughter, for the big bulls had been running amok and trampling everyone else for their own ego satisfaction. They let it be known while they had to tolerate women members in the association, they had no intention of accepting them as equals when making decisions.

Only misogynists fail to understand that enjoying lasting love between a woman and man is a vital element of fulfillment. We all need friends and children to love but no relationship is more satisfying than a self-transcending love affair shared by sweethearts who commit themselves fully to one another. Such a love is not only grace unsought, it is often grace undeserved. A couple that matures in faith, hope and trust, within the physical, psychological and philosophical aspects of life, will love far more deeply than they did during the simplistic and compulsive sexual urges of youth. We especially like the way playwright Arthur Miller expressed it in his play *AFTER THE FALL*. Quinton (actually Miller himself) said to his first wife Louise (Mary rather than Marilyn Monroe):

I came in just now and I had a tremendous wish to come out to you. And you to me. It sounds absurd to say the world is filled with lovers rushing to meet each other. The city is filled with lovers!

So it is. Love is wonderful when we mature spiritually past the domineering concepts that immature men and women use against one another because they have a neurotic need to prove themselves superior at the partner's expense. Life can become very rewarding when we become better persons ourselves rather than trying to shape the lover into what we think will be a better person (*at least a person who is subservient to ourselves*).

SELF FOCUS 40

WHY DO SO MANY MEN TRY TO DOMINATE AND DEVALUE WOMEN WHEN DOING SO IS TERRIBLY SELF-DEFEATING?

DO WOMEN OR MEN HAVE THE GREATEST DIFFICULTIES IN THEIR RELATIONSHIPS?

PROJECT ELEVEN – INTIMACY AND LOVE

WRITE THREE SHORT PARAGRAPHS ABOUT YOUR UNDERSTANDING OF THESE:

MEN AND WOMEN REALLY DO NEED EACH OTHER

SEXUAL INTIMACY AND PLEASURE IS BEST IN A SOUND MARRIAGE

WOMEN AND MEN MUST MATURE TOGETHER IN A LOVING PARTNERSHIP

THE LOVE PYRAMID-- To be at its best, love must mature up through the existential pyramid. To freeze in one of the lower tiers is to limit the joy a person can enjoy in a lasting relationship.



Physical love - (Pleasure/Pain) Love that is limited to the physical aspects of a relationship is focused largely on arousal, passion and tension release. It makes little difference who the partner may be. Any compliant body can be used, for the person is secondary to the pleasure being received by the user. Such physical passion can be shifted from one sexual supplier to another with little or no concern or regret, from one seduction to the next as Bruce Bedow discovered when he used a thousand women in his first few years of playing professional football. An immature person can go from one prostitute to another, from one singles group to the next, from an affair with one lover to one more. One night stands, sexual fantasies, pornographic movies and books and clever seductions occur within the physical aspects of love. When another person is used for our pleasure, even if we agree in advance, it is little more than mutual masturbation. If the other person is abused or damaged in the relationship, he or she can be discarded and replaced

like a piece of broken machinery. Many adolescents, in the first wild rush of sexuality, relate to one another at this primitive level. Unfortunately, many adults fail to mature beyond it. They continue romancing, marrying, divorcing and romancing again in a madcap search for a perfect partner, chasing the wild excitement of youth in a stage that requires maturing relationships in order to be satisfying.

Only this morning Jard attended the funeral of a friend who made a great deal of money through his knowledge and energy. Ronald Knopf was as hard a worker as we've ever known, not only for himself but for the poor and needy of the community. He gave an enormous amount of time and money to helping people in need. Nevertheless, as his friends and relatives filled the front pews, Jard has never seen such a complex mix of brothers and sisters, half sisters and brothers, cousins, in-laws and former wives in his life. At the age of fifty-five Dan was still falling in and out of love like a teenager, still drifting from one woman to the next, giving her several children before growing bored and seeking the perfect new partner. He never did think in terms of becoming a better husband and father rather than seeking a thrilling lover who would make him feel like an adolescent again. He never matured into the second and third tier of a loving relationship and if he enjoyed his long succession of sexual partners, his dozen children from several wives had a difficult time growing up without a father who was emotionally connected to them.

Psychological love - (Power/Prestige) In this aspect of a relationship, physical arousal, pleasure and satiation occur as in the physical but the affection doesn't end there. This is a deeper relationship that binds lovers together as they mature through the more complex needs and activities of adult love. The lovers not only desire one another for what each offers, but both have a deeper investment in the partner's health and happiness. They trust each other with their egos, because loving another person does make you vulnerable to him or to her as well as calling up protective feelings. This is the level at which many good marriages and love affairs function, especially in the more mellow middle years and while the lovers do care deeply about each other, they still have difficult times. After all, while you and your sweetheart love each other, differences of opinion and a variety of individual needs remain.

Remember:

because you have differences and quarrel occasionally doesn't mean you don't love each other!

Jard knew two young people who lived together as lovers without making the final commitment of marriage. Mildred was a graduate student in psychology and Henry an executive in a multinational corporation. She said, when she was offered a teaching and research job to a distant university:

I love Harry, I really do - but he cannot leave town with me. Changing companies now would cost him a vice-presidency at 3M and I cannot ask him to do that. And yet, I can't remain here. I don't see that my research in childhood learning is any less important to society than selling sandpaper. If I insisted he come to Columbus he'd soon resent me. And if I turned down my offer to stay with him, I'd eventually feel I'd given up too much after having worked so hard for my doctorate. I have to be true to my own vision of a satisfying life.

Milly and Harry flew back and forth for a year or so but eventually drifted apart and met and married other lovers. Perhaps it was just as well they found someone else, for their careers meant more to them at the time than the relationship.

Philosophical love - (Purpose/Permanence) This third aspect of love includes the passion from the physical and the sense of belonging from the psychological as it continues on to include some crucial peak elements of a lasting relationship. The lovers matured beyond the limitations of psychological games that cause pain. They become tender and compassionate. They live with a sense of purpose and permanence in the affair for they know they belong together as lovers for life. The lovers support each other against all attackers; see the relationship as including the spiritual and having mystical overtones. There is neither a desire to find a substitute sexual partner nor a determination to play a dominance game through which the lover is manipulated and used. Such a love affair has taken on a lovely patina of faith, hope and love as well as grace, a glow that is shared in mutual satisfaction. The development of love to this level takes time, although for many maturing couples it comes long before the later stages of one's life. The whirling of two eccentric personalities around different centers of gravity sooner or later abraid a loving fit although often with considerable smoke and many flying sparks!

To best focus your love in the philosophical aspects of life:

BECOME WARM AND ACCEPTING OF YOUR LOVER - *See him or her as a viable and independent personality rather than as a junior partner to yourself.*

BECOME ENCOURAGING AND SUPPORTIVE OF KEY CHOICES - *Assist your lover in becoming more and more competent and wise.*

BECOME TOLERANT OF THE INEVITABLE GROWTH FRICTION - *Accept that no two persons ever mature at the same rate - one will grow causing tension and only later can the other lover catch up.*

It's common for psychologists and teachers to recommend we accept the people we love for what they are. That is better than rejection but it isn't good enough. By accepting lovers for what they already are, we may condemn people to mediocrity. We must accept the persons we love and serve for their potential to grow and become. Don't nag, of course, but help others mature consistently through the channels of fulfillment. Your spouse, children; friends and peers deserve this from you.

Accept the fact that you can control only one half of a relationship - your half - while your lover controls his or her half. Trying to control another adult's life is a quick step to a relationship disaster for no individual capable of love and respect will let a neurotic control freak dominate themselves and their relationships. Remember:

The only way two persons can agree all the time is when one or both of them has stopped thinking

The only way to keep an accepting lover is to become an accepting lover.

SELF FOCUS 41

SUMMARIZE THE DIFFERENCES YOU PERCEIVE BETWEEN THE PHYSICAL, PSYCHOLOGICAL AND PHILOSOPHICAL ASPECTS OF LOVE.

Two people in the very flexible harness of marriage seldom mature at the same rate and that spells trouble in many relationships. A woman who's been a secretary for twenty years and comes home one evening to announce she's been accepted in a law school program is rocking her family's boat So is the middle manager who informs his kids, attending an exclusive and expensive private school, he's taking a year off work to write a novel, so they'll have to attend a public school.

Growth friction can be compared to movement between the earth's great tectonic plates along America's western coastline. The silent, hidden movement can be so slow as to remain invisible for a long time although stresses keep building. Finally, the pressures become greater than the resistance and the landscape lurches into motion in an earthquake. Sometimes windows are broken and crockery smashed. Some long-standing buildings cannot take the strain and they collapse as they do often in California and Japan on opposite edges of the Pacific volcanic Ring of Fire. Just as many marriages do when the relationship cannot stand the changes occurring in them because the lovers fail to accept each others' growth.

We do see a trend developing in which more couples are accepting one another, cherishing their masculine/feminine differences, reveling in their love as they build homes, families and careers with a sense of purpose and belonging. We find that many couples are holding steady, developing true partnerships rather than dominating and bullying each other out of psychological and cultural weaknesses, staying together despite challenges and differences to pursue fulfillment through channels of excellence.

PROJECT TWELVE - LOVE LEVEL IDENTIFICATION

Complete this project to discover the level at which your love for another person is operating; *physical, psychological, philosophical* -- in the *pleasure/pain, power/prestige* or the *purpose/ permanence aspects of existence*.

First -- RELAX COMFORTABLY IN A CHAIR OR ON A BED

Visualize in your mind the image of the person you now love or most recently loved in an adult relationship. Think of the reasons you love this person, recall his or her good points in the physical, psychological and philosophical aspects of life. Fix the image of that lover firmly in your mind right now.

Second -- ACCEPT THE FACT OF A TERRIBLE TRAGEDY

Through an automobile accident or an unexpected illness, your lover dies suddenly. He or she is gone - there's no doubt about it. You are left to go on alone. Accept your loss, mourn it deeply, feel frustration and anger but in time you realize you must continue living. There is a job to do, children to rear, friends to support so you start adapting despite the deep loss.

Third -- RECEIVE A GREAT GIFT FROM SCIENCE

Through the remarkable science of cloning, I offer you a perfect double of that dear, lost lover. The clone is perfect in every detail. He or she looks talks and thinks like the lover, makes love the same way and supports you in the same manner. He or she wants your support also.

THERE IS ONLY ONE FLAW IN YOUR MIRACLE OF SCIENCE

You and your newly reunited lover don't share the mutual experiences and relationships you had in the past. Both the good and the bad are missing from the relationship you and your original lover shared before the tragedy. You are starting at square one with your cloned lover.

Fourth -- TO IDENTIFY THE LEVEL AT WHICH YOUR CURRENT LOVE IS OPERATING, TRY TO TRANSFER YOUR LOVE TO THE NEW, CLONED LOVER.

Write down how you shall make that transfer.

RESULTS

If you can readily transfer your love to the clone, your love is operating at the pleasure/pain or physical level.

If your love can be transferred with some new experiences and a growing relationship, it is functioning at the power/prestige or psychological level.

If your love cannot be transferred without an entire galaxy of mutually satisfying experiences and relationships, your love is currently at the philosophical or spiritual level.

SELF FOCUS 42

HOW CAN YOU --

BECOME WARMER AND MORE SUPPORTIVE OF YOUR LOVER?

BECOME MORE ENCOURAGING OF YOUR LOVER?

BECOME MORE TOLERANT OF GROWTH FRICTION?



CHAPTER FIFTEEN

LEARNING WISELY

Reactionary public school critics imply --

Forget that the world has changed forever - that the inner cities have been converted into reservations for poor and semi-literate parents - that the families there are ravaged by poverty, drugs and disease. Ignore all that -- each school must carry on as it did before our cities were allowed to crumble when our companies chased cheap labor overseas. Succeed well with those children who come unprepared, cold and hungry -- or often angry and aggressive. And don't even think of asking for more money to have fewer than forty or fifty restless kids who get an average of four minutes of personal instruction each week. We have always devalued and resented you teachers and paid you poverty wages for teaching our children -- but you now must bail us out and save our country's future on a pittance because defeating the violent Muslim terrorists who envy our affluence forced us to spend more and more on a century long war in order to control the Middle East's petroleum reserves.

The first thing you must learn about learning in order to mature along lines of excellence, is that study can never end for people who are seeking consistent satisfaction. People from all walks of life who choose to live responsibly, changing their worlds as Joe Butterworth did, have no alternative to more and more study. Like bewildered Alice in her astonishing *WONDERLAND* adventure, we are forced to run faster and faster just to keep up with many new developments in virtually every area of activity. The life-changing series of events that Jard calls the *Great Transition* from scarcity to surplus, from deprivation to affluence that drives a fossil fuel driven industrial civilization, has changed almost every important aspect of life. The Great Transition has changed the way we earn a living, produce trade goods, rear our children and even connect to the Cosmos through worship. It has also modified the way we play and relate to people around the world. However, the *Great Transition* has changed nothing so much as the way we learn about life and apply that knowledge of all that is going on in and around us, our families and our organizations.

Unfortunately, as we have written, each society includes many closed-minded persons who are unwilling or unable to adapt, who feel that there really is nothing new under the sun, who reject new concepts in order to remain undisturbed by new challenges as life swirls fiercely around them. That is unfortunate, for one of the most important things individuals can learn about life today is how enjoyable study is for women and men who are searching for meaning and a sense of belonging that leads to consistent fulfillment. Roberta recently committed herself to a year long study taught by a true expert, a class that not only requires her attendance one evening a week but also demands several hours of study for each session. Learning, and there are many vital differences between acquiring knowledge and developing wisdom, has become a life-long career process that no one ever completes. You must keep pedaling your bicycle along uphill - you must not go through your formal schooling and leave with a sigh of relief that implies:

Thank goodness, all that book work is over - now i can get on with the really important aspects of my life!

Your learning must never end!

SELF FOCUS 43

WHAT STEPS HAVE YOU TAKEN TO STAY CURRENT IN THE VARIOUS FIELDS THAT COMPRISE YOUR LIFE AND CAREER?

THE INFORMATION AGE -- We can no longer think of our years of schooling as a saving's account into which we deposit knowledge during our formative years - information from which we draw sums as we need them for the rest of our lives. With new information being developed constantly, learning has become more like a commercial account into which we deposit working capital which we invest in meaningful products and activities in order to carry on our business of living wisely and well. The account is never static the funds keep coming in and going out for specific purposes as we continue maturing. In our age of incessant change, we must learn *what we need to know, when we need to know it--* in the various stages of life. We dare not become like Susan Arbuckle who for a while was a young professional woman. When Susan learned that Jard had been a professor and was the author of several psychology books, she shrugged wryly and boasted that she no longer read anything that heavy. Susan said she had quite enough of study in college. She said she'd hated reading and detested those professors who assigned so many books to be studied - had vowed never to read any more after she graduated. She held firm to her resolve and obviously, we weren't surprised a few months later to learn she'd dropped out of her profession to take a simple job that requires no new learning of her. She simply could not remain employable in her career field without mastering the changes taking place incessantly. Sue failed to understand learning must become a life-long process or we build obsolescence and incompetence into our attitudes, activities and relationships.

We don't attack education any more than we attack science. We neither say that teacher's no longer care, nor call for a return to the simplistic 3-Rs. We reject holding back kids in a grade, making them repeat courses until they master key materials in some form of outcome based education. We see that as a form of rote training, as teaching the test rather than managing learning so that students learn how to think. Going back to obsolete nineteenth century methods cannot succeed in the Information Age. Also, parents rebel when we keep in lower grades older, sexually aggressive boys who remain classmates with their younger daughters. Children who don't succeed on the school's schedule need remedial work rather than being retained in lower grades for several years. We don't criticize schools and teachers because they closely reflect the values and expectations of the communities they serve. Most politicians insist on staying in step with the community, becoming angry and restive if the teachers peer too far into the future for their and other community leaders' comfort. We have been closely connected

with education for fifty years and ninety-nine percent of the teachers we've known were good and caring persons who wanted to educate students well. Unfortunately, many naive men and women and some with hidden agendas, who offer simple and neat solutions for complex educational problems – simple, neat and wrong solutions have made the teaching profession a whipping-boy for their own dissatisfaction with the way our society has changed.

William Bennett, as the Secretary of Education during the Reagan administration, made a career of attacking American education, criticizing harshly the way some clever people tap into the resources devoted to education to make money for their own companies and themselves. Jard couldn't help thinking how naive Dr. Bennett is - how the accumulation of money he now criticizes is the essence of capitalism, the open market freedom to make a fortune that he worked so hard to protect through his entire adult life although he himself never met a payroll. He is rather late coming to the realization that government and education do not operate, cannot operate according to business methods despite the pretense of free market ideologues that they should.

The school buildings, equipment and materials of New York, Chicago and Detroit crumbled as this country turned our cities into reservations for poor largely minority families, while people who could afford to move went further and further into the surrounding suburbs and countryside. But then, so have most commercial organizations and religious denominations fled our cities. The Catholic Church was forced to close thirty-five churches and parish schools in Detroit and thirty-one in Chicago in the last two decades. As one pastor complained to Roberta -- We get a five dollar per week member and lose a twenty dollar a week old timer who moves away.

It has never been the teachers' fault that many New York City classrooms haven't been painted for thirty years, that rats eat the children's lunches in crumbling cloakrooms and gang members roam the halls with loaded automatic weapons while selling crack. We wonder how well the critics would teach under those circumstances! That's an absurd thought - they wouldn't teach children under any conditions!

In the much glorified past of American mythology, when public education was considered the key to unlock the golden door and a rising tide did indeed lift the

boats - long before the Grand Economics Curve and Supply Side economics fraud perpetrated on America's people by ruthless political abusers to enrich themselves - our schools were fairly well attuned to society's needs. For good or for bad! Each school board trained the children to work in the kind of community the schools served. Rural school districts modified the school year so the children could work on family farms and ranches. Farm kids could marry and through hard work make a living with a hundred acres and a mule or two. City school districts kept the children in desks bolted to the floor, preparing docile workers for the many lock-step, smoke-stack industry jobs from 1900 to 1980. Then, when the old industries vanished in the computerized, automated Information Age, the cities had their own vested interests that resisted change. Big city schools were isolated from society as never before, at the time our cities began crumbling under largely unwritten but ruthlessly administered national and state policies that made them concentration centers to control the poor and restless. Step by step, decade by decade our cities committed suicide while far older centers of civilization - like Paris, Antwerp, Copenhagen, Amsterdam, Singapore, Tokyo and Frankfurt continued to prosper despite suffering through two world wars.

Their leaders made wise choices while ours failed badly. That's why decaying cities like Chicago, Boston, Los Angeles, and Philadelphia built their expensive freeway systems; to speed attorneys, bankers, administrators and executives through the poverty stricken areas to their downtown business fortresses and then home again in the suburbs without contributing anything to the city's deepest needs. Now the freeways are failing along with the schools as desperate people are rejecting the system from which they've been excluded for generations. Every community's choices have logical consequences. Cities, nations and civilizations do commit suicide according to Lord Macaulay's and our own observations. Big city schools are no longer part of a strong triad that included themselves, a viable religious community and functional families as schools still are in affluent, suburban communities where education remains excellent.

Even presidents understood this. One day, when speaking to a group of Catholic school administrators who were lobbying for federal funds for their poor inner city schools, President George W. Bush thought he was off the air when his mic was still open. He rejected their request, telling the educators that his base -- the affluent suburban upper middle class

merchants, physicians, managers and professionals were well pleased with their fully funded public schools. He simply couldn't oppose his base and shift money from the suburbs into the cities they represented.

FAMILY CHALLENGES -- In the past, families remained together except under highly unusual circumstances. Almost all parents were connected with a religious congregation that formed a support group of the most honest and hard-working persons in the region. Teachers worshipped with neighbors and their children and most learning problems were quickly identified and corrected. Besides all that, a child needed little more than basic reading, writing and arithmetic to get a good, middle-class working job at the automobile or tractor factory. We shall not idealize earlier American education, because our white dominated communities cheated Indian, Negro and Asian children until forced to accept them in school by Federal bayonets. Australians were murderous with their native peoples and even kindly and highly civilized New Zealanders treated the Maoris as second class persons. We all, as GB Shaw said, forced the native peoples to black our boots and then scorned them as unintelligent for being boot-blacks. The native peoples we didn't exterminate anyway. But, for children within the school system, the school, church and family triad worked as well as needed by the society at the time. There was stability to life that is lacking today in even the best of communities and the myth of poor teaching persists when so many teachers are forced to function as guards and disciplinarians rather than teaching well. Most critics are implying --

FORGET THAT THE WORLD HAS CHANGED FOREVER -- THAT THE INNER CITY HAS BEEN TURNED INTO A RESERVATION FOR THE POOR AND UNEDUCATED -- THAT THE FAMILIES THERE ARE CRIPPLED BY DIVORCE, DRUGS, DISEASE AND POVERTY -- EACH SCHOOL MUST CARRY ON AS IT DID BEFORE OUR CITIES CRUMBLED.

TEACH WELL THOSE CHILDREN WHO COME UNPREPARED, COLD AND HUNGRY OR FEARFUL AND AGGRESSIVE AND DON'T EVEN THINK OF ASKING FOR MORE MONEY TO HAVE FEWER THAN FORTY RESTLESS, POORLY PREPARED KIDS IN EACH CLASS.

WE HAVE ALWAYS DEVALUED AND DESPISED YOU TEACHERS AND PAID YOU AS LITTLE AS POSSIBLE BUT NOW YOU HAVE TO BAIL US OUT AND SAVE OUR SOCIETY BECAUSE DEFEATING THE VIOLENT ISLAMIC JIHAD FORCED US TO SQUANDER OUR FUTURE ON WARS AND WEAPONS.

Then, when teachers adapt, trying to manage learning through new methods and technologies that will allow them more than five minutes a week per child in individualized instruction, the ideologues of the past erupt in outrage, demanding a return to drill and rote 3-Rs learning rather than teaching children how to think clearly and to creatively solve the problems flowing over us in a fast changing world. These are the same selfish persons who claim to understand education because they once attended school but who handcuff teachers. They don't want them in their neighborhoods, companies, clubs or associations. They scornfully call them wimps, commie liberals, old maids in trousers because they work with children rather than taking real jobs manufacturing or selling cigarettes, perfume, after shaving lotion, sugar water and similar necessities of our civilization in business and industry. And yet, a teacher who succeeds in a New York, Chicago or Los Angeles school today is smarter than Lee Iacocca of Chrysler fame and braver than General Colin Powell. We have nothing but deep admiration for those teachers who direct stage plays amidst the switchblades and play dodge ball with the kids while Uzis crackle around the corner, who labor on valiantly to save the kids before they're destroyed by a society that's come close to committing suicide through the ruthless greed of some through the last decade. We simply didn't want to understand that it makes far more sense to spend a few hundred dollars a year to bring children up to speed educationally and emotionally in a head-start type program than to spend twenty thousand dollars annually to keep them in prison a few years later. Talk about choosing penny wise/pound foolish - racist decisions that really are suicidal for the society!

SELF FOCUS 44

WHAT WOULD IT TAKE TO MAKE EDUCATION SUCCESSFUL IN OUR INNER CITIES?

WHY DOES AMERICAN SOCIETY DESPISE ITS TEACHERS AND RELEGATE THEM TO SUCH LOW STATUS WHEN COMPARED TO ASIAN AND EUROPEAN NATIONS?

MANAGING YOUR LEARNING -- You must not, as you assume responsibility for your own intellectual growth from high school and college onward, confuse teaching with learning. Teaching may be an active process for the instructor while remaining a passive one for students. Then too, while instruction can degenerate into the instructor *filling* the students' small mugs from his or her large jug of knowledge, active learning is self-focused and directed.

Learning, as opposed to teaching per se, means that the instructor must become a manager of educational activities, resources and relationships, that he or she facilitates study as a student intensive, dynamic activity that is personally relevant.

And while a good learning manager isn't passive, sound education occurs only when students take over and assume personal responsibility for their own increasing knowledge and wisdom. This is what we've tried to do for you in this *Logotherapy* course by presenting concepts and then having you complete projects and consider and even discuss some key points of maturing with wisdom. To the presentations, we've added assessments and projects, along with collateral materials that require you to think of your own needs and interests, in those vital areas of your life that we cannot possibly know anything about.

For centuries, much education occurred within the walls of a school, college or university. Students were expected to learn while they were still young – indeed, for thousands of years societies had a very limited amount of knowledge to pass on to the youngsters. As successful as the socialistic Inca Empire was, it took a scholar/priest only a few years to learn all there was to know. Now, with the typical worker expected to shift jobs and careers five to seven times just to remain employable, most learning takes place outside schools. And you have to become responsible for most of it on your own.

For example - Jard and Roberta could not have studied computers when they were in college - they had not yet been invented to say nothing of becoming affordable enough for individual use. Technology however, keeps moving on and we now use a tower and a printer that does better than a type setter of our college years. We'll admit there were times when caught between computer and printer we felt much like farmers trying to plow with two blind mules who detested one another. We'd call our daughter Dee, who did study computers in college, five or six times a day to ask for help. However, we persevered in learning, and now have to call for help only a time or two a month as we do work of this workbook's quality. We are pleased that we continued learning, for the computer has added several new dimensions of excellence to our writing. For one thing it moves along twice as fast, is easier to edit and corrections do not include sloppy paste-ups.

Not only must women and men cope with new technology that is unending in virtually every aspect of learning, we are forced to adapt in new fields. For example, Jard completed his formal graduate education without so much as hearing the term social styles or personality patterns. He became the director of a learning and learning disabilities clinic for children, conjoined with the University of Wisconsin, without learning a great deal more about patterns. And yet, the time came a few years later when he wrote the definitive work on patterns in his book *NICE GUYS FINISH FIRST* and developed his *PERSONALITY PATTERN PREDICTOR* instrument. He was self-taught - he took no courses about them -- because he became fascinated with patterns and did his own reading and research. You may have to do the same in those areas you must master in order to find fulfillment after leaving school.

In his book *FUTURE SHOCK*, Alvin Toffler made the point that we must keep learning or fall behind our competitors in society. And while some of his predictions failed to come true, he was correct when he wrote that we all must:

LEARN HOW TO LEARN

LEARN HOW TO CHOOSE

LEARN HOW TO RELATE

Learning To Learn -- The world's knowledge is doubling every five or six years now as more and more people do research and report their findings through a variety of sources. Just recently, when Jard was completing a consulting assignment for a local firm, the chief electrical engineer and he had lunch together. The engineer, just seven years out of college, ruefully remarked that the young woman he'd recently hired as an assistant was talking about concepts completely unknown to him. He worried whether he'd be obsolete in a few more years. Jard cautioned him, he would be unless he learns how to learn on his own and then makes the effort needed to stay current in the field.

Why? Because more than ninety percent of all scientists and researchers who ever lived are alive and working today, adding constantly to the world's sum of knowledge. Like poor Alice, we all have to run faster and faster just to keep up with the crowd. Return to school if that will bring you up to speed. Buy new learning programs on disks when you must master a new topic. Discover for

yourself what the many learning companies are offering. And while we're not entirely unbiased, there is that marvelous power-efficient, portable learning program called *BASIC ORDERLY ORGANIZED KNOWLEDGE*. You can buy it for the price of a modest meal in a good restaurant, slip it into a shoulder-bag, take it sailing far from a power source, use it on an airliner without fouling the electronics, turn it on and off effortlessly and pass it on to a friend who will never return it. This is, of course, *BOOK* and *E-BOOK* with tens of thousands of new titles being produced annually with multitudes more available in many libraries, and online Libraries you can learn almost anything you need to know - when you need to know it. Keep pedaling along uphill!

Learning To Choose-- You need only watch television or read magazine and newspaper advertisements to discover how many groups are bidding for your time and money. There is an army of marketing and merchandising experts out there working around the clock to persuade you to choose their products or services or trying to convert you to some political or religious ideology. And to be honest, very few of the pitch masters have your best interests at heart. They are working for their own benefit. You must learn to choose wisely and that is a problem.

Just sampling every product or service on the market would take all your time for the next two hundred years. You must get as much help as you possibly can from consumer groups and magazines, editorial writers and your own best judgment. One clever man added up all the gas savings he was getting from buying fuel conservation devices for his automobile and discovered he was saving one hundred ten percent of his gasoline. His engine must have been refining fuel! Very few products are advertised for what they are. Virtually all appeals are slanted to produce an emotional reaction that causes the targeted people to choose the product. Virginia Slims cigarettes were shown in ways that attract aggressive women who do not especially like men. In the case of Winston's, the advertisements attract rather immature men who work at grunt jobs but would like to see themselves as rugged outdoor cowboys or mountain men. Calvin Klein products once pictured sullen, precocious adolescents in the James Dean mode, writhing in simulated passion and angst. One Japanese manufacturer didn't even show the automobile in its advertisements but pointed out that you'll enjoy deep happiness should you be wise enough to buy their car. Talk about appealing to existentially alienated persons!

Investigate before making any major choice, for the temptation is always great to decide through our emotions rather than through wisdom. Look beyond the pretty pictures painted by Madison Avenue psychologists in order to make you a gullible target. Stand up for your own rights, be your own person, refuse to play the nihilistic game that leaves you holding the sack while someone else gets the rewards. We must grow wiser continually.

Learning To Relate -- We must especially learn how to relate to others through persuasion and cooperation and purpose rather than through prestige and power. The number of people with whom we must interact grows larger and larger as we mature through life. We slowly move out of our homes and yards as children to make more and more friends until we reach school with many new and challenging people. We begin marriage as couples but as a child is born to us, we go from a husband/wife relationship to a new husband/wife, father/child and mother/child and father/mother/child series of interactions. Then we have two or three more children and it really becomes complex. The same is true in our careers as we assume more and more responsibility. A young doctor may be in a team of four or five persons while a large hospital chief has to consider relationships with three hundred staff members and a hundred thousand patients in a year or so.

Beyond that, most people now live in a crowded, urban world in which many women and men experience much frustration and resentment. More than three fourths of the people who were ever born are alive and trying to survive today. Unfortunately, the world's horrendous population bomb has never been defused. Some conservative ideologues are fighting birth control around the world despite the stage being set for the world's four billion hungry people to soar to twenty billion by 2050. If that occurs, entire populations will go the way of Somalia and the African Sahara. And we doubt that the world's vested interest groups will adapt to the new population reality in time to help a great deal. Few groups ever surrender power and privilege until forced to. Consider the army of hungry and unhappy people crowding north to the United States from Latin America to imagine the future as great masses of people roam the continents in search of survival. Billions may starve and die of plagues of which *AIDS* is likely the first, unless we reinvent civilization along an entirely new track. In this Information Age, in which every society on earth sees what is going on in every other one, no country or group of nations can isolate itself from the tragedy of overpopulation.

Revolutions and wars of genocide for food and living space will become more and more common and nations will split along ethnic lines as in Yugoslavia. We already see this occurring as the large nation-states lose their ability to dominate regions, other countries and dictate international policy. The poorly organized Iranian fundamentalist government humiliated the United States for years during the hostage episode and there was virtually nothing our presidents could do about it despite their tough talk.

In such a crowded world, a tough approach to interpersonal relationships is self-defeating. In a community where weapons are common, two or three big jocks bullying a skinny kid can quickly find themselves shot and crippled for life if not actually dying. Aggressive driving on the freeways of many cities can get a person blasted by a frustrated fellow motorist. Most of our relationships don't collapse that badly but we can get into serious trouble unless we learn how to relate wisely with the people in our world. Develop the interpersonal skills we've discussed to make life satisfying rather than abusing people until they turn against you. Manage interpersonal relationships very well, share the rewards of achievement with the people who help you succeed and develop a community of first class achievers who shall cooperate with you.

SELF FOCUS 45

IN THIS STAGE OF LIFE, HOW COULD YOU:

LEARN WHAT YOU NEED WHEN YOU NEED IT?

LEARN HOW TO CHOOSE THE BEST FOR YOURSELF?

LEARN HOW TO RELATE PEACEFULLY WITH OTHER PERSONS?

PROJECT THIRTEEN - MIGRAINE/PAIN CONTROL

Chronic pain, whether in the form of migraine headaches, lower back disorders, asthma or neurological pain is almost always debilitating and discouraging. Sufferers need relief but the long term use of drugs virtually always causes unpleasant and often dangerous side effects. There are three ways through which people can gain major pain relief without narcotizing themselves.

HUMOR PAIN CONTROL -- This is the process Norman Cousins discovered when he was suffering from cancer his physician thought was terminal. Don't use this method without consulting your physician but don't let anyone talk you out of it because it is different. After all, there is nothing in it that can harm you. Should you or a friend or family member suffer from chronic pain, use conventional treatment and in addition:

COLLECT AN ASSORTMENT OF THE FUNNIEST FILMS OR VIDEOS AVAILABLE

The more outrageous the stories, the more effective they become in managing pain. Watch the movies and allow the humor to sweep over you. Laugh loudly - even uproariously, without inhibitions or restraint. Do this even if it seems silly to yourself, your friends and your relatives, because the vast majority of pain sufferers discover that they gain from half to three quarters of an hour of pain relief from each good belly-laugh. Use old films like those by Charlie Chaplin, Oliver and Hardy and Edgar Kennedy as well as modern videos.

READ THE BEST JOKE BOOKS YOU CAN FIND

The funnier the jokes the more relief you'll receive. Use them in the same way you use the videos.

HAVE FRIENDS AND RELATIVES BRING GOOD JOKES TO YOU

Listen to them, laugh long and hard, learn and retell them at every opportunity.

Whatever you do, don't let some naive person, out of ignorance of Cousin's research that saved his own life, talk you out of using this method. It is a simple but powerful technique that utilizes the brain's capacity to release natural pain killing chemicals into the blood stream. The process is well known in clinical psychology if not in medicine.

HYPNOTIC PAIN CONTROL -- This is a direct pain control method so you shall need help from a clinical psychologist who uses hypnotic techniques as a mental tool to get it started. Have the clinician teach you how to use autosuggestion or self-hypnosis. Learn how to summon up the hypnotic state at will within yourself. I've used it personally for stress relief and with my own clients. Learn from the clinical psychologist how to give yourself post-hypnotic suggestions that block the pain. For years, a dentist friend used hypnotic suggestion to control pain when extracting teeth, doing dental surgery or drawing blood when cleaning teeth. In India and China, a medical tradition exists in which surgeons operate on people without any anesthetics save hypnotic suggestions that the patient will feel no pain. You must absolutely consult with your physician before using this method. We can't stress this too much. It would be disastrous to block pain from what you think is a migraine only to discover later it was a tumor. Once you've learned how to apply self-hypnosis, use the following process. It is a natural function of the autonomic nervous system.

FIRST - ASSUME A COMFORTABLE POSITION WHERE YOU'LL NOT BE DISTURBED BY ANYONE.

SECOND - SUMMON UP THE HYPNOTIC STATE AS TAUGHT BY YOUR CLINICIAN.

Enter the passive state, growing calm and quiet, sinking deeper into nothingness but hold on to one corner of consciousness as you've been taught to do.

THIRD - TAKE CONTROL OF YOUR PAIN/ASTHMA/MIGRAINE AND SEND IT AWAY
Quietly, without excitement, fear or stress instruct yourself with the following:

I'm taking control of my body, mind and spirit right now.

I'm mastering everything that troubles me - the stress that causes migraines, the pain that I suffer, the frustration that causes asthma attacks.

I can see the pain - like waves of St. Elmo's fire or shooting lightning. I see it flowing up from my hands and feet, through my torso and chest to my head.

I see the pain flowing into the air, away from me, away, away, leaving me peaceful and pain-free.

My pain, migraine, asthma is going, going, gone.

FOURTH - BRING YOURSELF OUT OF THE SELF-HYPNOTIC STATE

Rest for a few minutes and return to your activities and relationships. You will find it relaxing and very good for managing pain, asthma or migraines.

In a single hour-long session, Jard taught an elderly woman who'd suffered from psychosomatic asthma for forty years to control her condition with self-hypnosis. She mastered the simple technique and in the ten years she survived the single session, never had another asthma attack. Use the process without fear of any side effects and gain solid relief.

ACUPUNCTURE PAIN CONTROL -- In the television production of Bill Moyer's series on health and medicine, he did a long segment on Chinese medical acupuncture practices. He admitted that he didn't understand the procedure, but was compelled to conclude despite all his western skepticism, that it does indeed mask pain and facilitate healing for many patients. Actually, acupuncture is a century's old way of shorting out and diverting neural pathways as a means of letting the body heal itself when the pain is blocked and the stresses it causes are relieved. The end result is very similar to the technique used by the veterinarians in the book *ALL CREATURES GREAT AND SMALL* when they learned to put sick or injured animals to sleep for several days. Their healing occurred much more quickly because the animals weren't stressing themselves with all the chemical disruptions caused by worry.

Find a good practitioner of this ancient technique and combine it with modern methods to better relax and let your body heal as soon as possible.

PART SIX

PHILOSOPHICAL ASPECTS OF MEANING

Rather than fixating on only pleasure, prestige, power and possessions, we humans also need a philosophical sense of purpose for life to become consistently satisfying.

CHAPTER SIXTEEN

CONNECTING DEVOUTLY

Philosophically minded people realized eons ago that the Seminal Spirit most persons call God is the Cosmic Creator who not only brought everything into existence but who left within our souls the spiritual unconscious that craves a sense of purpose and a need to belong among other souls in our attitudes, activities and relationships. This vital aspect of life can only be satisfied by transcending pleasure, power, prestige and possessions. And while philosopher Nietzsche wrote that God is dead a century ago, meaning that the knowledge and productivity of our scientific/industrial age has lessened our immediate dependence on worship and our awe of the Cosmos, we still need that sense of purpose and permanence that lifts us beyond a too secular and materialistic lifestyle. We are simply unable to believe that the incredible Cosmos now revealed more clearly by our current science and technology is a great cosmic accident that somehow just occurred. There is an incredible intelligence and limitless power in play through the Cosmos



From time to time, we encounter persons who disagree with former Chairmen John Akers of IBM and James Reiner of Honeywell about the need for a spiritual awakening in Western organizations. Such people say that *pragmatism* is the answer, that one must do what works best as quickly as possible, rather than doing long term strategic planning as a means of empowering our people to achieve on a more mature level. Obviously, we believe that such persons have accepted the *nihilism* and *secular humanism* that is ravaging Western civilization -- they are being penny wise and pound foolish for themselves, their families, organizations and their society. Humans are indeed spiritually minded beings who can no more prosper without a lasting sense of purpose in places where they belong than they

can survive without food and water. Because it takes longer to wither and fail because of spiritual deprivation, some naive persons fail to see the self-defeating damage they do to themselves by ignoring their philosophical needs. Our ancestors knew this very well.

FROM THE BEGINNING -- Prehistoric philosophers peered into the night sky and were moved by the endless vastness to first worship simple tribal deities and then to develop more sophisticated theological concepts and still later to build great stone centers of faith within which to connect with the overwhelming mysteries of the Cosmos. Our ancient ancestors, filled with awe about being alive and able to reason better than animals, built thousands of religious sites across southern Europe, including Stonehenge in England and on to the great pyramids of Egypt and back to the grand cathedrals of medieval Christian Europe. The temples at Angkor Wat in Cambodia and Machu Picchu in Peru reveal how deep our spiritual unconscious abided within our souls. Anthropologists have estimated it took our badly fed, clothed and housed ancestors, working without power tools or draft animals, millions of man-days, over a two hundred year period, to build the Stonehenge complex.

Some extraordinarily powerful drives were at work in their minds and hearts about five thousand years ago that moved our ancestors to offer generations of toil and worship - probably to the Sun and Moon gods whom they perceived as giving them light, warmth and life. Think for a moment about the logistics needed to move scores of cumbersome blocks of bluestone from Wales, a hundred miles against the current on rafts along the Avon River and then fifty miles overland to the building site. All with human muscle power because the people had no horses or oxen. Theirs was not a stupid or a lazy society!

Stonehenge is most likely their state of the art astronomical observatory/temple that enabled astronomer-priests and scholars to predict eclipses of the sun and moon well in advance of the event itself. With the stones in place, they could measure solar and lunar movements against the void and calculate when eclipses would occur. Why was that important? We assume the priests reasoned that something more powerful than their beloved sun and moon gods attacked and came close to overpowering them from time to time. This attack shut off the life-giving light and warmth which sustained their human worshippers and frightened

them badly. Obviously, this mysterious entity must be a more powerful god than either of the visible pair, although it was invisible and must be deduced logically rather than observed directly. This powerful but evil god kept coming back on a regular schedule that with the right alignment of stones could be predicted. Priests could then placate the intruder or drive it away with ceremonies lest the light never return and everyone would starve in the darkness. The people would gather under the direction of the wise leaders with horns and drums and as soon as the mysterious deity began devouring the sun or moon, raise an uproar to frighten it away. And sure enough, it always worked! Within a short while the intruder released the sun or moon and fled to remain away for years. The eclipse was over!

And at Machu Picchu, the long mystery of the great stone center's purpose was solved instantly by a Professor Of Agriculture from the University of Iowa as soon as he stepped off the bus. Given the fact that there were hundreds of living quarters at the site, he said it was obvious that the little amount of food grown in the foot or two square plots of earth in stone boxes could not have fed a tenth of them, their rations must have been brought from the valley floor farms a mile below. Machu Picchu was an agricultural experimental station for determining what potatoes and grain grew best in the high altitude fields of the Andes. The Professor was right, although because of their fierce religious bent and deep spirituality, the people of Machu Picchu's scientific work was connected by their priests to their worship of the sun god. This is why they laid the entire site out to predict the summer and winter solstices around which their worship practices and sacrifices were organized.

We think it is probable that the concept of the One God, all powerful and permeating the Cosmos – called *I AM THAT I AM* of Isaiah and Mohammed and other religious philosophers, came from this reasoning of early theologians. Imagine the sense of purpose in their work and the feelings of achievement when the great stones and vast earthworks were in place and the coming and goings of the dangerous god could be predicted and prepared for in advance with offerings, prayers and ceremonies.

Obviously -- while we've learned much more than our prehistoric ancestors about cosmic astronomy, our psychospiritual needs remain very much like theirs. Humans remain the religious mammals who need meaning and feelings of

permanence in their spirits and minds. We still need to connect to the eternal Cosmos, to invest our lives in something or someone greater than our appetites and anxieties and to prolong life and to avoid death. We of the *LOGOTHERAPY LEARNING CENTER* believe that a conscious connection to the Cosmic Creator remains as vital to satisfaction as it ever has. As we ourselves study matter and life within the Cosmos, and intuitively and logically know that the Big Bang and all that has followed cannot be explained through the probabilities of random occurrences, we too are filled with awe at the privilege of being connected to the Cosmos, at sharing in this wonderful adventure called life. We see the blueprint of life encapsulated in a single ground squirrel or a crayfish - not to consider with awe the workings of a human brain/mind. We understand the brain as our equipment of thought and emotions and the mind as what the brain actually does!

We agree with Tielhard De Chardin that life isn't the result of a single chemical accident caused by free radicals floating in space and being caught in the earth's gravitational field to be deposited into an oxygen rich environment and activated by a lightning strike. Indeed, no! We perceive the entire Cosmos pulsating with life: Life under enormous pressure to burst through every seam and grow in countless forms at every possible opportunity. God's dominating passion must be life itself – in every nook and cranny of every boring world! From the tiny spiders atop Mount Everest to the giant Pacific volcanic vent worms at depths that would probably crush a bowling ball. And if you think this extravagant creativity unlikely, you haven't visited the coast of New Guinea where two great tropical ocean currents collide in an undersea cosmos of plant and animal life that defies human imagination to say nothing of scientific classification. Plants present themselves as animals and animals as plants. Some species even switch back and forth between plant and animal in nature while living out their life spans and passing on their genes to countless offspring. This is indeed our heritage and we personally retain our reverence for life as satisfaction becomes consistent. It seems to us to be naive to become blasé about the Cosmos and our place in it as we labor on in our mundane pursuits and major in the minors of existence.

As Niels Bohr discovered that quantum mechanics in physics augmented the billiard ball concepts of Newton, so the work of Charles Guth and Stephen Hawking and their more recent successors demonstrates that the natural laws eventually become mystical and metaphysical at the point of cosmic beginnings. It

is as if the normal empirical cause and effect relationships of matter on which researchers rely -- have been transcended by something mysterious but even more real in the final analysis.

A REVERENCE FOR LIFE -- Our believe that our expression *worshipful living* or Albert Schweitzer's concept of a *reverence for life* are powerful terms that closely express our understanding of a cosmic connection. Anyone who knows very much about early worship understands that religious meetings for eons were more like the victory celebration of a successful athletic team than what we think of as formal public worship today. Sun worshippers, Mother-Goddess devotees, Jews, Christians and Moslems met at a convenient place to sing and dance, to praise the Creator and discuss being connected with God. They prepared communal meals and spoke about traditions handed down from those who'd learned wisdom in the past. Several persons would speak about important topics and sometimes the early Christian worshippers got so enthusiastic that St. Paul had to admonish some of the women to quiet down and let men speak in the meetings. They believed they had connected with the Cosmic Creator through Jesus and they were joyful about it.

As humans have done through the ages, spiritually minded people were finding a cosmic connection to a more meaningful life and to a grand cause more permanent than their own transitory appetites, anxieties and activities in the higher purpose/permanence aspects of life. They were connecting devoutly through their faith, hope and love, through the wonderful gift of life and so have we. Consistent spiritual fulfillment has always come through some form of personal commitment and through growth in grace. When we open our souls to connect with the greater life of the Cosmos, to mature beyond the banal, we include worshipful living and a reverence for life that does indeed go beyond the selfish choices that philosophically immature persons use to feel better about their often pointless lives. For while one can objectively deny the reality of a Creator, we cannot deny the spiritual unconscious that has been part and parcel of the long eons of the human experience.

If you ignore the spiritual elements of life, the gnawing hunger of an uncontested nihilistic life can and probably shall eventually cripple your search for fulfillment.

Carl G. Jung, one of society's most creative psychologists and perhaps the 20th century's most intelligent man, wrote about this universal need to mature spiritually. Viktor Frankl wrote almost the same thing and so do we. Some years ago, Jard had a client in Logotherapy who became a friend as they attended the same writers work group. Walter Hughes suffers from a serious bi-polar condition that has hospitalized him several times although he now maintains himself with medications. Our hearts would bleed for him as he'd grow depressed and become withdrawn. Then, Jard persuaded Walt to attend an accepting faith community where the sophisticated persons would not be frightened by his illness. In that loving congregation, he became committed to working with others who suffered like himself from severe depression. Walt experienced no sudden miracle but gradually he took hold of something greater than his own anxieties. He has returned to teaching; working as a substitute and preparing programs to present to different groups. In fact, he's currently preparing to conduct a mental health program based on a spiritual awakening in a city congregation. Walter has matured beyond conventional worship on Sunday in the sanctuary, although he does that also, through a worshipful lifestyle and it isn't coincidental that Walt talks more about spirituality now than about his illness and unhappiness. His personal connection in a loving community of faith has become a major integrating factor in his life. He has matured beyond his pain and self-condemnation.

Keep in mind that Jung and Frankl are not theologians or ministers who would be expected to discuss spirituality but therapists who matured beyond a secular outlook to include psychospiritual maturity in their work with clients. Of course, we believe that any therapist who ignores the philosophical is trying to teach clients how to prosper with only two-thirds of their potential resources. He or she has very likely accepted secular humanism or Germanic nihilism -- consciously or unconsciously, because this is what is taught in most graduate schools.

THE ATHEIST'S ENIGMA -- During our decades of research, practice and writing -- an atheist's enigma emerged from the writings of a score or more of brilliant men and women like Soren Kierkegaard, Carl Rogers, Karen Horney, Otto Rank, Abraham Maslow, Melanie Klein, Ernest Becker, Rollo May and of course Viktor Frankl -- all of whom were superb existential scholars. Some of our authors began their practice and research as agnostics or atheists who like Freud assumed that God was a security myth, religion a fraud, worship and prayer

naively subjective. Furthermore even faith, hope and love were sometimes seen by rank behaviorists such as BF Skinner and others as illusions. Their skepticism is understandable. How could any serious scholar want anything to do with the state controlled European or many intellectually primitive American churches of the past -- both Catholic and Protestant -- when church elders pandered to the aristocracy and betrayed families into financial poverty, endless wars and financial despair? Nevertheless, as many of the scholars matured personally and professionally, when virtually everything psychological had been discussed, after they'd reached the limits of psychotherapy -- several incredible insights began cropping up in many of the most influential author's lectures, therapy sessions and books. At no time did they all agree on every point, but this is the general manner in which their enigma worked out within existential psychology. We have paraphrased Ernest Becker's report about this psychospiritual riddle from his Pulitzer Prize winning classic, *THE DENIAL OF DEATH*.

To mature beyond neurotic anxiety, to cope with existential frustration, to live purposefully and win consistent satisfaction, each person needs a faith in a God as he was an idealized personality. We psychological and sociological scholars can find no God -- religion may pander to human weakness while prayer and worship might be self-deceptive frauds. Nevertheless, to avoid crippling our deeply subjective souls, we humans who have evolved with clamoring spiritual and mystical needs, must assume that an idealized-God exists and offer devotion to this cosmic personality because doing so gives us a much needed sense of security in this capricious and often dangerous Cosmos. We can then live with the faith, hope and love triad that is essential for a meaningful life.

What an extraordinary and astonishing consensus from world renowned existential psychologists, philosophers and sociologists! How deeply self-serving -- how terribly convoluted! Fortunately, there is a better way, for according to William of Occam, with all factors being equal, the simplest solution to a problem is usually the best one. We of the *LEARNING CENTER* believe that humans who are living products of a Cosmos that is much more metaphysical in nature than anyone before Einstein and Bohr ever dreamed, have internalized the mysticism through which a Cosmic Creator or Seminal Spirit would function. Soren Kierkegaard, the always brilliant and forever relevant godfather of existential psychology, the most equal of a score and more collateral authors from whom we draw knowledge and wisdom, saw life more clearly than most.

The spiritual or metaphysical needs within all human souls are why every one of the twenty-four or more civilizations that emerged from uncivilized chaos -- developed with strong religious or metaphysical beliefs. Each civilization was centered around its faith community that offered each person a sense of purpose and of belonging with other souls. Of course, while some civilizations practiced peaceful forms of worship, others like the Aztecs and Mayas were incredibly cruel. But even the sacrifice of their precious boys and girls was a twisted form of worship of their gods. Human sacrifices were offered to show how deep their devotion was because they believed that their gods fed on the blood from their victims. They were feeding the deities with their blood sacrifices. And the awe, with which we the authors observe the Cosmos and life itself, has long been called the *God-ache* by earlier Christians. This is the trait that Viktor, who was Jewish, called the *spiritual unconscious*. He considered it as important to human satisfaction as the *psychological unconscious* that Freud discussed in great detail.

SELF FOCUS 46

WHAT CAN THE ATHEIST'S ENIGMA MEAN TO YOU PERSONALLY?

WHAT COULD BECOME A SPIRITUALLY INTEGRATING FACTOR IN YOUR LIFE AT THIS STAGE OF YOUR EXISTENCE?

IDENTIFYING WITH GOD -- One of the valuable constructs coming out of psychology that relates to worshipful living is the concept of *identifying* with someone or something. Psychologists write that children identify with parents, students with teachers and workers identify with good leaders. When you *identify* with a person, like Jard did with Roberta when we fell in love as college sweethearts, you go beyond a casual acknowledge of his or her personality, interests and needs. You empathize with the individual, experiencing his or her joy, love, pain and fear like they were your own. Roberta and Jard connected for life, for richer and poorer, in sickness and in health for the rest of our days because we identified deeply with one another.

In much the same way, a conscious commitment of our lives to philosophical or psychospiritually maturity will connect a person to the God of the Cosmos. We realize that we belong in the human family, that our lives can be filled with seeds of purpose that we sow across the world to change reality for the better. At times, this conscious connection is more than either of us personally can express. A keen awareness of being involved in life may come when Jard reads some especially meaningful passage from the scriptures, studies the concepts of cosmic beginnings taught by a great cosmologist or when working to accomplish something meaningful for humankind. At that time, he feels he is indeed connected to the Cosmos, as he must be for consistent satisfaction. When that occurs, Jard is moved to the depth of his soul in what Maslow called a peak experience. He says:

I find myself - now and forevermore - living far beyond my limitations, standing at the shining center of the Cosmos - at the holiest place - where the physical, psychological and philosophical aspects of existence intersect, where the strands of faith, hope and love are woven together. I am at the summit of grace and I feel that life extends through all the ages to come. And I know that so long as I continue maturing, living with a reverence for life, I shall never again revert to the fearful and the banal. I am at one with the Cosmos and - with life - through grace, and have identified with my human sisters and brothers. This is my personal revelation through worshipful living and I do wish that connecting with God so wonderfully automatically made me competent and wise in all aspects of life. It doesn't - I have to sweat for the rest! As you must also. This incredible joy doesn't last long - it would burn out my circuits - but every person needs such times of unconditional acceptance and joy.

Of course, we must return to daily life to look for a clean pair of socks and get to back to work and that's all right also, for much, needs to be done before the night comes.

SELF FOCUS 47

HOW WOULD YOU DEFINE A REVERENCE FOR LIFE?

HOW COULD SUCH AN ATTITUDE HELP YOU BETTER IDENTIFY WITH HUMAN-KIND?

FAITH, HOPE AND LOVE -- Few persons have a grander story to tell of personal spirituality in action than Ernest Gordon. Like so many men and women of Jard's generation, the greed and malfeasance of the nations' rulers between 1900 and the present threw Gordon into a desperate situation. He was a tough British Army captain who went with his infantry company to defend Singapore Island against Japanese attacks early in World War II. The war went badly for the Allies for several years as the Japanese forces were universally victorious and more than a hundred thousand British, Australian and Indian soldiers were captured and forced to do excruciating slave labor by their captors. Gordon's survivors and many other soldiers were sent into the jungles of Thailand to build a railway across dangerous swamps and over the rivers to transport Japanese men and supplies to Burma for attacks on India and China. Their long saga was the basis for the book and movie, *BRIDGE OVER THE RIVER KWAI* although that story was gutted of its true meaning by a secular Hollywood which is largely hostile to all things spiritual. You have only to listen to the profanity and gutter language and watch the gratuitous violence in most films to see what the motion picture industry holds as values. We have absolutely no doubt that the constant flood of violence shown in movies and television is greatly responsible for much of the violence in real life. The true story of the Kwai appeared in Gordon's powerful little book *THROUGH THE VALLEY OF THE KWAI*.

The living conditions were primitive, supplies and medical aid non-existent and the Japanese monstrously brutal although they had allowed the men to bring their personal belongings with them to the Kwai River. Their tormentors had every intention of working the men to death and almost succeeded through the nearly four years of their awful Golgotha of starvation, disease and death. By the end of the first year, men were dropping off like flies. Every man was on his own - without support, without hope - willing to kill an old comrade for his shoes or a crust of bread. It was a complete breakdown of civilized behavior and no one, not even the commanding officers were able to reverse the nihilistic tide with their little lectures about discipline and honor. The desperate soldiers were beyond all that. When it looked as if things could get no worse, two of Gordon's sergeants asked him to lead a Bible study class. He protested, telling them he was an agnostic, that he didn't deny the existence of God but saying he had no faith in the primitive teachings of an ancient history book. They insisted, one of them saying –

Sir, you're a university man who at least understands literature better than the lads. Help us - we're doomed here.

Gordon finally agreed to teach the course despite his doubts and started conducting simple study groups around the campfires at night after the work on the Railway of Death were over for the day. So many men flocked to Gordon's classes that he taught his lieutenants and sergeants to teach groups until ten thousand men were studying and applying the timeless lessons of faith, hope and love to their own precarious existence. The men then experienced a powerful spiritual awakening and it was the beginning of a twentieth century miracle in the mosquito and fever infested swamps of Thailand as the men engaged in *worshipful living*. Each man brought out the precious treasures he'd hidden and they first built a hospital in which to care for their stricken mates. They started trading for food with the natives and learned from their doctors which natural medicines they could use for healing. They then built a chapel in which most of the men came to a connection with God. The men cleaned up their camp, building huts in neat rows and next founded the Jungle University in which men with knowledge and skills taught what they knew. They grubbed for edible tubers and learned how to snare animals for protein and finally constructed their own musical instruments and formed an orchestra. The death rate fell to little or nothing and within a year, the young men had created a higher level of civilization than their murderous Japanese

captors knew. And it all started with a religious study taught by an agnostic in the anteroom of hell itself. And Ernest Gordon the tough 20th century centurion found his true calling -- eventually becoming Dean of the Cathedral at Princeton University! He spent a half century working with young people, eventually becoming one of the finest ministers in the English speaking world.

No more than five years ago, a Princeton graduate raved to us about the support Gordon had given him when on campus. And the vast majority of those Kwai survivors matured long after -- becoming -- forever becoming, to live deeply fulfilling lives when they returned to their homes.

SELF FOCUS 48

HOW COULD MERE WORDS FROM A TWO THOUSAND YEAR OLD BOOK TRANSFORM THE DOG-EAT-DOG SAVAGERY OF SEVERAL THOUSAND DOOMED MEN INTO A BROTHERHOOD OF FAITH, HOPE AND LOVE?

One major problem that always arises when we connect cosmically is the temptation to exclude divine providence from our faith, hope and love. Many people like to think that God loves them because they are such successful Britons, Americans, Germans or whatever. According to recent research about half of all church members expect God to bless them because they obey the rules by which society functions, or appear to obey them, better than those *uncivilized heathen* who live in the Third World. Many if not most affluent Christians, Jews and Muslims really are uncomfortable with the idea that God is as open to a poor Peruvian shepherd as to a Donald Trump or a Rupert Murdoch. That seems, well, so anti-capitalistic and intended to penalize the financially driven people that a nihilistic society reveres. And we do try to hide from ourselves the fact that the human race is murderously selfish and violent just under the skin. Or why have we tolerated our hundred million battle deaths -struggling for financial gain - through our continuous 20th century wars.

However, spiritual pride rather than worshipful living isn't uniquely a concept of the affluent and powerful! Poor and naïve women and men who join ruthless cults like the Branch Davidian of Waco, Texas and the Peoples' Temple of San Francisco often do so in order to feel superior to all those benighted creatures who lack the special revelation their leaders offer. Some cultists are trapped by brainwashing but many more are stuck on what they perceive to be a unique message that the masses don't enjoy. They have finally won superior status to outsiders by finding a place in which they feel they belong. Unfortunately, they give up too much for their illusions. Few think for themselves any longer, as they place their minds and bodies in bondage to some religious fanatic's whim. It may be religion but it isn't spirituality.

Some years ago, Jamie Buckingham took a group of powerful and affluent men on a guided pilgrimage following Moses' ancient route through the Sinai Desert into which the Israelites escaped from Egyptian captivity in Old Testament times. The Sinai is rough, dangerous and mysterious, a vast place of brooding beauty and deep meaning for Christians, Jews and Muslims alike. Virtually every person who visits the stark desert gains a powerful impression of the Creator's mighty presence lingering near. The tour was conducted by two Israelis who used four wheel drive military trucks. The strong young men pitched the camp each night and prepared the food for the twelve or so men who made the pilgrimage. At the beginning of the trip Israeli guides had each participant promise to take nothing but photographs and memories from the desert, to leave it pristine and completely undisturbed for the pilgrims who'd come later. On one tour however, something occurred that makes our point about our human temptation to feel we deserve spirituality rather than accepting it through God's grace.

After a church pastor in the group fell ill one evening, he called a meeting and confessed that he'd hidden an especially beautiful fossil shell in one of his spare shoes. What, he asked his friends, must he do about breaking his vow to leave the desert as he found it? The dozen or so successful men were strangely reluctant to discuss this moral failure as the Jewish guides listened silently. Eventually the Americans spoke out and finally, following a long and loud dialogue, in which many philosophical issues were hammered out, they concluded the transgressor could take one small shell as a memento from his trip. Everyone sighed and the men congratulated themselves for having handled the issue successfully.

Not really! A restless banker told the group. He too had taken a fossil shell and his conscience would not let him get away with breaking his promise after the executive confessed. Then -- one by one -- every man in the group except for the leader and the two guides, admitted he also had taken something from the desert despite his promise not to. That revelation of their universal deceit really set the group off!

The discussion of their moral failures ran hot and heavy through half the night before they finally decided each man could take a small fossil but not a large one from the billions littering the desert all around them. Unfortunately, the decision triggered off another long and loud argument about the difference between a large or small fossil. A dozen different concepts were presented by the influential, successful bankers, executives, merchants, etc; then discussed and discarded with a great deal of heat if not very much light. Finally, one of the Israelis started to laugh and his amusement infuriated the prestigious and influential men who were already feeling guilty and resentful about having been caught in deception. The young Sabra explained his amusement to them:

You American Christians are too much! Each one of you has tried to convert me to your religion, telling me I must get saved through faith in Christ. But now, after talking so much about the uselessness of Moses' law for salvation, you have just invented Judaism with all its rules and regulations. You are arguing all night about small sins and great sins - about big stones and small stones. You sound like a clutch of orthodox rabbis! All you need do is form a Sanhedrin to recreate the law of Moses in the Sinai and Christianity shall have come full circle. What's happened to your faith in Jesus for forgiving your sins and starting over?

Touché! A great many successful persons, like the British upper class, prefer connecting spiritually in a way that preserves their vested interests rather than simply living a free and open-minded life through faith, hope and love which surely gets one's cart before the horse. Connecting through rules and ritual rather through love and acceptance, if they are necessary at all, comes after faith and grace.

SELF FOCUS 49

WHEN DO YOU FIND HUMAN RULES AND REQUIREMENTS COMPROMISING GROWTH TOWARD MATURITY?

WHAT DOES FAITH, HOPE AND LOVE DO FOR YOU AND THE PERSONS YOU SUPPORT?

ABUSING THE FAITH -- We wish we could report that religion always produces spiritually growth but that simply isn't the truth. Many bloody wars have been fought among members of different religions although at heart most conflicts are economic struggles. Surely, this is the case in Rwanda, in Yugoslavia and in Iraq and the Middle East. For while the ideological American Right pretends the Iraqi war isn't about oil, there really is nothing else out there except sand. We do observe cults feeding on our contemporary existential alienation and there is a resurgence of a murderous, reactionary theology in various religions. The fundamental Muslims who maim and murder in the name of Allah the Merciful are no longer the poor. Mohammed Atta, who directed the 9/11 aircraft attack on New York and Washington, was an upper-class Egyptian with a master's degree from a fine German university. Many hate-filled mullahs have declared war on the Islamic middle class, those who have matured intellectually and economically, shooting and blowing up editors, professors, physicians and business people in a futile attempt to turn the clock back to the past glories of Islam now that the Arabic nations missed the Great Transition that brought an educated affluence to so many Western people.

When honest, well adjusted men and women of good will accept religion and worship devoutly, when they accept and serve society wisely and well, their families, communities, companies and nations benefit and prosper physically, psychologically and philosophically.

On the other hand, when frustrated angry or apathetic women and men become religious in a narcissistic manner, when they use their faith to prove their superiority over lesser souls and to dominate weaker persons, such a religion cripples families, companies, communities and entire nations.

In fundamental Christianity, the attacks are largely being made by American reactionaries against poor minorities but they are almost always about money. The so-called religious conflict of Northern Ireland between Catholics and Protestants was a struggle between the haves and have-nots. Even the American presidential contest between George H W Bush and Bill Clinton took on religious overtones when many members of the religious-right appeared at the Republican National Convention, claiming to be the only truly religious Americans. Mr. Bush's failure to repudiate their claim, after all they were his only really committed supporters, was a major cause in his defeat by Mr. Clinton.

The election of Barak Obama to the presidency was a shock and a slap in the face of millions of secret bigots for whom a black president is beyond acceptance. His rapid fall in the polls has resulted from the readiness of racially motivated hate radio propagandists, fundamental preachers and ideological politicians who prefer that he fail in restoring the economy than be reelected for a second term. Of course, these racist haters will continue to invent scores of false reasons why they despise President Obama rather than face their own wicked hostilities. Most normal men and women have not a clue about how deep and wicked this racist hatred remains across large portions of the American public or to what ends they will go to turn back the clock to a primitive time and its religious superiority.

When Jimmy Carter reached Washington, he was the first relational believer to occupy the White House since Rutherford B. Hayes who fought in our Civil War. Not a career politician but a farmer, Mr. Carter came to the presidency with a strong spiritual agenda that welled up from his true reverence for life. He worked to end the Cold War that was endangering civilization and blunting America's edge in world trade, to develop new commercial partnerships with poor Third World nations, to stop bankrupting ourselves by building enough obscene military weapons to destroy the world a hundred times over and to better educate our poor people for greater achievement in the face of world competition. He called for

Americans to heal the malaise caused by secular Nihilism and to make peace among the races. Mr. Carter continued conducting Bible class even as president. It was the kind of program Moses or Jesus might have envisioned had one of them been president.

But, alas, what did his practical application of spirituality get him from the many vested religious groups that automatically resist change unless it obviously and immediately benefits them -- who claim the highest level of spirituality but put their humanitarian practices far behind their political and financial interests? As the president, Jimmy Carter was attacked viciously as a weakling, as a communist dupe who wasn't man enough to gamble civilization's continued existence on the toss of nuclear dice! Carter's sincere spiritual beliefs and practices were not important enough to win him the support of his own denomination's ideological and fundamental preachers who hated change, who fought to keep nuclear weapon factories running day and night and battled to block civil and gender rights legislation to the bitter end.

How did it happen Carter, a truly spiritual president, was perceived as a weakling while so many secular abusers claim to be spiritual? There are two reasons for this in addition to our perceptual screen through which we all can perceive most clearly what we want and expect to see.

First -- Political image makers have become so sophisticated with television messages that many naive people see only the scenes the expert's project for them. The real politician remains buried deeply behind the images and the roles acted out with skill and style. We were programmed to feel that it was *morning again* as America fell from the world's leading creditor nation to the world's worst debtor in a decade of flag waving and patriotic slogans. For several reactionary but clever presidencies we were intoxicated and now must pay the piper for embracing the evils of secular humanism as some great good.

Second -- A great many selfish persons who live with closed themes and negative attitudes conceal their secular values in spiritual disguises. George W. Bush and Richard Cheney's true believers who imagined they'd found a national savior in them -- were far more tolerant of their desire to reduce social, civil and gender rights than they were with President Clinton's more purely humanitarian practices.

That is a paradox for humans but when have our politicians been anything but nihilistic and self-serving, whether in business, education or politics?

Nevertheless, even if religion can and will be used by abusers for their own reasons - personal spirituality remains an essential element in our search for fulfillment.

There must come times in each life when our faith, hope and love flow outward to serve humankind in the best possible manner. This is what Jimmy Carter is still doing through sponsoring sound humanitarian programs. He understands spiritual service as it really is rather than through manipulating masses of people in the name of religion or patriotism to serve some selfish ideology that leads to the death of hundreds of thousands of men and women in our entirely unnecessary wars. Spirituality must be much more than feeling good in the sanctuary for an hour of worship, supporting only those who love themselves and serve just their own interests in society. As Jesus taught and implied again and again:

What spiritual benefit do you expect from loving the people who love you? Even the greedy of the world do that! You shall have riches from God by helping those who cannot repay you.

We find three aspects of gracious liberality that lead to maturity when living with a reverence for life. They are:

FACE GRACE – the acceptance of one's beauty, intelligence, strength and popularity as cosmic gifts that should be invested in relating positively to people rather than assuming superiority over those who are less fortunate.

PLACE GRACE -- the acceptance of one's intellectual, career and financial power as cosmic blessings that can be focused to change the world as Joe Butterworth and Jimmy Carter did.

FAITH GRACE -- the acceptance of God's love and support as an unexpected and undeserved gift from the heart of the Cosmos rather than a condition that we deserve because we are such polite, well-washed and affluent persons.

SELF FOCUS 50

HOW COULD YOU BETTER APPLY FACE GRACE, PLACE GRACE AND FAITH GRACE IN YOUR PERSONAL SEARCH FOR FULFILLMENT?

Paul Tillich was right on the mark when he wrote in his book *THE NEW BEING*:

Do you know what it means to be struck by god's grace? It doesn't mean that we suddenly believe that god exists or that the Bible contains all truth. That is too simple. God strikes us when we are in great pain and restlessness. God strikes us when we walk through the dark valley of a meaningless and empty life. At that moment, a wave of light breaks through the darkness and a voice says: you are accepted --- accepted by that which is greater than you. That voice is god speaking to you.

To which we add:

We must be connected - consciously connected to the Cosmic Creator - who is continuously creating on a scale we cannot possibly imagine but who has graciously invited us to join the glorious festival of life as it can become.

Bon appetite!

MATURE LIVING -- Here are some specific areas to develop for worshipful living that have stood the test of time for countless persons.

Logotherapy Simplicity -- To develop lifelong satisfaction and to win lasting fulfillment as an authentic person, rise above any pretensions of superiority and self-righteousness that is used to justify selfishness. Enjoy self-esteem because that's normal and necessary, but in the last analysis, for most of life we are all paddling our way on a tempestuous sea in a very small boat. Personal humility that comes through an open and accepting life-theme is far more conducive to spiritual growth than pride and boastfulness that comes from a closed and rejecting attitude.

Logotherapy Identification -- Not only must we identify with God and the Cosmos through a commitment to life, we cannot mature without relating well to people as we move long our journey. Living with a strong reverence for life allows us to rise above barbaric and selfish attitudes - to mourn children who hunger, to help the homeless and to care for those who suffer regardless of the circumstances. We can even put into better perspective the chauvinistic nationalism and greed that causes so many wars.

Logotherapy Acceptance -- We must cultivate a tolerance of others, must develop a gentleness that permeates life as we relate to one another through insight and empathy rather than through power and prestige. We will not mature psychospiritually through the *I Win - You Lose* approach to life and love prevalent in Nihilism. We must develop mutually satisfying attitudes, experiences and relationships that widen our circles of joy in each of life's different stages.

Logotherapy Wholeness -- By being emotionally honest, remaining congruent or authentic, being what you appear to be rather than faking life for ulterior reasons, we can abandon the defenses that imprison many in pain proof bomb-shelters. For, while holding aloof from others may reduce some interpersonal conflict and pain, it also blocks most satisfaction and joy. Transparent women and men, who are neither more nor less than they seem, have nothing to hide because they are living deception-free lives.

Logotherapy Mercy -- Seeking revenge for real or imagined injuries is always self-defeating and often suicidal. Living with strong ethical values and positive attitudes which enable us to forgive those who cause us pain, will allow us to live longer, healthier lives by protecting the plumbing that keeps us healthy. We must never give abusers the power to determine our agendas by drawing us into mutually hateful relationships. Freely offering mercy to the unhappy and self-defeating of society will put you out on the cutting edge of spirituality.

Logotherapy Peace -- It is never enough to merely love peace. The most vicious criminal wants nothing more than a peaceful place in which to carry out terrible deeds of violence without interference. We should work actively to create peace, to correct conditions that cause conflicts and to end confrontations within the family, school, company and community in which we live. Peacemaking is always a challenge because it includes the *dangerous* idea that those strangers out there, whom some persons despise and want our children to destroy for their own selfish reasons, are also people loved by the Creator as much as we are.

Logotherapy Justice -- Not only should we seek freedom and justice for ourselves, we must also row against the nihilistic tide of our era to demand justice for everyone despite race, religion and social class. Lutheran theologian Dietrich Bonhoeffer wrote as he awaited execution in World War II Germany.

When the Nazis came for the Jews I didn't resist for I wasn't a Jew. When they came for the Jehovah's witnesses, I didn't protest because I wasn't one of them. When they came for the Catholics, I didn't resist because I wasn't a Catholic. When they came for the trade union men, I remained silent. When they came for me there was no one left to protest.

Over the long run, we can have no more justice for ourselves than we are willing to allow everyone else to have. The control freaks of Nihilism will see to that.

SELF FOCUS 51

RANK ORDER THE ABOVE STATEMENTS ACCORDING TO THEIR IMPORTANCE IN YOUR LIFE AND FOR YOUR FAMILY.

Commit yourself to a life of cosmic connections. Live daily with a reverence for life. Mature into the future even as you keep the best of the past while pedaling along into the highlands of life. You will be a more mature person by following the above elements of successful living.

PROJECT FOURTEEN - EXISTENTIALLY ALIVE

Discuss in a sentence or two how you could build on the major principles of spiritual living in order to live a more fulfilling life.

LOGOTHERAPY SIMPLICITY

LOGOTHERAPY IDENTIFICATION

LOGOTHERAPY ACCEPTANCE

LOGOTHERAPY WHOLENESS

LOGOTHERAPY MERCY

LOGOTHERAPY PEACE

LOGOTHERAPY JUSTICE

CHAPTER SEVENTEEN

PERSEVERING BRAVELY

For some reason, probably because most parents try as best they can to keep childhood pleasant for their children, many women and men grow up expecting that life will be fun-filled and pain-free. That's wrong, of course, for life is filled with problems for even the most competent and fortunate of persons. Life isn't a rose garden and as even the Patriarch Job learned in Biblical times, patience and honesty is no guarantee of happiness. However, it is clear that our inevitable human discontent can be relieved by living wisely and well, by living meaningfully among the persons who care about us.

We *work and play* largely in the physical aspects of life, *love and learn* in the psychological and *worship and persevere* in the philosophical. Of course, there are overlaps as we live through faith, hope and love but this is most often the way life works out for us. The need to endure bravely despite suffering and disappointment never wins our approval like a clarion call to complete a meaningful task against great odds or a moving love story of a man and women who commit themselves to each other. Nevertheless, our reluctance to face trouble doesn't make it any less real. A few weeks ago, Thomas Dunne called Roberta to mourn about his unhappiness. He had dreamed that he and his wife were young once more, that their three kids were still in school and their parents hale and hearty. Everyone was in his dream of a Christmas celebration, like the family had come home to in the past. His siblings and their children crowded into his parent's parlor, opening gifts, singing songs around the piano, reveling in each other's love and dining around the big oak table of his childhood. His mother's grandmother had brought it as a bride on a sailing ship across the Chesapeake Bay to Virginia before the Civil War. It was a glorious dream and then he awoke in bitter tears. He told us:

I wept when I remembered how wonderful life was when we were young and the children were growing up. Now, all our parents are dead and the golden circle shattered beyond repair. Some of the families are separated by divorce and others by death.

Several of the people I love are losing their fight with addiction. The children from one family refuse to speak to their parents and one son has been missing for years - probably murdered in a drug deal gone bad.

One man has abandoned his family for the excitement of a younger woman. The glad-games circle of our youth is gone and life is increasingly grim for the survivors. It's as if we're struggling for survival on shrinking islands in a storm-tossed sea.

Should you not understand why Peter was weeping, let the earth make a few more whirls around the sun and life will make it clearer to you. When we're young and life stretches out to infinity - along the Yellow Brick Road through the magical Land of Oz - it is easy to live according the pleasure/pain principle. The appetites of the flesh and the questing of a newly adult mind are so compelling that they often override our judgment. We are tempted to make choices that come back to haunt us and the people who love us later in our pilgrimage.

THE TRAGIC QUARTET -- We've mentioned the quartet earlier but the time has come to discuss it in greater detail. From the moment of birth, when we are thrust so rudely from the warm womb into a cold world of booming, bustling confusion, we ponder the meaning of our lives. Every child is born crying and that's probably symbolic, given the fact that we are cold, hungry and already deeply in debt to the government.

The Tragic Quartet of life includes:

SUFFERING -- *Physical, psychological and philosophical*
GUILT -- *From our sins of commission and omission*
RAGE -- *From our suffering and disappointments*
DEATH -- *Which is total for every generation*

The *Quartet*, modified from Viktor Frankl's *DOCTOR AND THE SOUL*, is no figment of our imagination. We're not masochists; therefore not for one moment do we think anyone should welcome pain, guilt and death as do some primitive minded cults in Christianity, Judaism and Islam. Actually, we never need to seek suffering to overcome. Life will offer us quite enough without asking for more. Leave the

No pain - No gain philosophy to the Marine Corps, the Shiite Muslims or medieval-minded theologians. Even Pope John Paul II flagellated his back with a birch rod to remain sufficiently penitent in his private worship.

In any case, it isn't suffering that leads us to psychospiritually maturity but the way we as loving persons deal with pain and disappointment.

SUFFERING -- We were all born in pain, between urine and feces and most of us suffer as we die. Unfortunately, between the beginning and the end of our journeys - no matter how well meaning and skillful our parents, teachers and advisors, none of us come through childhood, adolescence or adulthood without emotional scars. The parental controls of childhood leaves us with emotional challenges which was why Freud said that no one escaped life's suffering. Fortunately, we can mature beyond our youthful beginnings.

In his delightful short story *The Reivers* (thieves), William Faulkner told about two hooligans, one black and the other white, who take a twelve year old small-town Mississippi boy joy riding in his grandfather's 1909 automobile. They got into all kinds of trouble, losing the car in a card game to a gambler, running afoul of the sheriff and eventually getting the boy stabbed in a knife fight in a brothel. The boy's wound wasn't serious but his future looked bleak as his father prepared to thrash him. The grandfather intervened and the boy's father shouted angrily:

You weren't half so compassionate about my backside when I was growing up. You whipped me plenty.

Yes, his father admitted slowly;

But, I'm much smarter now.

We do grow wiser as we mature emotionally and spiritually. An Islamic story tells of a young mother who had a child grow ill, suffer long and finally die. She went to her wise imam and accused God of abusing her with pain and punishment and begged he pray to God to restore her child to life. He listened patiently and emphatically as good counselors do and then gave her instructions. Go through the village, he told her, and find a family that had escaped suffering and death and he would pray for the resurrection of her child. The mother hurried out and

eventually discovered as he intended, that her pain was universal - that every family had its tale of sorrow to tell - and that God will not let us blunder into greater suffering than we can manage so long as we remain personally committed to psychospiritual growth.

GUILT -- This too is a universal human experience for all of us have failed in word, thought and deed all through our lives. We've all done some things we don't wish to become common knowledge. The Islamic legend doesn't tell but Dee is certain the mother was guilt ridden for letting her child die. We've never know a normal parent who wasn't deeply remorseful under those tragic circumstances. Such guilt is often undeserved but on the other hand, much of the guilt we endure is the result of our failings. Only psychopaths, who are so crippled they cannot experience normal human emotions, live without guilt. Lady Julia Marchmain's husband in the fine novel *BRIDESHEAD REVISITED* was such a man. He was big, healthy and wealthy Canadian but she soon discovered that some vital spiritual element was missing from his soul. To him, the ultimate secular man, people were only pawns for his own purposes and she was nothing more than a toy which amused him when he had a few minutes to take her to bed. She divorced him and then, being a pre-World War II Catholic, she had such guilt about it could never remarry and find happiness with the man who really loved her.

Don Neely, after his retirement, expressed deep guilt and regret that his ambition and total dedication to his career had alienated his sons. He became a corporate president, made a great fortune and later divorced the mother of his children in order to marry a beautiful young trophy wife in a celebration of his success. Now that he misses his sons, they want little or nothing to do with him. He sowed the seeds of neglect and lovelessness and they return their bitter fruit now that he's mellowed and wants his sons and his grandchildren around him.

Not all people do great evil like David Koresh the suicidal cult leader and John Newton the slave ship captain or even Pat Hinz the former corporate manager who filled with high explosives millions of artillery shells and BLU bombs that are still exploding many years later to maim and kill innocent peasant people through Indochina. All of us have failed in some ways. We have all missed the mark at which we were aiming. At the very least, even the most spiritual and moral persons have guilt from sins of omission when they neglected what they should

have done. Our guilt feelings form a universal human emotion. Fortunately, a cosmic commitment to maturity is the best way of dealing with evil and guilt in our lives. We can seek forgiveness of the persons we've injured, make restitution for the harm we've done and forgive ourselves while pedaling along uphill. We don't hear much about restitution in society today but it is as important as confession in winning forgiveness.

RAGE -- Our angers, which lie close to the surface of our minds, comes from two sources. We are all members of the *homo sapiens* species that has inherited some very vile traits from our primordial ancestors. If pressed to the limit of our tolerance, we can react as the Sunday school teacher who returned home to discover her daughter being abused by a bearded stranger. Without a second thought, despite her normal good nature and commitment to Christian tolerance and peace, she tried to take off the would be rapist's head with the driver from her golf-bag! St. Paul, in the Bible, calls this violent trait the *carnal nature* or the *Old Man of Sin*, while Freud named it the *Id*. Contemporary sociologists and anthropologists have dubbed us *killer apes* because the very term *homo sapiens* has the implication that we are *wise guys* who are often willing to use and abuse our own kind for our personal benefit. Particularly if we are a level or two removed from the blood-letting.

Then too, our rage often comes to the surface when we resent and resist the suffering that life forces us to tolerate because pain, whether physical, psychological or spiritual is always lurking in the wings for each and every person who ever lives on earth. We even have an old saying for it --

When they are babies, children walk on their mother's feet -- when they get older, their choices trample her heart.

DEATH -- This, the last element in the Tragic Quartet is the inevitable end for every person in each generation. Shakespeare wrote that each man and woman owes God a death in exchange for the privilege of living - a debt that shall be collected at the time and place of God's own choice. There is no escape so we really must prepare ourselves for life's finiteness and the ending that follows.

A powerful sultan in medieval Damascus, the story goes, gave a grand banquet for his vassal lords. The hall was filled with music and light and the feast was going well when one of the sultan's middle managers glanced across the room to find Death peering pointedly at him. He became frightened and rushed to the stables, saddled his fastest steed and galloped away to hide from Death on his brother's estate near Amman.

Inside the palace, the sultan angrily accused Death, demanding to know how he dare threaten a member of his court at this time of feasting and merriment. Death immediately protested his innocence, saying he too was a gentleman who wouldn't think of such a discourtesy at the sultan's banquet. His stare at the frightened vassal, he explained, wasn't a threat but one of surprise. He hadn't expected to see the man in Damascus tonight for he had an appointment to collect his soul in Amman the following evening. So much for avoiding death!

We must come to grips with the finiteness of life, must plan to best use our time and talents wisely for both shall surely end when night falls on our lives. Much of the Quartet can be avoided by living wisely and well but some of it must be bravely endured so long as life lasts.

SELF FOCUS 52

WHAT HAS BEEN YOUR EXPERIENCE WITH THE TRAGIC QUARTET?

COULD YOU AVOID IT OR ONLY MODIFY IT SOMEWHAT?

RELIEF IN PERSPECTIVE – We live in an age of scientific and technological miracles even if many of them are being priced beyond our means in the financial collapse of the industrial world's middle class. Despite the Scientific Revolution and the Great Transition from scarcity to surplus and deprivation to affluence, the Tragic Quartet cannot be ended by:

PLEASURING IT AWAY

INVENTING IT AWAY

NARCOTIZING IT AWAY

PLEASURING THE QUARTET AWAY – You can run wild in a search for pleasure, ignoring your subjects in school, jetting off to ski at St. Moritz or to surf in Cancun, taking lover after lover in a search for exotic and erotic diversions that have now become so dangerous to one's health. Many people do in an attempt to bring fulfillment into a pointless, nihilistic existence. Most of us never become ski or surf fanatics but we do live in an era when we have more goods, services and entertainments available than a Mandarin emperor of a hundred fifty years ago. We can become so jaded that life feels barren to us.

In her book *ELIZABETH TAYLOR - The Last Movie Star*, Kitty Kelly described the mass consumption, pleasure oriented lifestyle Taylor and Richard Burton pursued continually because they were, we are convinced, existentially alienated. As actors, they'd earned over three hundred million dollars and spent great sums of it on pleasure that could not bring them satisfaction. They fought constantly, endured long bouts with alcohol and drugs and had many affairs in an attempt to recapture an adolescent life stage which had forever passed them by. They lived a soap-opera existence and Burton finally died of acute alcoholism while Taylor's health became quite poor. The Quartet cannot be pleased away regardless of how hard we try to. Pleasure is never a panacea -- the Quartet must be endured bravely at different times in our lives.

INVENTING THE QUARTET AWAY -- No doubt, science and technology have made life much more comfortable in many ways. They have given us the knowledge needed to reinvent a society that goes beyond the failures of communism and laissez faire capitalism if we will use it wisely. Unfortunately, it appears that every advance comes with an unexpected price. When Norman

Borlaug developed his miracle wheat and rice to make even nations like Bangladesh entirely sufficient in food, no one realized he was destroying most family farms. His research made it possible for most nations to stop importing grain from the US, Canada, Argentina and Australia. Now only the large, industrialized operations survive with hired hands and seasonal workers.

Some years ago, two youngsters we love got married and had a little girl born to them. Kent was in a seminary studying for the ministry, while Dianne finished college. They were fine youngsters and quite happy in their love for each other. The Yellow Brick Road of joy seemed to stretch out forever before them. Then the Tragic Quartet touched their beautiful little daughter, Paula, and neither science nor technology could end their suffering. Paula, at two or three years developed a tumor behind her eyes and its removal left her blind and severely brain-damaged. The surgeon told them their daughter could live no more than three or four months but she was wrong. The child lingered on for three long years; dominating everything in their lives, confusing the grandparents who couldn't accept the baby's catastrophe, driving an emotional wedge between the parents. We all suffered but the youngsters had the additional guilt of wondering whether they should have found Paula's problem earlier and saved her life. They cried:

Why us, oh God! why do these evil things happen to people who are sincerely trying to do their best?

We must confess - we don't know why good people suffer -- except that life is random, can become painful for anyone. Then too strong an attempt to avoid suffering leads to mistaken assumptions about fulfillment. Science, despite all its discoveries, couldn't reduce their suffering one iota. They had to sweat out Paula's death with such courage and dignity as they could summon up.

Finally, as the Quartet cannot be pleased and invented away, it cannot be avoided by:

NARCOTIZING IT AWAY -- The pain of being a cosmic orphan, suffering spiritual bankruptcy and being alienated from life when our instincts, traditions and ideologies fail us, causes many people to seek counterfeit pleasure. We are awash in an deep chemical sea with multitudes of Americans trapped by alcohol, nicotine, caffeine and even worse narcotics. Millions take pills to get started in

the morning, consume several alcoholic drinks at lunch and then need downers to get to sleep at night. Some take in anything they can snort, swallow or inject for everything from losing weight to winning self-esteem, from going to work to being entertained at a party. Some physicians are among the biggest narcotics pushers to middle-class suburban persons and then we wonder why our kids experiment with drugs.

We have developed our pragmatic, nihilistic lifestyle that urges youngsters to grab it all, to do it now, to drain life's cup to the dregs despite the consequences. And the results are indeed grave. At least one young person in ten or twelve who experiments with chemicals will become a compulsive, unhappy addict who shortens his or her life on an average of twenty years. Using narcotics is madness personified and yet the advertising of tobacco and alcohol companies is so powerful that almost every high school and college student feels compelled to try their deadly products. They are seduced in many ways.

We despise the nihilistic growers, sellers and manufacturers who profit so handsomely by pandering to human weakness. The tobacco firms continued raising their prices out of all proportion to growing and manufacturing costs for years - leading one executive to confess:

I can't believe how much smokers will pay for cigarettes.

Of course, they'll pay - they're addicted to them! That's why the Phillip Morris Company has money enough to purchase a major corporation every two to four years. People get hooked, cough away for years and die miserably. And that's why the tobacco companies have to recruit continually down at our elementary and junior high schools. Each firm needs new addicts to replace the older customers who are dying in droves. The use of narcotics, rather than reducing pain, always increases it As Carrie Fisher discovered, she began using narcotics to decrease her pain and to increase her joy and soon discovered she'd increased her pain and decreased her joy. And then, we cannot help but believe the unhappy knowledge at the end of life that one has wasted so many grand opportunities in a narcotized fog, must be the ultimate existential pain.

SELF FOCUS 53

WHAT HAVE YOU SEEN OCCUR WHEN PEOPLE TRY TO FIND RELIEF FROM THE TRAGIC TRIAD BY:

PLEASURING IT AWAY?
INVENTING IT AWAY?
NARCOTIZING IT AWAY?

SUFFERING AND MEANING -- We seldom see any great benefit in suffering while it is going on but we can relieve much of the Quartet by the attitudes we hold toward it. After little Paula died and her mother and Jard were seminar leaders at a youth camp, he had several opportunities to speak with Dianne about her suffering without becoming crass. She was eager to discuss her emotions, probably because many people had avoided her during the time of her great suffering. She told Jard:

It sounds strange to say this but with your background in Logotherapy, you'll understand my feelings. I shall always miss my little girl. I still weep because I'll never send her off to school, sew frilly dresses. But apart from losing her -- I wouldn't give up one day of what happened.

I was a young girl in love with a handsome guy when we were thrown into a disaster. Now, four years later, I'm a full grown woman. I'm tough and I'm brave and I can take anything life throws at me. I'm starting my doctorate at Vanderbilt this autumn.

Indeed, she could survive and even prosper but it was her spiritual response to suffering, rage, guilt, and death rather than the Quartet *per se* that made her strong and bold. There is, however one major point about pain that must be understood if we are to overcome it in order to mature.

SELF-INFLICTED SUFFERING -- St. Augustine, Thomas Aquinas, Luther and Calvin were all wrong about suffering being a spiritual trial to find out if we are worthy of connecting with God. That makes a monster out of the Creator regardless of how rationalized, rather than recognizing that pain, rage, guilt and death among those we love are inherent to existence because we are all finite creatures in a imperfect world. We need not seek suffering to prove anything to ourselves or anyone else. Neither are we justified in abusing others, causing them pain under the pretense that we are contributing to their growth as they develop spiritual character through their suffering. One ruthless, mid-nineteenth century New England robber baron worshipped piously every Sunday as his workers never could. He drove them viciously twelve hours a day, seven days a week for low wages, in his filthy and dangerous but oh so profitable mines and mills. He flogged workers on and on until they broke and then replaced them like malfunctioning pieces of machinery using as his guise productivity and competitiveness. It was his spiritual duty to keep them busy, he rationalized to a newspaper reporter, so they wouldn't become slothful; drunkenly consuming whiskey and fornicating as they would had he allowed them a day free of work. He was a soulless monster concealed in human form, worse than most slave owners who at least gave their chattels Sunday off as a means of resting them for additional work. Suffering is never a blessing although we must endure it courageously.

We must seek every legitimate physical, psychological and philosophical relief possible before taking up the cross with Christ so to speak and persevering courageously. Only when suffering, guilt and death are forced on us by life's circumstances are we entitled to find a sense of fulfillment through the Tragic Quartet. Only after we accept all the legitimate relief we can find, falling back to the last trench, firing our final cartridge in our battle for health and happiness, are we able to mature by holding positive attitudes and high expectations. It's somewhat like being a soldier. An officer gets no credit for solving a problem he or she created through ignorance or neglect.

Gene Mueller is a very good psychotherapist who as a young man fought in the Vietnam War. He was captured and spent three years in a Hanoi prison before being released and returning home. He went back to school and today works as a therapist in a state prison. He said of his life:

I planned to write a great expose of the suffering and death I saw in Indochina. In fact, planning and outlining that book kept me alive my last year in the tiger cages. But when I came home, I never wrote the book. I was too busy finishing school, getting married, having children and starting out in my career. But more than all that, I had discovered the meaning of my captivity and my suffering. The pain had meaning when it gave me a deeper understanding of life, love and relationships. I returned from my ordeal a more compassionate, more loving man and that was the purpose of my pain. Not to change the world with a better book but to become a better person.

Viktor Frankl writes that we live from the beginning of life to the end, taking things as they come and trying to change life for the better from time to time. It isn't, he goes on to say, until we have enough tough experiences to examine life from the back to the front that we can correctly interpret its overall meaning. Only in retrospect can we see the purpose of many events that shape our existence. This is an old story but it is surely appropriate here.

When the nomadic women of the desert weave elaborate rugs and tapestries, they work from the back, never seeing the beauty their flying fingers and keen eyes are creating with random appearing bits of dyed yarn. Only when they turn the loom over to look at the design from the other side, does its beauty appear. So it is with us. We see just the underside of all this; only when life is complete can we see its beauty. Obviously, Jesus is the best example of a person who found deep meaning by courageously enduring his suffering. He rejected the temptation to use other people, spoke out in defense of the poor and needy, took action when that was needed and rose above his doubts when the outcome of his mission hung in the balance. He faced the inevitable with dignity, endured the pain of a common criminal's execution and died with a sense of purpose that indeed changed the world.

We must transcend the coward's way out - not dying as Shakespeare said a thousand deaths throughout life. Shall we suffer, experience guilt and die? Of course, that's the way life is for every person -- but we can indeed create seasons of great satisfaction despite the Tragic Quartet when we live wisely.

PROJECT FIFTEEN COPING WITH FEAR, ANXIETY, GUILT AND RESENTMENT

A great many persons suffer great fear and anxiety. Some have serious anxiety from guilt attacks that hamper their search for satisfaction. When fearful or suffering an anxiety attack, use this powerful technique.

FIRST - GET COMFORTABLE AND GROW QUIET IN YOUR SOUL

Ask to be undisturbed for a few minutes.

SECOND - IDENTIFY THE MOST PAINFUL EXPERIENCE OF YOUR LIFE.

This may be the memory of adolescence with a brutal, abusive father, the loss of a loving mother in early childhood, a failed marriage and a bitter divorce, a career that never matured, a business failure, a child that died for which you feel deep guilt and remorse, the loss of a loved one through desertion or death.

**WHEN DID THIS PAINFUL EVENT OR RELATIONSHIP OCCUR?
WHO WERE THE OTHER PERSONS INVOLVED?
WHERE DID THE EVENT TAKE PLACE?
WHAT HAPPENED AT THE TIME?
HOW DID YOU FEEL AT THAT TIME?
HOW DO YOU FEEL ABOUT IT NOW?**

THIRD - NOW, LEAVE THAT PAINFUL SETTING TO MEET WITH GOD THE COSMIC CREATOR.

You can enter a church in your imagination, walk if you choose into a prairie filled with glorious wild-flowers, sail on a placid lake or find a lovely forest glade. As you walk forward, you first feel and then see God waiting for you -- by the altar or perhaps seated on a boulder in the forest. This is the Seminal Spirit of the Cosmos smiling in greeting, taking your hand, accepting you unconditionally in the eternal love that created the universe You understand the wisdom of God's teachings, feel the love that brought existence into being, the hope of fulfillment that permeates human activities and the power displayed in a hundred billion island universes of a hundred billion stars each.

What can you feel about God the First Cause who loves and accepts humans unconditionally? Can you identify warmly with God and the eternal Cosmos?

FOURTH - RETURN WITH GOD TO THE TRAGIC QUARTET SETTING YOU RECALLED IN THE SECOND STEP ABOVE.

Put yourself in God's place as he takes your pain from you -- adding it to his love for all persons, setting you free from the Tragic Quartet and for now absorbing your fear and anxiety.

**WHAT DOES GOD FEEL ABOUT YOUR SUFFERING AND GUILT?
WHAT DOES GOD FEEL ABOUT YOUR FEAR AND ANXIETY?
WHAT COULD GOD TELL YOU ABOUT THE TRIAD?
WHAT DOES GOD FEEL ABOUT THE PERSON OR WHO HURT YOU?
WHAT COULD GOD RECOMMEND THAT YOU DO ABOUT YOUR PAIN?**

FIFTH - ACCEPT PERSONAL DELIVERANCE AND SEARCH YOUR MEMORIES AGAIN.

Thank God for your relief from fear, pain and guilt and think about other circumstances that are related to the Triad.

Consider them from God's greater point of view.

What can you correct within yourself to deal with suffering and guilt?

Is there any restitution you should make to be rid of your guilt?

Should you tell others that you forgive them?

Should you ask others to forgive you?

What do you feel about your anxiety now?

ACCEPT GOD'S CONTINUING LOVE AND GRACE AND GO ON WITH YOUR LIFE.

CONCLUSION

BECOMING - FOREVER BECOMING

Our ability to change the world begins in faith, hope and love when we connect our lives to maturity in God, love others deeply and then persevere bravely from now on. This is not some fly-by-night relationship we are invited to join but life at its physical, psychological and philosophical fullest. We can accomplish more and more as we strive to pay our dues as first class members of the human family.

FOCUSING ALL YOUR POWERS

Accept the reality of and develop the power of:

YOUR SPIRITUAL UNCONSCIOUS WHICH CONNECTS WITH THE COSMOS OR
THE COSMIC CREATOR

Keep a life-long identification with life:

A PERSONAL COMMITMENT TO PSYCHOSPIRITUAL MATURITY

Understand that you must mature beyond an unthinking reliance on:

INSTINCTS, TRADITIONS AND IDEOLOGIES

Mature upward through the existential pyramid in the:

PLEASURE/PAIN PRINCIPLE (*Physical - Having*)

POWER/PRESTIGE PRINCIPLE (*Psychological - Doing*)

PURPOSE/PERMANENCE PRINCIPLE (*Philosophical - Becoming*)

Avoid the mistakes made by:

OPPORTUNISM (*Focusing too long on short term goals*)

CONFORMISM (*Letting Nihilism shape your lifestyle*)

FATALISM (*Accepting life's lesser rewards*)

FANATICISM (*Rejecting the worth and needs of others*)

The major channels of a fulfilling life are:

SPIRITUAL VALUES (*Living with consistent ethical virtues*)

POSITIVE ATTITUDES (*Accepting others as your equals*)

HIGH EXPECTATIONS (*Planning to accomplish life's best*)

MATURE BELIEFS (*Developing a true recognition of life and death*)

RESPONSIBLE CHOICES (*Making life come out right along the way*)

Focus your life effectively and efficiently through these three aspects of life:

PHYSICAL
SERVE FAITHFULLY
PLAY JOYOUSLY

PSYCHOLOGICAL
RELATE WARMLY
LEARN WISELY

PHILOSOPHICAL
CONNECT COSMICALLY
PERSEVERE BRAVELY

Living wisely and well is never a hit or miss proposition but is always a well thought out and integrated cause and effect series of sound attitudes, activities and relationships.

Not even the great St. Paul came easily to great success following his dramatic Damascus Road revelation. He dropped out of sight for twelve years, reputedly keeping his day job of making tents and awnings to support himself and his ill wife while pondering his theology over and over in his magnificent mind. And while scholars tell us little of those years, we as researchers and writers know precisely what was going on in the gestation of his religious system.

Paul was thinking and thinking and thinking -- rubbing concepts and possibilities together and forming new combinations of old ideas from Hebrew Scriptures, his knowledge of humankind, Jewish traditions and the teachings of Jesus. He was adapting the old and adjusting the new again and again until he had woven together in his brilliant mind a seamless theological garment - as he understood it - as a male educated in Judaism at the end of the Old Testament age. Only when he had labored for years, only when he was released from the responsibility of supporting his wife, probably through her death, did the great apostle explode across the Roman world in a blaze of light and life that nurtures spirituality forever.

Several Winter Olympic Games ago, Herb Brooks took a bunch of Minnesota, Wisconsin and Massachusetts boys to a gold medal in hockey. It was a glorious triumph of amateurs against world-class professionals and up here in the *North Country* they were all instant heroes. The boys were talented athletes, of course but the key to their triumph was the way Brooks, the consummate teacher, insisted that simply a will to win wasn't enough to assure a victory. Every athlete has that determination once the game has started. Instead, Brooks taught the boys that they must work extraordinarily hard to build the teamwork needed to become the best hockey team in the world for a two week period. They must expect to prepare, must develop the will to get ready through positive affirmations and blood, toil, tears and sweat. Only then could they hope to go all the way. And the boys did!

FOREVER BECOMING

There is an even more dramatic story of a man who demonstrated the power of expectations and affirmations in his life.

When the Cold War was still running strong, a handsome, gray-headed English gentleman with a perfect Oxford accent entered the offices of the British Secret Service in London. While being interviewed by two officials, he told an amazing story. He explained that he'd been going by the name of Thomas Heath since World War II, when he'd been inserted by the Soviet KGB into a prisoner of war camp with British captives of the Germans. He'd been trained to return to England after the war and to penetrate the British aircraft industry. They chose him for having studied aeronautical engineering before the war but also because he was resourceful, courageous and ruthless. He'd assassinated a dozen or more German officers behind the lines in Russia and his KGB *Control* Officer thought he'd make a perfect deep cover mole that would disrupt the English aircraft industry when World War III began. His Russian name was Mikhal Ostrovsky and he had the papers to prove it.

He had, he said one son teaching physics at Cambridge University and another running for Parliament in a London suburb. His wife headed up a major British charity and he was very close to the top of the aircraft consortium designing the SST for supersonic trans-Atlantic travel. The SS officials were aghast but they urged him to continue. Why, with such a good cover, had he come to them now? Heath/Ostrovsky told them:

After I was demobilized with the chaps from the POW camp, I burrowed my way into Vickers Ltd. and worked very hard for my native Russia. However, I did nothing illegal in Britain, worked sixty and seventy hours a week and made much money for the company. Soon, Vickers promoted me into supervision. As I tried to keep my head down, I saw that my peers were all getting married. Fine, I thought, a wife shall make my cover even better.

I picked out a charming and intelligent girl from Nottingham and wooed her until she fell in love with me and we were married. We found a flat near some of the Vickers managers and naturally enough, Anne made

friends, gave parties and picnics and we vanished into the British upper middle class. After a few years, I realized that our friends were having babies - Anne wanted a family - so we had two fine big boys in a few years. All in the interests of maintaining my perfect cover.

And your wife joined you in this conspiracy?

Good lord, no! I wasn't doing anything illegal - I was just waiting for World War III to start. Anne still thinks I'm an orphan lad from Liverpool without any relatives. In our many years of marriage, she's never doubted for one day that I was precisely what I pretended to be. I would have been brilliant on the stage -- for I had to be the best husband and dad in England - my cover depended on it. We even joined an amateur theatrical group.

I took the lads to their music lessons and tutoring sessions, coached rugby and cricket and went on holidays in the Highlands and the Hebrides. And Anne insisted that our sons - Thomas and Peter be reared in the church. I felt a little religion couldn't hurt a tough old Communist atheist, so I agreed and soon found myself working at St. Pauls for East End kids who needed better educations. We became friends with those who care for others. The people who get things done in society and then Vickers continued promoting me to bigger and bigger projects. I couldn't believe how far I was going in the decadent capitalistic system I'd come to destroy.

And Mr. Heath - uh - Ostrovsky - when was the last contact with the KGB?

When I left the German POW camp in August of 1945. That was the rub! I waited for years but we never fought another war. My name and my mission may have been lost during the purges -- my control may have been killed in the last months of the war. Or maybe they never had anything for me to do. Oh, I pondered that for years in the beginning. But something happened during my time here in this little fat and green land. And one day Mikhal Ostrovsky took his loving wife and darling boys camping on Loch Ness and never came home. We sent the boys on a fishing trip and we swam nude and made love in the flowers all afternoon and I knew that only in Anne could I ever be complete. It was Thomas Heath who came home and turned on the lights and helped his wife prepare dinner. I

thanked God for the miracle of her love and that of my lads. Me, the ruthless assassin and dedicated Soviet agent!

Again - why now - why come to us after so long?

Step by step, day by day, I became what I pretended to be. I walked into our house each evening, embraced Anne and the boys and I knew I was home forever. This is my family, my company and even my country now. I can't even remember who that Soviet assassin was. And I've come now because I can no longer sail under false colors - can no longer live a lie. I'll know I shall lose everything but my boys are grown and Anne is strong enough to survive when she learns the truth. The issue is in your hands now, although I'd like a chance to tell Anne and the boys how this happened in my own words. Before the press gets it and you take me to prison.

Fortunately, the British SS had the extraordinary good sense for a bureaucracy to develop a plan for him to follow should the KGB find his name in a moldering file somewhere and call for information about the SST his company was building. They sent him home to his wife. They really didn't think, they told him World War III would break out anytime soon. And the Russians were building their own SST. Only the American CIA still took such nonsense seriously. They, themselves only pretended they did in order to placate their American colleagues who were financing much of the British spy network.

Now that was a self-fulfilling prophecy! Every psychotherapist, pastor and social worker understands what happened to Mikhal/Thomas. All the research reveals that far more persons make major changes in their lives by maturing step by step than adapt by finding consistent satisfaction in one fell swoop. Life seldom works out that way for women and men. It didn't for St. Paul who needed twelve years to get his act together after his conversion. Sochiro Honda took years to become the great industrialist he was. Mother Theresa had her problems before becoming a great humanitarian with a very successful mission to humankind. And you shall find no magic/mystery cure by taking shortcuts. You shall have to sweat for all the rest.

SELF FOCUS 54

HOW COULD YOU FOCUS THE POWER OF EXPECTATIONS AND AFFIRMATIONS TO MAKE LIFE AS GOOD AS IT BECAME FOR THOMAS HEATH?

We are assigning you one last project many have used to draw together everything you've found valuable. Put all your knowledge and wisdom into it, for it is probably the most valuable portion of the entire course.

PROJECT SIXTEEN - WRITING YOUR NEW AUTOBIOGRAPHY

Settle comfortably into your easy chair and free your imagination to picture the beautiful blue and white earth spinning on its axis, circling the sun, as the we all travel endlessly through the Cosmos, marking off the seasons of your life. Recall your childhood and teen years, getting started at work and marrying to have a family. Project your life forward from your present stage into the future toward the closing years and the end of your life. Imagine that you have grown old and are quite ill although alert and able to think clearly. You accept the fact that your life is closing but feel that having lived wisely and done your best has made everything worthwhile. Now that this stage of your imagination is set:

PICTURE YOURSELF RESTING COMFORTABLY IN A HOSPITAL BED. As you turn to get more comfortable, reconciled to your coming demise, you see that a woman has entered your room. She's seated beside a lamp, reading from a large leather-bound book. It's obvious to you that she's fascinated by the story unfolding as she slowly turns the pages. You lift up in bed, untroubled by her mysterious appearance, to ask what has her so interested. The woman smiles in greeting and holds the book up to reveal your own name along the spine in gold letters. She says:

This is your biography - the stories of your life. These pages contain everything you've ever done - whether good, bad or indifferent. I find it fascinating - your story is a compelling one. I have discovered here many areas of life that were deeply fulfilling and meaningful. And some that were so - so and a few that were better left alone. I've discovered some areas of disappointment and regret that still haunt you and that makes me wonder - how do you feel about your life now that it's almost over?

You answer her honestly - what have you got to lose on your deathbed? - telling her what you feel about your relationships and accomplishments now that you are in a position to look back from the end to the beginning -- as we must to understand life. You tell her about those aspects of existence you'd accept just as they occurred, those you'd modify a little and some disasters you wish you could change completely. She nods; really interested in your story, so you go on telling her how you'd make life better for the people you love if you had a chance to start over. You say that given another chance you'd be more spiritual, would live in greater grace through deeper faith, hope and love.

The woman smiles and speaks again:

I'm glad that you've brought that up for I'm a messenger from God who sent me with a special offer for you. Look!

She lifts the book, turns it to today's date and shows you that every day, week, month and year after you finished this Logotherapy course is completely blank. Nothing is entered after yesterday's paragraph or two. She speaks to you again:

Nothing has been written from yesterday to the end of your life. The pages are blank, are open to your potential, to be filled with wonderful stories of work and worship, of love and play, of adventures in learning and about persevering bravely as you begin life's challenges anew.

She goes on talking:

Here now is life's gift for you. God offers you more and greater life. You are no longer at the end of your years - you are miraculously lifted from your hospital room to the time you took that course the DeVilles authored. From that day forward, you are empowered to redeem your life's story - to make it your new autobiography. You can now make life great as you live in faith, hope and love.

WHAT SHALL YOU WRITE ON THOSE BLANK PAGES OF YOUR BOOK?

SERVING FAITHFULLY

PLAYING JOYOUSLY

RELATING WARMLY

LEARNING WISELY

CONNECTING DEVOUTLY

PERSEVERING BRAVELY

A LOGOTHERAPY OVERVIEW

The following paragraphs express our basic concepts regarding the practice of Frankl/DeVile Logotherapy as interpreted through psychospiritual faith, hope and love. Life really can be filled with meaning, although there is no one great *MEANING OF LIFE* written in letters of fire across the heavens -- valid for all persons in all times and places. We must find or create most sources of our own significance. For example, in order to be loved, we must be loveable. To be trusted, we must demonstrate our faithfulness to other persons.

To succeed in life, we must support those who share in our benefits.

- 1. Every psychospiritually engaged life can become meaningful during the most rewarding or the most challenging of times.*
- 2. Our basic human motivation is our consistent need to find sound sources of meaning for ourselves in places of the heart and soul where we know we belong.*
- 3. Liberated souls have the spiritual freedom needed to find a sense of purpose in all we do with the people with whom we share love and support in our situations,*
- 4. A sense of meaning and satisfaction virtually always occurs as the result of some legitimate activity we complete or a sound relationship we establish.*

We hold the following assumptions in the real world of work and play –

- 1. The first assumption is that each person is a subjective soul who blends body (soma), mind (psyche), and spirit (logos). Our bodies and minds supply the tools through which we function while our spirits are what we become in the greater scheme of life, love and labor.*

2. Life can be meaningful under all circumstances – during the most benevolent of times and even the most unfortunate. This second assumption is about ultimate meaning as an expression of God's divine grace in the cosmic reality. This is something mystical all persons will experience consistently when we identify with the Cosmos and embrace life and love with a spiritual mindset.

3. A life of the spirit has key requirements which persons must fulfill if our choices are to become meaningful. This third assumption is that existential meaning focuses our daily lifestyle choices. When embedded in ultimate meaning – cosmic reality, this working meaning can be expressed pragmatically. This is done by projecting the realities of faith, hope and love into society through our ethical virtues and responsible choices and by following the sound promptings of a psychospiritually awakened conscience.

4. People have a persisting need for a meaningful life although we often have to discover or even create the truest purposes of life for ourselves. This fourth assumption is that our search for meaning is the main motivating factor of our attitudes and activities. Living meaningfully is much more important for most persons than grubbing ruthlessly for possessions, prestige, pleasure and power. When we live with a sense of purpose in our activities and attitudes, we can persevere through life's bad days as well as increasing our satisfying times.

5. Women and men retain their yearning for psychospiritual meaning throughout their entire lives. Assumption five is that we are all free enough to focus our need to find meaning among good people and that this can be done under any and all circumstances. It includes victories of *positive attitudes*, *high expectations* and *responsible choices* despite any and all painful events. Jesus, the first and finest Logotherapy counselor demonstrated this when he courageously faced suffering and an ignominious death because the self-evident truth of his ministry angered the religious and political establishments of his day.

6. Each individual is a unique soul consisting of his or her own physical, psychological and philosophical values, attitudes, expectations, beliefs and choices. While we speak of these three traits individually because we cannot write about all of them at once -- in each person's life they are as inextricably linked together as the ingredients of a cake after it is baked.

SELF FOCUS 55

HOW DO YOU UNDERSTAND AND HOW WOULD YOU DEFINE LOGOTHERAPY?

DO YOU THINK THAT WOMEN OR MEN FACE GREATER CHALLENGES WHEN TRYING TO WIN CONSISTENT FULFILLMENT?

SELF FOCUS 56

WHAT ASPECTS OF LIFE BOTHER YOU THE MOST –
PHYSICALLY,
PSYCHOLOGY,
PHILOSOPHICALLY?

SELF FOCUS WORKBOOK

Instructions: You can print this workbook or copy and paste the pages below into a word processor like Microsoft Word or download OpenOffice free from www.openoffice.org

We strongly suggest you complete each self focus and Project after you read the segment so it remains fresh in your mind. You can use your completed self focus and project information to create your report if you wish.

Please email your three to four page **Logotherapy and Life** report to dee@fulfillmentforum.com or Click the link below to upload your report

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SELF FOCUS 1 pg. 27

WHEN DO YOU SEE THAT MOST MEN AND WOMEN PREFER LIVING QUIETLY AND PEACEFULLY RATHER THAN GIVING UP LIFE'S PSYCHOSPIRITUAL SATISFACTIONS IN ORDER TO GROW SO RICH AND POWERFUL THAT THEY CAN NEVER BE CHALLENGED AGAIN?

SELF FOCUS 2 pg. 33

WHAT SOURCE OF STRENGTH DO YOU THINK YOU COULD DRAW FROM IN ORDER TO SURVIVE THE SUFFERING AND RAGE OF THE DEATH CAMPS.

SELF FOCUS 3 pg. 35

WHAT HAVE YOU KNOWN ABOUT SOMEONE LIKE RICHARD CORY OR JEFF WHO BURNED OUT IN MID-CAREER AND MADE DISASTROUS CHOICES?

WHAT SELF-DEFEATING CHOICES HAVE YOU OVERCOME FOR YOURSELF?

SELF FOCUS 4 pg. 41

WHAT CAN LIFE MEAN TO ORDINARY WOMEN AND MEN WHO CANNOT CLAIM TO HAVE WON SUCH SIGNIFICANCE AS CATHERINE HENDRICKS?

SELF FOCUS 5 pg. 48

WHAT COULD YOU LEARN ABOUT LIFE AND LEADERSHIP FROM AJ?

SELF FOCUS 6 pg. 53

HOW CAN YOU HELP OVERCOME THE FRUSTRATIONS OF LIFE BROUGHT ABOUT BY THE FAILURE TO INCLUDE SPIRITUALITY IN OUR NATIONAL AGENDA?

SELF FOCUS 7 pg. 55

ARE WE TOO HARD ON POLITICIANS AND THE GREEDY WHO CORRUPT THEM OR SHOULD MOST OF THE BLAME FALL ON US WHO FOR ONE REASON OR ANOTHER ALLOW THEM TO GET AWAY WITH THE DISRUPTION OF OUR COUNTRY?

SELF FOCUS 8 pg.57

WHY CAN IT BE DISASTROUS TO SEEK HAPPINESS PER SE RATHER THAN SEEKING A SENSE OF PURPOSE AND OF BELONGING?

PROJECT ONE - PERSONAL FULFILLMENT ASSESSMENT pg. 58

READ EACH OF THE FOLLOWING STATEMENTS AND THEN CIRCLE THE NUMBER THAT MOST ACCURATELY DESCRIBES YOUR FEELINGS ABOUT IT.

SELDOM		SOMETIMES		OFTEN	
1. I am satisfied with the way my life has a sense of purpose to it.	1	2	3	4	5
2. I have reasons to be enthusiastic about life and my place in it.	1	2	3	4	5
3. I study to learn better ways of achieving the good things I should be doing.	1	2	3	4	5
4. My life is free of trivial activities and shallow relationships.	1	2	3	4	5
5. I plan my activities with positive attitudes and high expectations.	1	2	3	4	5
6. My life follows my master plan for living wisely and well.	1	2	3	4	5
7. My work seems a mission I should successfully complete.	1	2	3	4	5
8. I work at meaningful avocations in order to help other people.	1	2	3	4	5
9. I have satisfying relationships with both men and women.	1	2	3	4	5
10. I act on the fact that I have the freedom to mature spiritually.	1	2	3	4	5

Add your score and enter it here. **MEANING** _____

CONTINUE WITH THE STATEMENTS BELOW.

SELDOM				SOMETIME			OFTEN
1. I experience a sense of awe about life.	1	2	3	4	5		
2. I feel compassion for people in trouble.	1	2	3	4	5		
3. The women and men with whom I work contribute to my life.	1	2	3	4	5		
4. When my family, company or community has trouble. I help out.	1	2	3	4	5		
5. After a long trip, I enjoy returning to familiar surroundings.	1	2	3	4	5		
6. I participate in sports and entertainments appropriate to my age and shape.	1	2	3	4	5		
7. I spend time with friends and relatives I love.	1	2	3	4	5		
8. I vote and/or work for political candidates I trust.	1	2	3	4	5		
9. I expect people to be ethical and honest when I deal with them.	1	2	3	4	5		
10. I try to make the world a better place in which to live.	1	2	3	4	5		

Add your score and enter it here . **BELONGING** _____

To plot your score, mark the *MEANING* score at the corresponding height on the vertical scale and the *BELONGING* score at the corresponding distance from the left on the horizontal scale. Then, extend both lines into the square to the point where they cross. Mark that spot for it will reveal the level of your satisfaction compared to the men and women who have used this scale in past fulfillment programs. The sample below reveals that this person scored 30 points vertically and horizontally to register average satisfaction.

SATISFACTION SCALE

M 50 (high)

E

A

N 30 (medium)

I

N

G 10 (low) 30 (med.) 50 (high)

B E L O N G I N G

SELF FOCUS 9 pg. 61

WHAT DO YOU UNDERSTAND ABOUT CHAIRMAN AKER'S BETTER WAY THAT COULD CONTRIBUTE TO YOUR SEARCH FOR SATISFACTION?

WHY DO SO MANY PEOPLE ASSUME THAT RUTHLESSNESS IS A SIGN OF STRENGTH WHEN IT IS REALLY A TRAGIC WEAKNESS IN ALL KINDS OF ORGANIZATIONS?

SELF FOCUS 10 pg. 65

TELL OF A TIME YOU HEARD THE ULTIMATE LIE BEING USED --

BY AN ADVERSARY
BY A COLLEAGUE
BY YOURSELF

SELF FOCUS 11 pg.68

WHY DO INDIVIDUALS AND ESPECIALLY ORGANIZATIONS CONSISTENTLY RESIST CHANGE EVEN WHEN MAINTAINING THE STATUS QUO IS HARMFUL?

WHAT HAVE YOU SEEN OCCURRING WHEN PEOPLE ARE UNPREPARED FOR CHANGE BECAUSE THEY'D ASSUMED LIFE WOULD REMAIN STATIC?

SELF FOCUS 12 pg. 73

HOW HAS THE GREAT TRANSITION FROM SCARCITY TO SURPLUS MADE YOUR LIFE AND CAREER DIFFERENT FROM YOUR PARENTS' OR GRANDPARENTS' TIME?

WHY DOES THE IDEOLOGY OF SCARCITY REMAIN SO STRONG IN AN AGE WHEN TECHNOLOGY MAKES POSSIBLE THE FEEDING AND CLOTHING OF EVERY PERSON ON EARTH?

SELF FOCUS 13 pg. 75

RANK ORDER THE ABOVE SUGGESTIONS, FROM ONE TO SEVEN IN ORDER OF THEIR POTENTIAL VALUE TO YOURSELF AND YOUR FAMILY.

PROJECT TWO – RESENTMENT DEPRESSION ASSESSMENT pg. 76

To gain a better understanding of your personal dissatisfaction, depression and resentment and to see how they compare with that of others - circle the appropriate number to indicate how you feel about that statement.

SELDOM	SOMETIME			OFTEN	
1. I feel unhappy and resentful of the way my life is going.	1	2	3	4	5
2. I am restless and uncomfortable without knowing why.	1	2	3	4	5
3. I feel fatigued and generally run down in my activities.	1	2	3	4	5
4. I have bouts of fear and a general worry about my place in life.	1	2	3	4	5
5. I have aches and pains without a known medical cause.	1	2	3	4	5
6. I am indecisive and tend to procrastinate.	1	2	3	4	5
7. I lose interest in activities and relationships I once enjoyed.	1	2	3	4	5
8. I condemn myself when things don't work out as I'd hoped.	1	2	3	4	5
9. I daydream of a better life in which I find satisfaction.	1	2	3	4	5
10. I find that life is too complex and too difficult to manage well.	1	2	3	4	5
11. I over consume food, sleep, alcohol, tobacco or drugs.	1	2	3	4	5
12. I have 'high highs and low lows' about life and my place in it.	1	2	3	4	5

Add the numbers you circled and enter the total here. _____

NORMAL-DISCOMFORT	MODERATE-UNHAPPINESS	SEVERE-DEPRESSION
12 to 25	26 to 45	46 to 60

If you suffer from high moderate to severe depression, consult with a therapist because resentment and depression blocks your ability to mature philosophically. Ask for help but remember the responsibility for growth is your own. Only you can focus you life along lines of excellence.

SELF FOCUS 14 pg. 80

HOW WOULD YOU DEFINE MEANING FOR YOUR LIFE?

SELF FOCUS 15 pg. 85

IN WHICH SITUATIONS DO YOU FUNCTION IN THE:

PHYSICAL ASPECTS OF LIFE?

PSYCHOLOGICAL ASPECTS OF LIFE?

WHEN DO YOU MOVE INTO THE PHILOSOPHICAL ASPECTS OF EXISTENCE?

SELF FOCUS 16 pg. 87

CAN YOU TELL SOMETHING ABOUT A SUCCESSFUL PERSON YOU
KNOW WHO FOLLOWED THESE THREE KEY PRECEPTS?

SELF FOCUS 17 pg. 91

WHAT CAN YOU DO TO AVOID THE FOUR MAJOR SYMPTOMS OF SPIRITUAL
BANKRUPTCY:

OPPORTUNISM?

CONFORMISM?

FATALISM?

FANATICISM?

SELF FOCUS 18 pg. 92

CAN YOU TELL OF A TIME WHEN PERSISTENCE RATHER THAN BRILLIANCE
OR AFFLUENCE WAS THE KEY FACTOR IN COMPLETING SOMETHING
IMPORTANT?

PROJECT THREE - CHANGING YOUR WORLD pg. 93

DESCRIBE SOMETHING IN YOUR WORLD THAT NEEDS TO BE CHANGED AND THEN WRITE:

WHAT COULD YOU DO TO CHANGE IT?
HOW WOULD YOU PERSIST TO WIN CHANGE?

SELF FOCUS 19 pg. 100

HOW COULD YOU BETTER MATURE THROUGH:

ETHICAL VALUES?
POSITIVE ATTITUDES?
HIGH EXPECTATIONS?

SELF FOCUS 20 pg. 104

HOW CAN YOU BETTER OPEN THESE ASPECTS OF FULFILLMENT?

MATURE BELIEFS?
RESPONSIBLE CHOICES?

SELF FOCUS 21 pg. 112

IN WHICH SITUATIONS DO YOU SEE THE FOLLOWING CAUSING PROBLEMS;

INSTINCTS?
TRADITIONS?
IDEOLOGIES?

WHY DO SO MANY REACTIONARY MEN FEAR TO USE AND ABUSE COMPETENT WOMEN?

SELF FOCUS 22 pg. 117

WHAT HAVE YOU SEEN WHICH REVEALS THAT EACH PERSON'S LIFE THEME IS INVISIBLE TO HIMSELF OR HERSELF?

WHY ARE LIFE-THEMES SO IMPORTANT?

PROJECT FOUR - LIFE THEME IDENTIFICATION pg. 118

To identify your life-theme, write a paragraph of four or five sentences that spell out what usually happens to people like yourself as you work and play and love and learn through your life.

Now, boil that paragraph down to a single sentence - something brief that could be put on your tombstone to sum up your life when it is all over.

That single sentence pretty well describes you life-theme - the way you expect your life to become the way you set up life to happen for yourself and your loved ones.

SELF FOCUS 23 pg. 118

IS YOUR THEME AN OPEN OR A CLOSED ONE?

WHY DO YOU ANSWER AS YOU DO?

HOW COULD YOU MAKE IT MORE ACCEPTING?

SELF FOCUS 24 pg. 122

HOW CAN YOU AVOID ANXIETY AND STRESS IN ADVANCE THROUGH:

ACCEPTING OTHERS?

RELATING AUTHENTICALLY?

CHOOSING INDEPENDENTLY?

CREATING ORIGINALLY?

PROJECT FIVE – STRESS AND ANGER MANAGEMENT pg. 124

The Relaxation Response (Dr. Herbert Benson)

CHOOSE A QUIET PLACE WHERE YOU'LL REMAIN UNDISTURBED

Close the door. Turn off the radio or television and the phone. Ask to be undisturbed for twenty minutes or so.

ASSUME A COMFORTABLE POSITION

Sit in a comfortable chair, kneel as if in prayer or take the lotus position. Don't lay down unless you want to sleep afterwards. Grow quiet in your mind by reading a favorite Bible passage or some other literature that helps you keep life in perspective. Seek peace of mind and for relief from your frustrations and angers. Relax your muscles by flexing them - starting with your toes and working upward to your neck and head. Remain still and quiet.

CHOOSE A KEY PHILOSOPHICAL PHRASE

Select some phrase that has special significance for you - something like Love, Peace, Faith or anything that lets you grow quiet. This word will be used to disconnect your mind from life's pressures. It also keeps your thoughts from wandering while you are using the process.

CLOSE YOUR EYES WHILE YOU BREATHE NORMALLY

This is all you do. Breathe normally and each time you inhale, repeat silently to yourself your key word. Then, each time you exhale, listen carefully to the sound of your breath leaving your body. Continue breathing, repeating the key word and listening to your breath for fifteen minutes or so.

MAINTAIN A PASSIVE ATTITUDE UNTIL YOU'RE DONE

If your mind wanders, gently turn it back to the process - without criticizing yourself. Continue the technique as if uninterrupted. When you've completed the process, rest for a few moments, slowly get up and go on with your activities.

That's all there is to it and if it sounds too simple, don't be deceived. It works very well for managing stress and anger. Also, we have found that many people who refuse to use the Relaxation Response, who will not give it a month or two once or twice a day -- are living with a 'live fast and die young' life-theme, a suicidal determination to remain closed-minded that they are too fearful to change.

SELF FOCUS 25 pg. 129

HOW COULD YOU APPLY THE BASIC PRINCIPLE IN IMPORTANT SITUATIONS:

GOOD THINGS HAPPEN TO PEOPLE WHO COOPERATE?

BAD THINGS DON'T HAPPEN TO PEOPLE WHO COOPERATE?

GOOD THINGS DON'T HAPPEN TO PEOPLE WHO DON'T COOPERATE?

SELF FOCUS 26 pg. 133

HOW WOULD YOU DESCRIBE THE PRINCIPLE OF RECIPROCITY?

TELL OF A TIME IT WORKED

TELL OF A TIME IT FAILED

WHY DID IT FAIL?

SELF FOCUS 27 pg. 138

HOW WOULD YOU DESCRIBE THE SELF-FULFILLING PROPHECY PROCESS?

WHAT WOULD YOU REALLY LIKE TO ACCOMPLISH?

WHAT IS YOUR VISION?

WHAT IS YOUR VEHICLE?

HOW CAN YOU REACH YOUR GOAL?

SELF FOCUS 28 pg. 143

HOW WOULD YOU DEFINE THE PRINCIPLE OF SELECTIVE PERCEPTION?

HOW COULD YOU USE YOUR KNOWLEDGE TO HELP PEOPLE FOR WHOM YOU ARE RESPONSIBLE DEAL BETTER WITH REALITY RATHER THAN ENGAGING IN MAJOR SELF-DECEPTION?

PROJECT SIX -- THREE STAGE CONFLICT AVOIDANCE pg. 145

STAGE ONE -- When a conflict is brewing, calmly and authentically clarify your feelings about the situation. If you don't attack the other person and remain calm and accepting with your verbal and non-verbal communication, most people will react positively to a sincere attempt to avoid conflict. They may not agree with your conclusions but they will seldom deny your feelings or your right to have them. For example, you can say something like this in a calm voice.

When you keep interrupting and I cannot express my concerns, I feel that you don't want the team to consider my recommendations as well as your own. Please -- may I at least feel I'm getting a fair hearing before we decide?

If such a calm statement that expresses your feelings avoids conflict - well and good. If it doesn't, go to the next stage of the process.

STAGE TWO -- Without becoming bitter or contentious, without an attack against his or her character or motives, escalate the intensity of your emotions about the matter. Say something like this.

I feel that your continued interruptions devalue me -- that you are trying to win your points by shutting me up rather than the merits. That's not fair to the team. If blocking my idea isn't your intention, I must speak without your distractions!

It's quite possible that the contentious person is working from a hidden agenda or with a *Superiority* attitude that convinces him that both you and the group should yield to his or her limitless knowledge and wisdom. To avoid surrendering, you must go on to the final protest stage. Of course, this is an ultimatum and you must be prepared to battle for your rights and responsibilities should she continue to interrupt.

STAGE THREE -- Raise the emotional ante by using all your communication skills to make your point in a still non-aggressive manner. Demand a solution and if he refuses this final time, decide whether the relationship is worth keeping on his or her terms. We assume it would be if the speaker was your elderly Aunt Minnie who treats relatives like dull children but mentions them nicely in her considerable

will. Or the normally supportive spouse who comes home frustrated and angry occasionally from pressures at work - but not the idiot in the next section of your office who's been trying to bully you since he's been promoted. You can say:

I feel very strongly that nothing can be gained by combining our production goals the way you want us to. I've found that good natured competition between sections keeps the gals and guys more focused on the results we want. Surely, I cannot be expected to feel a great deal of partnership with a supervisor who won't let the team hear my suggestions before we consider merging our sections.

You still haven't attacked his character or motives but have stuck to your guns through a calm and rational expression of your emotions. He could go on arguing that his motives are as pure as the driven snow, that the merging would be productive, but he cannot validly deny that you feel the emotions you have expressed. The group may vote against you but you have taken the high ground, have shown him to be a manipulator and forced people to consider your views more thoughtfully than a quarrel would have. And should you win and continue working with him, there'll not be harsh words left laying there to complicate matters further. And with you as a strong and articulate opponent, he may not be so eager to take you on next time.

SELF FOCUS 29 pg. 147

FIND A PARTNER AND ROLE PLAY A CONFLICT THAT GOT OUT OF CONTROL IN ONE OF YOUR RELATIONSHIPS. SWITCH WITH A PARTNER OR FRIEND AND CHANGE ROLES WITH ANOTHER CONFLICT.

PROJECT SEVEN – THE ASRAC PROCESS pg. 150

CHOOSE A CONFLICT OF ONE KIND OR ANOTHER AND WITH A FRIEND, WALK IT THROUGH THE ASRAC PROCESS TO A RESOLUTION.

REVERSE ROLES AND ACT IT OUT THE OTHER WAY.

SELF FOCUS 30 pg. 153

**HOW OFTEN DO YOU SEE THE PURE WORK ETHIC IN OPERATION
IN OUR ORGANIZATIONS TODAY?**

SELF FOCUS 31 pg. 156

**WHAT IS LIFE LIKE IN A DYSFUNCTIONAL ORGANIZATION YOU
KNOW ABOUT?**

SELF FOCUS 32 pg. 160

WHY ON EARTH WOULD ANYONE PREFER BEING NEEDED TO BECOMING RICH
AND POWERFUL IN AN INDUSTRIAL SOCIETY THAT ASSIGNS STATUS ON THAT
BASIS?

CAN THE TWO BE COMBINED SUCCESSFULLY?

HOW DO YOU SEE MEN AND WOMEN DIFFERING IN THEIR SEARCH FOR
SUCCESS?

SELF FOCUS 33 pg. 165

WHEN DO YOU FIND THE GREATEST SATISFACTION:

FROM YOUR WORK?

FROM AN AVOCATION?

PROJECT EIGHT - MISSION IDENTIFICATION pg. 165

Our missions change as we grow older, become better educated, marry, have children and move forward in our careers. To freeze in any stage, is to court disaster. Here is how we see the different stages of life.

EARLY CHILDHOOD
LATE CHILDHOOD
EARLY ADOLESCENCE
COLLEGE AGE
EARLY CAREER
MIDDLE CAREER
LATE CAREER
RETIREMENT

What is your current life stage and what is your current mission?
Why did you choose that as the most important thing you have to do?
What shall your next main mission likely be?
What could happen should you carry your mission too far into life's next stage?

PROJECT NINE – OBSESSION/COMPULSION MANAGEMENT pg. 168

First - GET ALONE TO AVOID DISTRACTIONS AND CLOSE YOUR EYES. PICTURE CLEARLY IN YOUR MIND THE FEAR, PHOBIA, FIXATION OR COMPULSION YOU WANT TO GET RED OF.

Describe it here if you wish.

Second - ISOLATE THE PROBLEM EMOTIONALLY BY PUTTING A PSYCHOLOGICAL DISTANCE BETWEEN IT AND YOURSELF. DESCRIBE IT AS BELONGING TO SOMEONE ELSE.

Write it out in the third-person - as if the sufferer was someone you didn't care about a great deal.

Third - RIDICULE THE PROBLEM BY POKING FUN AT IT. DON'T RIDICULE YOURSELF BUT MAKE FUN OF THE PHOBIA OR COMPULSION BY CONJURING UP THE MOST ABSURD IMAGES OF IT THAT YOU CAN. HAVE A TRUSTED FRIEND OR RELATIVE MAKE UP HORRIBLE JOKES ABOUT IT. WRITE THE WORST JOKES DOWN AND TELL THEM TO OTHER PEOPLE.

If, for example, you sweat and tremble when meeting with your boss or speaking in public, tell yourself things like:

I MUST HAVE SWEATED A PINT LAST TIME BUT TODAY I'M GOING ALL OUT FOR A NEW RECORD. I'M GONNA GO FOR A QUART THIS TIME. OR, I'M GONNA SWEAT SO MUCH TODAY I'LL MELT LIKE JELLO AND FLOW RIGHT DOWN THE DRAIN. OR, MY HANDS SHOOK LAST WEEK - WELL TODAY I'M GONNA JIGGLE SO MUCH THE BOSS WILL THINK I'M TAP-DANCING IN HIS OFFICE.

If you fear elevators:

I FELT WEAK GOING TO THE SIXTH FLOOR YESTERDAY. WELL, TODAY I'M GONNA PASS OUT RIGHT THERE AND REACH THE SIXTH LAYING HORIZONTAL. THE GALS ARE GOING TO HAVE TO ROLL ME INTO MY OFFICE AND THROW A BUCKET OF WATER ON MY FACE TO REVIVE ME.

For a compulsion such as tying your shoes ten times before feeling comfortable, force yourself to tie them twenty times each morning, all the while making terrible jokes about the phobia but not about yourself.

LAUGH AT YOUR STORIES ALONE AND WITH FRIENDS AND FAMILY MEMBERS

The more absurd you make the problem appear to yourself and to others, the less power it shall have over your thoughts and actions. Write down some jokes you can make here.

Fourth - DEMAND RELIEF FROM THE ABSURD THOUGHTS AND ACTS FOR YOURSELF. COMMAND THE SILLY IMAGES TO DEPART AND THE PHOBIA SHALL VANISH WITH THEM.

This technique can be used as often as you need to, with no after effects or symptoms. In most cases the more you use it, the weaker the problem becomes. Humor, directed at a phobia or compulsion, quickly takes the wind out of its sails so experiment to discover what works best for your fears and anxieties. This process may well be a lifesaver. And any excuse that your problem is too serious to yield to so simple a process is only an excuse to keep it, until you've used this P. I. process twenty times at least!

SELF FOCUS 34 pg. 173

WHAT FORM OF PLAY AND RELAXATION DO YOU ENGAGE IN TO RECHARGE YOUR BATTERIES FOR THE LONG JOURNEY OF LIFE?

HOW DO YOU KEEP YOUR RESPONSIBILITIES AND RECREATION IN BALANCE?

SELF FOCUS 35 pg. 174

WHY DO WE ALLOW SCHOOLS TO ABUSE YOUNG ATHLETES, OFTEN CRIPPLING THEM FOR LIFE IN ORDER TO ENTERTAIN US?

COULD IT BE THAT WEALTHY ALUMS WHO USE AND ABUSE STUDENT ATHLETES ARE SEEKING SURROGATE FULFILLMENT THROUGH A NIHILISTIC PHILOSOPHY OF LIFE?

SELF FOCUS 36 pg. 178

WHAT DOES THE WAGON TRAIN STORY TELL YOU ABOUT YOUR OWN LIFE?

WHY ARE SO MANY PEOPLE SO FIXATED ON PROFESSIONAL FOOTBALL AND BASKET-BALL, THAT THEY FAIL TO FORM AMATEUR LEAGUES AND COMPETE WITH ONE ANOTHER IN GOOD NATURED GAMES AS CHURCH AND COMPANY TEAMS DO?

PROJECT TEN - TROPHY ROOM PROCESS pg. 183

All persons suffer from anxiety, stress, anger and resentment from time to time all through life. No one is immune from the *Tragic Quartet* of *suffering, rage, guilt and death* -- so there come times when we feel that our existence is futile, that we've squandered our opportunities and there is little point in trying to make things come out right. Most of the time we recover from our feelings of disappointment to see our lives in perspective but if you are having trouble adjusting, here is another process to help you. Once more, don't let its apparent simplicity discourage you from using it whenever you need encouragement.

***First* – ASSUME A COMFORTABLE POSITION WHERE YOU'LL NOT BE DISTURBED**

Think about your past and present accomplishments and relationships. Set your memory free to wander through the halls of your life. Think about the many good things you've done.

***Second* – FREE YOUR IMAGINATION**

Picture a great stately building, like the Taj Mahal, the US capital or Notre Dame Cathedral in Paris, only much more impressive. Imagine you approach this beautiful building from a stately tree-lined avenue like the Mall in front of Buckingham Palace, London and climbing a long flight of Carrere marble stairs. You see, carved deeply in stone over the golden entrance arch the words, *LIFE'S*

TROPHY CONSERVATORY and you feel the glory of human existence hovering over the great edifice. You enter and find a service center in the foyer. You type in your name and your personal trophy room number flashes on the screen. It's room 7562, high overhead on the 75th floor. That's where God has displayed your many trophies -- so you board the express elevator and are whisked upward at high speed.

And sure enough, room 7562 is filled with trophies from your life, each one engraved and displayed in a glass lined case like the athletic trophies from your school. Some are cups and some are miniature statues. There are thousands of them lining the room, each one engraved with your name, the deed it represents and the date on which you won it in life's competitions between good and evil. There is a nice trophy for the twenty times you mowed your grandmother's lawn during the summer of her last illness. And a small one for tutoring Mary Ellen in algebra when she was flunking. You find a magnificent cup for hunkering down behind an earthen bank, controlling the bleeding and patching the wounds of soldiers during an enemy attack. They certainly would have perished, had you not swallowed your terror and tended their injuries. You used all your supplies that terrible day, working until almost surrounded and then staggering back, lugging your equipment to a new position and starting all over again, but all the wounded survived because of your courage. You weep when those memories come crashing back in on you and you try to remember who that young Army nurse really was.

You find other trophies for tutoring retarded children and being an assistant Scout master, for serving dinners for years at a shelter in the city, for starting a business that has given jobs to forty people for several decades now, for faithfully loving your spouse and children when so many fail and run away from responsibility - and much more because you became an authentic person long ago.

Some of the trophies are for working long and hard for society. Others are for suffering bravely through the *Tragic Quartet* when your parents died, without making life miserable for those who love you. Still more are for offering love and support when it wasn't expected or required. You did it all and each and every trophy in the case was honestly and fairly won as you survived in life's arena. You deserve them all!

Third - SELECT A FAVORITE TROPHY AND RELIVE THE EVENT THAT WON IT
Recreate mentally and emotionally the event or the relationship represented by the trophy you've chosen. Write it down on your pad.

Relive it now - remember it in detail and cherish it well. Call up the mood of that moment, enjoying the victory and embracing it once again.

Fourth - REDEDICATE THAT TROPHY TO YOURSELF

The victory you won is yours forever. No one, not even God can take it from you. The passage of time, the aging of your body and mind, the loss of the people with whom you won the trophy, the ending of your career and even death itself cannot destroy the attitudes, actions or relationships this trophy represents to you. You took your potential for faith, hope and love and with grace under pressure turned it into reality that cannot be undone. Life comes and goes, companies rise and fall, persons are born and then die and even the stars burn out and grow cold - but God has written this in the eternal record book and turned the page forever. Remember that day, relish it and give yourself the praise you so richly deserve.

BEST OF ALL - YOU REMAIN THE SAME PERSON WHO WON THE TROPHIES

You, the essence of yourself - remain as real and as vital as you were when winning that special trophy. Accept and believe in yourself, love yourself as the person who won so many fine trophies of loving relationships shared, complicated situations resolved, difficult classes understood, crucial tasks completed and hard fought battles won. You have every right to think well of the good things that went into your personal trophy room - even now as you go on adding new contributions to the eternal book in this stage of life. Remember and enjoy what you've accomplished all through life - and keep on pedaling your bicycle along uphill. Complete the activities and maintain the relationships that will make life worth living forever!

SELF FOCUS 37 pg. 188

GIVEN YOUR SITUATION, WHAT WOULD YOUR RELATIONSHIP BECOME IF YOU AND YOUR LOVER FOCUSED MORE ON BECOMING BETTER PARTNERS RATHER THAN NAIVELY SEARCHING FOR A PERFECT PRINCE OR PRINCESS?

SELF FOCUS 38 pg. 193

WHAT SYMPTOMS OF A LOOMING VIOLENT EXPLOSION FROM THE ABOVE LIST HAVE YOU SEEN AMONG MEN YOU KNOW OR HAVE KNOWN ABOUT?

HAVE YOU KNOWN OF WOMEN WHO WAIT TOO LONG, CONSENTING TO THE VIOLENCE, LULLED BY SOME VIOLENT MAN'S TEARS OF REMORSE AND A PROMISE TO DO BETTER IF ONLY SHE'LL STOP CAUSING HIS PROBLEMS?

SELF FOCUS 39 pg. 194

WHY DO THE MILITARY FORCES ROUTINELY COVER UP THE SEX CRIMES COMMITTED BY THEIR MALE SOLDIERS AGAINST THEIR FEMALE COMRADES?

SELF FOCUS 40 pg. 199

WHY DO SO MANY MEN TRY TO DOMINATE AND DEVALUE WOMEN WHEN DOING SO IS TERRIBLY SELF-DEFEATING?

DO WOMEN OR MEN HAVE THE GREATEST DIFFICULTIES IN THEIR RELATIONSHIPS?

PROJECT ELEVEN – INTIMACY AND LOVE pg. 200

WRITE THREE SHORT PARAGRAPHS ABOUT YOUR UNDERSTANDING OF THESE:

MEN AND WOMEN REALLY DO NEED EACH OTHER

SEXUAL INTIMACY AND PLEASURE IS BEST IN A SOUND MARRIAGE

WOMEN AND MEN MUST MATURE TOGETHER IN A LOVING PARTNERSHIP

SELF FOCUS 41 pg. 204

SUMMARIZE THE DIFFERENCES YOU PERCEIVE BETWEEN THE PHYSICAL, PSYCHOLOGICAL AND PHILOSOPHICAL ASPECTS OF LOVE.

PROJECT TWELVE - LOVE LEVEL IDENTIFICATION pg. 205

Complete this project to discover the level at which your love for another person is operating; *physical, psychological, philosophical* -- in the *pleasure/pain, power/prestige* or the *purpose/ permanence aspects of existence*.

First -- RELAX COMFORTABLY IN A CHAIR OR ON A BED

Visualize in your mind the image of the person you now love or most recently loved in an adult relationship. Think of the reasons you love this person, recall his or her good points in the physical, psychological and philosophical aspects of life. Fix the image of that lover firmly in your mind right now.

Second -- ACCEPT THE FACT OF A TERRIBLE TRAGEDY

Through an automobile accident or an unexpected illness, your lover dies suddenly. He or she is gone - there's no doubt about it. You are left to go on alone. Accept your loss, mourn it deeply, feel frustration and anger but in time you realize you must continue living. There is a job to do, children to rear, friends to support so you start adapting despite the deep loss.

Third -- RECEIVE A GREAT GIFT FROM SCIENCE

Through the remarkable science of cloning, I offer you a perfect double of that dear, lost lover. The clone is perfect in every detail. He or she looks talks and thinks like the lover, makes love the same way and supports you in the same manner. He or she wants your support also.

THERE IS ONLY ONE FLAW IN YOUR MIRACLE OF SCIENCE

You and your newly reunited lover don't share the mutual experiences and relationships you had in the past. Both the good and the bad are missing from the relationship you and your original lover shared before the tragedy. You are starting at square one with your cloned lover.

Fourth -- TO IDENTIFY THE LEVEL AT WHICH YOUR CURRENT LOVE IS OPERATING, TRY TO TRANSFER YOUR LOVE TO THE NEW, CLONED LOVER.

Write down how you shall make that transfer.

RESULTS

If you can readily transfer your love to the clone, your love is operating at the pleasure/pain or physical level.

If your love can be transferred with some new experiences and a growing relationship, it is functioning at the power/prestige or psychological level.

If your love cannot be transferred without an entire galaxy of mutually satisfying experiences and relationships, your love is currently at the philosophical or spiritual level.

SELF FOCUS 42 pg. 206

HOW CAN YOU --

BECOME WARMER AND MORE SUPPORTIVE OF YOUR LOVER?

BECOME MORE ENCOURAGING OF YOUR LOVER?

BECOME MORE TOLERANT OF GROWTH FRICTION?

SELF FOCUS 43 pg. 208

WHAT STEPS HAVE YOU TAKEN TO STAY CURRENT IN THE VARIOUS FIELDS THAT COMPRISE YOUR LIFE AND CAREER?

SELF FOCUS 44 pg. 213

WHAT WOULD IT TAKE TO MAKE EDUCATION SUCCESSFUL IN OUR INNER CITIES?

WHY DOES AMERICAN SOCIETY DESPISE ITS TEACHERS AND RELEGATE THEM TO SUCH LOW STATUS WHEN COMPARED TO ASIAN AND EUROPEAN NATIONS?

SELF FOCUS 45 pg. 218

IN THIS STAGE OF LIFE, HOW COULD YOU:

LEARN WHAT YOU NEED WHEN YOU NEED IT?

LEARN HOW TO CHOOSE THE BEST FOR YOURSELF?

LEARN HOW TO RELATE PEACEFULLY WITH OTHER PERSONS?

SELF FOCUS 46 pg. 229

WHAT CAN THE ATHEIST'S ENIGMA MEAN TO YOU PERSONALLY?

WHAT COULD BECOME A SPIRITUALLY INTEGRATING FACTOR IN YOUR LIFE AT THIS STAGE OF YOUR EXISTENCE?

SELF FOCUS 47 pg. 231

HOW WOULD YOU DEFINE A REVERENCE FOR LIFE?

HOW COULD SUCH AN ATTITUDE HELP YOU BETTER IDENTIFY WITH HUMAN-KIND?

SELF FOCUS 48 pg. 233

HOW COULD MERE WORDS FROM A TWO THOUSAND YEAR OLD BOOK TRANSFORM THE DOG-EAT-DOG SAVAGERY OF SEVERAL THOUSAND DOOMED MEN INTO A BROTHERHOOD OF FAITH, HOPE AND LOVE?

SELF FOCUS 49 pg. 236

WHEN DO YOU FIND HUMAN RULES AND REQUIREMENTS COMPROMISING GROWTH TOWARD MATURITY?

WHAT DOES FAITH, HOPE AND LOVE DO FOR YOU AND THE PERSONS YOU SUPPORT?

SELF FOCUS 50 pg. 240

HOW COULD YOU BETTER APPLY FACE GRACE, PLACE GRACE AND FAITH GRACE IN YOUR PERSONAL SEARCH FOR FULFILLMENT?

SELF FOCUS 51 pg. 242

RANK ORDER THE ABOVE STATEMENTS ACCORDING TO THEIR IMPORTANCE IN YOUR LIFE AND FOR YOUR FAMILY.

PROJECT FOURTEEN - EXISTENTIALLY ALIVE pg. 243

Discuss in a sentence or two how you could build on the major principles of spiritual living in order to live a more fulfilling life.

LOGOTHERAPY SIMPLICITY

LOGOTHERAPY IDENTIFICATION

LOGOTHERAPY ACCEPTANCE

LOGOTHERAPY WHOLENESS

LOGOTHERAPY MERCY

LOGOTHERAPY PEACE

LOGOTHERAPY JUSTICE

SELF FOCUS 52 pg. 249

WHAT HAS BEEN YOUR EXPERIENCE WITH THE TRAGIC QUARTET?

COULD YOU AVOID IT OR ONLY MODIFY IT SOMEWHAT?

SELF FOCUS 53 pg. 253

WHAT HAVE YOU SEEN OCCUR WHEN PEOPLE TRY TO FIND RELIEF FROM THE TRAGIC TRIAD BY:

PLEASURING IT AWAY?

INVENTING IT AWAY?

NARCOTIZING IT AWAY?

PROJECT FIFTEEN
COPING WITH FEAR, ANXIETY, GUILT AND RESENTMENT pg. 256

A great many persons suffer great fear and anxiety. Some have serious anxiety from guilt attacks that hamper their search for satisfaction. When fearful or suffering an anxiety attack, use this powerful technique.

FIRST - GET COMFORTABLE AND GROW QUIET IN YOUR SOUL

Ask to be undisturbed for a few minutes.

SECOND - IDENTIFY THE MOST PAINFUL EXPERIENCE OF YOUR LIFE.

This may be the memory of adolescence with a brutal, abusive father, the loss of a loving mother in early childhood, a failed marriage and a bitter divorce, a career that never matured, a business failure, a child that died for which you feel deep guilt and remorse, the loss of a loved one through desertion or death.

WHEN DID THIS PAINFUL EVENT OR RELATIONSHIP OCCUR?
WHO WERE THE OTHER PERSONS INVOLVED?
WHERE DID THE EVENT TAKE PLACE?
WHAT HAPPENED AT THE TIME?
HOW DID YOU FEEL AT THAT TIME?
HOW DO YOU FEEL ABOUT IT NOW?

THIRD - NOW, LEAVE THAT PAINFUL SETTING TO MEET WITH GOD THE COSMIC CREATOR.

You can enter a church in your imagination, walk if you choose into a prairie filled with glorious wild-flowers, sail on a placid lake or find a lovely forest glade. As you walk forward, you first feel and then see God waiting for you -- by the altar or perhaps seated on a boulder in the forest. This is the Seminal Spirit of the Cosmos smiling in greeting, taking your hand, accepting you unconditionally in the eternal love that created the universe You understand the wisdom of God's teachings, feel the love that brought existence into being, the hope of fulfillment that permeates human activities and the power displayed in a hundred billion island universes of a hundred billion stars each.

What can you feel about God the First Cause who loves and accepts humans unconditionally? Can you identify warmly with God and the eternal Cosmos?

FOURTH - RETURN WITH GOD TO THE TRAGIC QUARTET SETTING YOU RECALLED IN THE SECOND STEP ABOVE.

Put yourself in God's place as he takes your pain from you -- adding it to his love for all persons, setting you free from the Tragic Quartet and for now absorbing your fear and anxiety.

**WHAT DOES GOD FEEL ABOUT YOUR SUFFERING AND GUILT?
WHAT DOES GOD FEEL ABOUT YOUR FEAR AND ANXIETY?
WHAT COULD GOD TELL YOU ABOUT THE TRIAD?
WHAT DOES GOD FEEL ABOUT THE PERSON OR WHO HURT YOU?
WHAT COULD GOD RECOMMEND THAT YOU DO ABOUT YOUR PAIN?**

FIFTH - ACCEPT PERSONAL DELIVERANCE AND SEARCH YOUR MEMORIES AGAIN.

Thank God for your relief from fear, pain and guilt and think about other circumstances that are related to the Triad.

Consider them from God's greater point of view.

What can you correct within yourself to deal with suffering and guilt?

Is there any restitution you should make to be rid of your guilt?

Should you tell others that you forgive them?

Should you ask others to forgive you?

What do you feel about your anxiety now?

***ACCEPT GOD'S CONTINUING LOVE AND GRACE
AND GO ON WITH YOUR LIFE.***

SELF FOCUS 54 pg. 263

HOW COULD YOU FOCUS THE POWER OF EXPECTATIONS AND AFFIRMATIONS TO MAKE LIFE AS GOOD AS IT BECAME FOR THOMAS HEATH?

PROJECT SIXTEEN - WRITING YOUR NEW AUTOBIOGRAPHY pg. 263

Settle comfortably into your easy chair and free your imagination to picture the beautiful blue and white earth spinning on its axis, circling the sun, as the we all travel endlessly through the Cosmos, marking off the seasons of your life. Recall your childhood and teen years, getting started at work and marrying to have a family. Project your life forward from your present stage into the future toward the closing years and the end of your life. Imagine that you have grown old and are quite ill although alert and able to think clearly. You accept the fact that your life is closing but feel that having lived wisely and done your best has made everything worthwhile. Now that this stage of your imagination is set:

PICTURE YOURSELF RESTING COMFORTABLY IN A HOSPITAL BED. As you turn to get more comfortable, reconciled to your coming demise, you see that a woman has entered your room. She's seated beside a lamp, reading from a large leather-bound book. It's obvious to you that she's fascinated by the story unfolding as she slowly turns the pages. You lift up in bed, untroubled by her mysterious appearance, to ask what has her so interested. The woman smiles in greeting and holds the book up to reveal your own name along the spine in gold letters. She says:

This is your biography - the stories of your life. These pages contain everything you've ever done - whether good, bad or indifferent. I find it fascinating - your story is a compelling one. I have discovered here many areas of life that were deeply fulfilling and meaningful. And some that were so - so and a few that were better left alone. I've discovered some areas of disappointment and regret that still haunt you and that makes me wonder - how do you feel about your life now that it's almost over?

You answer her honestly - what have you got to lose on your deathbed? - telling her what you feel about your relationships and accomplishments now that you are in a position to look back from the end to the beginning -- as we must to understand life. You tell her about those aspects of existence you'd accept just as they occurred, those you'd modify a little and some disasters you wish you could change completely. She nods; really interested in your story, so you go on telling her how you'd make life better for the people you love if you had a chance to start over. You say that given another chance you'd be more spiritual, would live in greater grace through deeper faith, hope and love.

The woman smiles and speaks again:

I'm glad that you've brought that up for I'm a messenger from God who sent me with a special offer for you. Look!

She lifts the book, turns it to today's date and shows you that every day, week, month and year after you finished this Logotherapy course is completely blank. Nothing is entered after yesterday's paragraph or two. She speaks to you again:

Nothing has been written from yesterday to the end of your life. The pages are blank, are open to your potential, to be filled with wonderful stories of work and worship, of love and play, of adventures in learning and about persevering bravely as you begin life's challenges anew.

She goes on talking:

Here now is life's gift for you. God offers you more and greater life. You are no longer at the end of your years - you are miraculously lifted from your hospital room to the time you took that course the DeVilles authored. From that day forward, you are empowered to redeem your life's story - to make it your new autobiography. You can now make life great as you live in faith, hope and love.

WHAT SHALL YOU WRITE ON THOSE BLANK PAGES OF YOUR BOOK?

SERVING FAITHFULLY

PLAYING JOYOUSLY

RELATING WARMLY

LEARNING WISELY

CONNECTING DEVOUTLY

PERSEVERING BRAVELY

SELF FOCUS 55 pg. 268

HOW DO YOU UNDERSTAND AND HOW WOULD YOU DEFINE LOGOTHERAPY?

DO YOU THINK THAT WOMEN OR MEN FACE GREATER CHALLENGES WHEN TRYING TO WIN CONSISTENT FULFILLMENT?

SELF FOCUS 56 pg. 268

WHAT ASPECTS OF LIFE BOTHER YOU THE MOST –
PHYSICALLY,
PSYCHOLOGY,
PHILOSOPHICALLY?

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