

INSIDE INFORMATION FOR OUTSIDE PLEASURE

by

Elizabeth Barhydt
3037 Grass Valley Hwy.
Auburn, CA 95603

THE GREATEST CHANGES NEEDED ARE WITHIN OURSELVES.
IF WE CAN CHANGE WITHIN, WE WON'T BE SO ANTAGONISTIC TOWARDS OTHERS.

This important reminder hangs conspicuously on the wall in Dr. Sheldon Deal's office. It has become quite clear to me that, if my happiness depended on what other people said or did, then I was in deep trouble. In no way would people or situations meet all my models, nor would I meet other peoples models of how I should be. The end result was that I created a lot of suffering in my life until I learned this lesson.

How many of you would like to create more joy, health and happiness in your life? Does life's meaning seem mysterious and confusing? Is your life full of fears, doubts, anger, frustration, sadness, worry, confusion, guilt, loneliness? What is stopping us from getting what we want out of life? What is the cause of our suffering?

According to The Handbook to Higher Consciousness by Ken Keyes, Jr., the person who started me on the Road to Happiness, addictions are the only cause of suffering. In this context an addiction is any emotionally backed demand. It may be a "big deal" or just a "niggle". We may not want to admit that the addiction is there. But in any case all our suffering is caused by our addictions.

When you ask someone to do something for you and they say no, you may create suffering. When someone yells at you or says something you don't like, you may create suffering. Every time you demand that someone be different or that a situation be different you are creating suffering.

This mental programming started when we were small children. At that time we were well programmed by our parents, our teachers, our playmates, and

by our own interpretation of our experience. Now we act like robots. Our programming is on automatic, and we are frequently not even aware of it. Our addictive programming is running our lives, and we are victims of this programming. So what we have to do to free ourselves from suffering is change the addictive programming to nonaddictive programming. However this is not as easy as it seems.

One of the things we can do is to uplevel our addictions to preferences. An addiction is something we may want, and, if we don't get what we want, we create suffering. A preference is something we want, but, if we don't get it, we do not create suffering because it was only a preference anyway.

I believe in asking and working for what I want, but not being addicted to getting it. I work at upleveling all addictions to preferences. The changes that are needed for me to find the love and happiness that I want are totally inside of me. The answers to finding love and happiness are locked inside of my heart, once the prisoner of all my fears, doubts, disappointments, and hurts.

One of my first experiences in upleveling an addiction to a preference occurred in 1977 shortly after I had attended a Ken Keyes workshop for the first time. I was eager to go to Cornucopia, a consciousness growth center founded by Ken Keyes, to continue the growth experience of the first workshop. I asked my boss if I could take a three week vacation in September to go, and he refused. It would cost too much to train someone to do my job for just three weeks. Then I asked if I could have a three week vacation plus a three month leave of absence. That would be reason enough to train someone for my job. He still refused. I became very angry and went ranting and raving around the office, "The boss is a bastard. He doesn't like me. Others can take a three month leave or a three week vacation. Why not me?" I really created alot of suffering.

Then I remembered what I had learned in the Ken Keyes workshop: Up level the addictive demand that my boss give me a three week vacation in September to a PREFERENCE. I didn't have to go in September; I could go in February or some other time. So I asked my boss if I could go in February, and to my surprise he said yes. He was happy, and so was I, up to a point. I really wanted to go in September, but I wasn't going to create suffering if I didn't go.

A month later I casually asked my boss, "By the way when can I take my three week vacation?" He replied, "When would you like to take it?" I said in September. He said ok. The difference was the inner space I was coming from. When I stopped demanding that I go in September and saw it as a preference, I got what I wanted. Put out for what you want, but don't be addicted to getting it. Give it all up, and you get it all back. What I gave up was the addictive emotional programming.

Another thing that I learned was that, when making a request, it is very important to feel good about what you want. Again it is how you feel about what you want from the inside that determines what you will get. Don't give your power away. Don't expect the other person to make your decisions for you. Don't put all the responsibility of making a decision on the other person. But also don't manipulate the other person on what you want.

What happens alot of times is that we ask the other person if they would like to do something you would like to do and they say no. What happens to you? Suffering..... Then we have a tendency not to ask again because we have already prejudged that the other person doesn't want to do it anyway. We feel rejected. We feel that they don't care. How we do punish ourselves. The changes needed are within ourselves.

An example of this is what happened to me at the end of the 1982 Touch for Health annual meeting. If we signed up in advance for the 1983 annual meeting, we would get a discount of \$30 each. I was eager to sign up. I asked my husband Hap, who was not a Touch for Health instructor at that time, "Would you like to go to the 1983 TFH annual meeting?" Hap said, "Let's wait untill next year to decide." I felt my energy drop and created sadness, hurt , disapointment, and anger. The typical programming that ran through my mind included: "He dosen't care. I wish he was more interested in TFH. Etc." I really wanted to come to the 1983 annual meeting. I went to bed that night not very happy. THE CHANGES THAT ARE NEEDED ARE WITHIN OURSELVES. I did alot of inner work that night. The next morning I said to Hap. "I want to go to the 1983 TFH annual meeting. Would like you to go with me?" Hap said, "Yes, let's sign up." I wanted Hap to make the decision, but as long as I wasn't sure of what I wanted to do, Hap was on the fence. Once I had made my own decision, Hap was willing to go along.

Not only do we have to uplevel addictions to preferences, but it is also important to feel good about what we want. If we are wishy washy, the other person will pick up that energy, and we won't get what we want. Even if we don't get what we want it was a preference anyway. A Win-Win situation.

What makes us so antagonistic towards others? It's only our programming that wants the other person to do what we want. In sense everyone is doing exactly what they need to be doing, not what we perceive that they should be doing. This became quite clear when a few years ago I was arguing with my sister on how I should be feeling. She thought that I should be alot happier than I was at that time. She tried to convince me that because I left home my life should be happy. I couldn't convince her that just leaving home could not make me happy. We went back and forth on this, until finally I had an idea on how to explain what was happening.

I was playing with a pillow that happened to have different patterns on its two sides. I held up the pillow so that my sister could see only one side and I could see only the other side. Then I asked her to describe the pillow. She saw a striped pattern in gold and orange. I told her that she wasn't convincing me that was what the pillow was like, since all I could see was a flower design. And of course I couldn't convince her that the pillow had a flowered design, because all she could see was gold and orange stripes. So we sat there and argued about the pillow. Of course we were both right; she saw stripes, and I saw flowers. And even if I was looking at her side of the pillow, I may not have seen it the way she saw it.

Let the other person see things the way they see them. They see through their own filters. We see things through ours. No two people see things in the same way. We don't have to be antagonistic towards them. Be there with love. Then we begin to see why people act the way they do. The best thing you can do is to acknowledge what they are saying and let it go. I started using this Pillow Process when working with others, and it has stopped many an argument.

Everytime I teach a class or give a lecture I take a risk of rejection. Now I can see the audience is only acting out of their own programming. What they see on their side of the pillow means nothing about me. It is only their side of the pillow.

How many times have I felt threatened by what someone had said or done
and put them down to make me feel better. Put your self in the other person's
shoes. Look for the love in everyone; look for the common ground. THE CHANGES
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LOOK FOR THE COMMON GROUND by Tom Dalton, (C)1980

Living in a world of people, how can we survive?
Living with so many people, when will we realize
You and I, we're so alike. You and I, we're so alike.
And when I feel that I am right and you are wrong
I just smile when I see your face.
Remember there's a oneness space.
Try to see the world through your eyes,
And even if our point of view may seem to disagree,
There's something we can understand, I think that you'll agree.

(Chorus) We have to
Look for the common ground, you can find it all around.
Look for the love in everyone.
Even if it's hard to see, you can find the unity.
Just look for the love in everyone.

In our living day to day, its easy to forget
All our talk of brotherhood just doesn't seem to fit.
There's alot of broken hearts with nothing left to believe.
Now it's time we made a start, it's up to you and me.

(Chorus twice)

. . . in everyone, everyone [you and I we're so alike]
Living in a world of people [you and I we're so alike]
How can we survive [you and I we're so alike]
Living with so many people [you and I we're so alike]
Look for the common ground.