

MINI-SEMINAR OF THE MONTH

Exploring Consistent Behavior Patterns

Behavior is thoughts, feelings and actions. Actions are what you do and don't do. Patterns of behavior are thoughts, feelings and actions that are the same or similar, even remotely similar in several events. For instance, someone widely known to the public shows up and you feel *shy*, *thinking* you wouldn't be important to such a person. Then, if you are introduced and shake hands you notice you are hesitant and *withdrawn*. If this behavior (shy, not important, withdrawn) is present in every same or similar event it would be a behavior pattern and one you might choose to work on.

There would also be a behavior pattern if you were always confident in these circumstances. This, of course would not be a pattern you'd find necessary to work on. Let the following exercise serve you by giving you a way to monitor your behavior patterns for one month and this exercise gives you a way to do that. Find patterns you could improve and perhaps patterns you need to drop.

Identify Your Behavior Patterns

Pattern of Thoughts

- On good days: What are some of your thoughts toward people and events? What else could you think about those people or events? Let the list grow. Are you willing to think any of those thoughts?
- On bad days: What are some of your thoughts toward people and events? What else could you think about those people or events? Let the list grow. Are you willing to think any of those thoughts?

Pattern of Feelings

- On good days: What do you tend to feel about people and events? What else could you feel about those people or events? Let the list grow. Are you willing to feel any of those feelings?
- On bad days: What do you tend to feel about people and events? What else could you feel about those people or events? (*Nothing* is not an option, as we can feel lots of things about anyone.) Let the list grow. Are you willing to feel any of those feelings?

Pattern of Actions

- On good days: How do you tend to treat people and events? In what other ways could you treat those people or events? Let the list grow. Are you willing to treat people in any of those ways?
- On bad days: How do you tend to treat people and events? In what other ways could you treat those people or events? Let the list grow. Are you willing to treat people in any of those ways?

Observe Your Behavior for a Month

Choose an event or person or item that you have fairly consistent behavior around or about and use the above questions on them everyday for a month and notice changes that occur in your behavior (thoughts, feelings and actions—what you do and don't do)
Suggestion: Jot down your thoughts, feelings and actions before you begin and check them at the end of the month.

We welcome feedback. Let us know what happens.

AT PLAY ON THE FRINGE

SAME OLD QUESTIONS

Who am I? Where am I? What's my purpose? Throughout human history, these questions have been asked and continue being asked in each generation. Religious beliefs, national origins, political propensities and economic systems and all of the other numerous isms don't appear to hold the answers. Perhaps satisfying such questions is impossible.

I'm proposing a new point of view—a new answer—a different understanding. So set aside any beliefs about being connected. It's like taking all familiar things on a table and pushing them to the side, while keeping your focus on the empty space where the familiarities were. Setting aside traditions of action, rituals of thought, beliefs you've lived by and points of view to which you have an emotional attachment may not be an easy task, so as you read the new P-O-V, keep asking, *what else* could be true and take any answer that comes to you, whether silly or serious.

[New Point Of View]

There is existence and there is human and so far the two have not connected in a way that makes the questions unnecessary—or have they? Maybe the questions are the connection. Perhaps other life forms, like redwood trees, elephants, cockroaches, etc have worked it out and don't ask those questions. Or could it be they don't use *mind* the way we do, so those questions never arise, or maybe they have different questions or none at all. Maybe the universe is [meant] to be nothing more than uncertainty and inquiry, the fundamentals of curiosity. What am I? I am existence. Who am I? I am human having learned to be a person with multiple behavior patterns each one representing existence. Perhaps it is my purpose to discover all of the ways I represent existence.

From this perspective we have always been connected to the only [thing] we can be basically connected to—existence. So why the questions? Maybe we like to think we are more than a mass of patterns, connected to something more basic than existence. What could that possibly be?

If your mind is screaming for a definition of existence, relax it isn't forthcoming. Rather than trying to work with a definition, let's use the distinction that existence is and therefore connection is. Existence is a connection, with or without definition. Now create whatever definitions you desire. But first play with the following questions: If humans do not experience being connected to existence, what do they experience? If you and I exist aren't we connected by existence? I say yes and in the same way we are also connected to everything else. So the job isn't about trying to get connected, but rather acknowledging the connections we have, the ones we like and the ones we don't like and finding value in each of them.

COMING EVENTS

Free Introduction To FOCUS Workshop:

Relationships Without Failure

Sunday February 12-06 2to4 PM

12832 Valley View St. # 104 Garden Grove 92845

FOCUS Workshop: Finding Obstacles Causing Unconscious Sabotage

Friday, Saturday and Sunday: March 24, 25 and 26 9 AM to 10 PM

Cost...\$485 per person

For more information go to our website:

OUTREACH Churches and other organizations receive our outreach programs. These powerful workshops help people along their paths and introduce us to many new faces.

The Many Faces Of Love...lecture and workshop presented by Dr. Lee Gibson

For more information about this lecture and workshop series go to our website:

Golden Circle Church Of Religious Science

600 Golden Circle Dr.

Santa Ana, CA 714-541-3365

Lecture: Sunday February 19...10 AM

Workshop: Saturday February 25...10 AM to 5 PM

Cost: \$45 in advance \$50 at the door

First Church Of Religious Science Bakersfield

222 Eureka St.

Bakersfield, CA 661-323-3109

Lecture: Sunday February 26...11 AM

Workshop: Saturday March 11...10 AM to 5 PM

Cost: \$45 in advance \$50 at the door

East San Gabriel Valley Church Of Religious Science

5446 N. Citrus Ave.

Covina, CA 626-332-6838

Lecture: Sunday March 19...11 AM

Workshop: Saturday April 8...10 AM to 5 PM

Cost: \$45 in advance \$50 at the door