

Chapter 3.

DIALOGUES

The following verbal exchanges are from tape recordings of dialogues between myself and the individual participants at **Bushido®** and **Master of Life®** seminars. After short talks or altered-state-of-consciousness processing sessions, the trainees are asked to share, question or interact if they desire to do so. At this time, they can request a microphone and verbally exchange concepts with me. My responses are primarily derived from the understanding previously communicated in this book.

Through this sharing, the trainees attain additional awareness. To achieve transformation, we must know our True Self. What is, is what you are. Not what you would like to be. Not your ideals. Wisdom can only result through understanding what is, for you can't change what you don't recognize. You may think you are loving and compassionate when what you really are is a cruel, spiteful person. Until you recognize your personality traits, you cannot make the changes that will allow your life to work better.

In the beginning of every Bushido Seminar, I explain, "I care far too much about each and every one of you to use our time together in an attempt to win friends or get your approval. I have only one goal here: To create the space for you to help yourself by finding your own truths, and I will do whatever is necessary to accomplish this, even at the cost of incurring your dislike."

1.

Trainee: "All this talk of fear in relationship to people confuses me. I can't stand my brother-in-law. I mean, I dread the idea of his coming over to visit, but I certainly don't fear him. I just can't stand the way he intrudes on our privacy and wastes our time."

Dick: "Obviously, you're resisting your brother-in-law, thus you often draw him into your life."

Trainee: "Yes."

Dick: "And fear is definitely involved in your relationship with your brother-in-law. The reason you hate to have him over is that you can't cope with him. The one fear, remember, is your ability to cope. As soon as you are honest and direct with your brother-in-law, you'll no longer dread his appearance. Then you can cope with him and thus there will be no fear."

Trainee: "That's it? Just speak up? But I don't think I can be that direct—I'd be afraid of hurting his feelings and totally ending a family relationship."

Dick: "If someone can't accept you as you really are, without oppressing you, do you really need that person in your life? I doubt it would be the end of your relationship, but if it was, that would mean your brother-in-law writes off those people he can't manipulate. Where does your self-respect come in?"

Trainee: "How could I possibly say it to him?"

Dick: "Directly, just the way you feel it, but without any resentment or hostility."

2.

Trainee: "I can't accept what you just said to her. You should never hurt anyone's feelings."

Dick: "There is no way you could possibly hurt anyone's feelings. They can only hurt their own feelings. It isn't what she says to him that will hurt him, only what he thinks about what she says to him."

Trainee: "Well, I can't see that repressing things is wrong. I work, as a high school teacher and if I told the parents what I really think about their little darlings, I'd probably be fired."

Dick: "If repressing things is right for you, then fine. That's what you do. I don't tell anyone what to do. I simply want to be aware of the results. Remember that I explained how it is impossible to repress anything: it will just come out another way. You might release the pent-up anxiety at your husband. Maybe you really hold it in and get an ulcer, skin rash or some other physical disorder. Cancer might even result from long-term repression. Repression is fear ... fear is negative programming and you understand how programming works, so you know that you have to be creating a negative reality on down the line."

Trainee: "Oh, my God! It's awful that it works that way!"

Dick: "You feel that being direct and honest, being yourself with other human beings, is awful? The greatest gift you can give to another person is to be ALL of who you are."

Trainee: "Well...I think I've got a lot of thinking to do."

3.

Trainee: "I just can't see any reason for the rules in this seminar."

Dick: "All right, I acknowledge that you don't like the rules."

Trainee: "All right, what?! The rules are stupid and I think you get off on enforcing them."

Dick: "That's your conclusion. I can't argue with your conclusion."

Trainee: "Well, it is time to let up on the rules."

Dick: "The rules are what is. They will remain exactly as they have been established. You can resist them if you want, but that doesn't change them. You can make your life difficult by resisting the rules or you can relax and accept that what is, is. Be aware that I don't care how you handle it."

Trainee: "There are plenty of things in life that need to be resisted. Thank God some people resist them."

Dick: Resist what you can do something about, and stop resisting what you can't change. Gravity exists. You can resist it if you want, but it won't do you much good. The high

price of gasoline is a reality, but if you want to resist it and curse and swear and fight back, fine, go ahead. From my perspective, you are making your life unnecessarily difficult. The rules of this seminar exist, and whether you like it or not, they will continue to exist.

You see, you are a resister. That's what you do. This training room is a mirror of your life and you resist your life."

Trainee: "Oh, come on, that's bullshit! I don't resist my life, I just resist dumb, unnecessary rules."

Dick: "Are you married?"

Trainee: "I'm in the process of a divorce."

Dick: "He wasn't the type of husband you wanted him to be, huh?"

Trainee: "He certainly wasn't."

Dick: "And isn't that resistance? You certainly resisted his being what he was. Did you tell him how you wanted him to be?"

Trainee: "I did, and there was no way he was going to change."

Dick: "You resist your job, too, don't you?"

Trainee: "I quit. It was a family job and no one in their right mind would remain in a zoo like that."

Dick: "Yet the rest of the family seems to handle it fine. You think it's a zoo because the job isn't exactly the way you want it to be, and the other employees aren't the way you want them to be. Did you tell them how to get it together?"

Trainee: "Yes, and if they followed my advice, the whole company would be a lot more profitable."

Dick: "And you don't resist anything? You are so full of it that you can't even see that you are making your life miserable by resisting your life."

Trainee: "My life isn't miserable."

Dick: "Bullshit! The reason you're standing here going through this with me is that you desperately want to get rid of the constant mental pain you feel. Do you want to get rid of it? Are you really ready to find out why you do what you do and get rid of it, or are you going to stand there and continue to run your 'little brat' number?"

Trainee: "I wish the pain would go away."

Dick: "All right. Center yourself." [a technique Bushido students are taught]
"Somewhere in your background is a primary reason for the resistance you exert toward the people and situations in your life. We are going to go back to the cause of least resistance. I will count from one to three and on the count of three, vivid impressions will come into your mind. One, two, three. Trust what comes in."

Trainee: "They have no right! They have no right to do this to us! Who do they think they are?" (She is screaming and crying.) "We're people--they can't DO this to us!"

Dick: "Where are you? I want to know where you are and what is happening."

Trainee: "Auschwitz. They're...they're treating us like cattle. They're...oh, God..."
[Magnitude 1 Experience]

Dick: "Go ahead and experience how awful it is. Totally experience your resentment and how miserable and shitty it is. EXPERIENCE IT."

Trainee: "It's awful...it's awful!" (more crying and sobbing)

Dick: "Experience it!" (two or three minutes pass) "How is it now?"

Trainee: "It feels better." (long pause) "It really does feel better!"

Dick: "All right, let go of the impressions, and if you want to totally let go of the past, you will forgive the people who did this to you. For some reason, you needed to experience this situation, but it has caused you to resist your marriage, your job, various forms of authority, the rules of this training...and what you were really resisting was being a Jewish prisoner in a German concentration camp. That doesn't relate anymore, unless you want it to. If you want to continue to make your life miserable, that is your choice, but at least understand the real reasons behind your attitude and actions. Can you forgive them?"

Trainee: "I forgive them. Oh, God, I FORGIVE THEM! I FORGIVE THEM!"

4.

Trainee: "This Master of Life awareness sounds great in theory, but I think you'd have to be superhuman to put it into practice when you live with someone as negative as my husband."

Dick: "Do you want to remain in the marriage?"

Trainee: "Yes, I'm not saying I don't love him, I'm just saying he is extremely negative and sometimes very difficult to tolerate."

Dick: "Well, I contend that your husband is acceptable just the way he is, and it is **you** who has the problem. Sometimes the only way to be responsible to yourself is to remove yourself from the environment you find yourself in. But since you want to remain married, the only way to handle your problem is to totally experience it or change your viewpoint. It isn't your husband that's affecting you, it's **your** reactions to what he says or does. He doesn't make you react that way. You do it all on your own, responding from your viewpoint that he shouldn't be the way he is. You want him to change and be the way you want him to be!"

Trainee: "Yes, I'd like him to change, but I know that's never going to happen. I still can't help being upset by him."

Dick: "Wrong. You can stop being upset by him once you fully accept the futility of the upsets. Right now, you're playing the part of the victim and I think you're still expecting

him to see the light and change. But people don't change unless they really want to change for themselves."

Trainee: "Well, he certainly doesn't want to change for himself. I guess you're right. I think I am still expecting him to see the error in his ways. Dumb, huh?"

Dick: "Probably. If you are going to remain married, you need to accept that you, and you alone, are the cause of the unhappiness in your marriage. What is, is that your husband is negative and difficult to tolerate. You need to accept this reality and stop reacting to him. Get that it is his right to be negative and it is your right **not to be affected**. That's conscious detachment. And when you are no longer affected by a problem, you no longer have a problem, even though nothing about the problem situation may have changed. The only thing that has changed is your viewpoint. You have accepted that what is, is, and thus transformed the way you experience a portion of your life. Can you get that?"

Trainee: "Sounds like I have everything to gain and nothing to lose by working on it."

5.

Dick: "We all have soap operas, stories that we repeat and repeat in one form or another until we can verbalize them without thinking. They are our tapes which we play at every opportunity: 'As The World Rotates...sponsored by Tide soap, and starring...YOU!'"

"Here are some examples: 'I'm underpaid and unappreciated.' 'I know how to run the company better than my boss!' 'My astrology is screwed up because my Aries doesn't line up with my husband's Capricorn.' 'I've got bad karma.' 'My husband never takes me anywhere.' 'My wife never gives me enough sex.' 'My husband always wants sex.' 'My wife doesn't understand me.' 'It's my lot in life--my parents never had any money, so I'll never have any money either.' 'My hemorrhoids are acting up again.'"

"Those close to you know your soap operas. They've heard them often enough that they could probably repeat them word for word, just as you could repeat theirs. Think about this for a few minutes. Everyone close your eyes and answer a few questions as I ask them: What is your primary soap opera, your number one gripe or complaint?" (pause) "When does this soap opera get aired, and who is your primary audience? Your mate, your friends, co-workers, relatives, strangers, your kids?" (pause) "All right. Now I want you to become fully aware that every time you repeat your soap opera to others, you program it into your subconscious mind and increase the effect of the problem on you."

Trainee: "All right. I get that my soap opera is my constant complaining about my husband: He isn't considerate, he doesn't seem to enjoy being with me ... he just doesn't act like a loving husband should act. Am I supposed to ignore the way he is?"

Dick: "There is no way to ignore what is. What you need to realize is that your constant complaining about your relationship is actually programming the negative aspects of your relationship."

"Verbally repeat an idea and you program that concept into your reality. I know a woman whose soap opera is, 'I was raped as a young girl and it has ruined all my relationships with men.' Guess who has been raped several times since and has yet to experience a long-term, fulfilling relationship with a man?"

Trainee: "Do you mean that when I talk with my girlfriends about my husband that I am actually causing him to be that way? I can't buy that."

Dick: "When you complain about your husband, you create an internal image of a negative relationship. Your subconscious accepts all such input as programming and works to bring the situation into reality."

Trainee: "Okay, I guess I didn't put that together. But I don't see that there is any hope. When we were dating, everything was beautiful. Then we got married and within six months, things were miserable. He started ordering me around and acting like a little Hitler, becoming more and more dictatorial. Eventually, I accepted that and went along with him and our relationship smoothed out a lot, but there is no consideration or caring on his part."

Dick: "All right, let's find out why your relationship is the way it is. We are now going to work together to further your understanding. Somewhere in your past, in this or a previous lifetime, something happened to cause your present relationship problems. I want you to go backward in time to the beginning of this situation." (induction given)
"All right, speak up and tell me what you sense or see...what is happening?"

Trainee: "I'm on a ship, an old sailing ship. I'm a man and I'm dirty...really dirty. The...oh, the captain is yelling at me. I'm the first mate. I'm picking up the cat-o'-nine-tails as they tie a man to the mast. I'm whipping him, whipping him really hard. I seem to be enjoying it." (long pause) "I get it now. I am enjoying it because I don't like the man I'm whipping. We've fought before and this is a chance to get in some extra whacks. He knows it, too."

Dick: "What did the man do?"

Trainee: "Nothing to do with me this time. He took something out of the hold. Food. He sneaked extra food."

Dick: "And who is that man in your current life?"

Trainee: "Oh, God, I think he is my husband. Yes, I'm sure of it."

Dick: "All right. I now want you to recall the situation and the room and open your eyes on the count of three. One...two...three."

Trainee: "An eye for an eye, huh? This time I've got to let him mentally whip me to make up for it!"

Dick: "Don't assume that you've experienced the whole background, for there were causes that created the effects that you just observed and before that, other causes. I just want you to see that the two of you have created your current situation as an opportunity to rise above past fear programming. You need to be aware of all the facts, or as many as possible, before you begin to work out a solution."

"Let's go back and examine some additional concepts that are working against you. You are making a giant mistake in expecting your husband to be the way you want him to be. You are resisting what is and it is causing you suffering. You want him to be considerate and enjoy being with you."

Trainee: "Am I supposed to accept that my husband is a son of a bitch?"

Dick: "Is he a son of a bitch?"

Trainee: "Yes."

Dick: "Have you been able to change him up until now?"

Trainee: "No."

Dick: "Of course not. Get that you will never be able to change him. He might decide to change on his own. I doubt it, but he might. He is a son of a bitch. That's what is. It is your resistance to his being an S.O.B. that is causing your greatest anxiety."

Trainee: "Well, what should I do?"

Dick: "It is your relationship. I don't have your answers. I can only suggest that if you decide to remain with your husband, your life will be a little less difficult if you accept what is."

Trainee: "Great!"

Dick: "Let's take it a little farther. You let him tell you what to do and you're taking it? Resenting it—'stuffing it,' as we say—smiling on the outside and keeping the anger inside."

Trainee: "That's about it. At least we don't fight this way."

Dick: "There is absolutely no way to repress your feelings totally. It will come out in some way or another. Maybe you take out your frustrations on someone else, like your kids or fellow workers, or maybe you allow it to manifest as a physical problem."

Trainee: "Like migraine headaches?"

Dick: "Are you speaking from experience?"

Trainee: "Yes. They started shortly after we were married and now I get a migraine at least once a week. They're killers."

Dick: "Okay. This is the result of forcing change on someone else. Your husband has forced you to change, to be other than what you are. Outwardly, you have cooperated while inwardly you are resisting it. We all have to let others be what they are. If we don't like it then we have the freedom to leave and they have the same right. You and he have a problem that I hope you can turn into an opportunity. Ideally, you will find a solution and rise above your past negativity."

Trainee: "Where do I start?"

Dick: "Where do you start?"

Trainee: "My own answers, right? Okay, first, no more soap operas...they just program me downhill. Then I guess I'm just going to have to be straight with him. We're going to talk and there will have to be some kind of compromise."

Dick: "Sounds like a good start."

6.

Trainee: "I just want to fall out of love with my husband, then maybe I'll be able to let go of the ridiculous situation we share. All we do is hurt each other, but we still love each other. I want to fall out of love."

Dick: "What does love have to do with marriage? Most love is fear: jealousy, possessiveness, envy, frustration, anxiety. That's not love. You assume that you have to be in love to be married; in reality, for the vast majority of people, love has nothing to do with it. But get that the more you resist each other, the more intensely you are involved with each other. It may be negative involvement but it is still involvement and this is what you both need. As long as you struggle against something, you're locked into it and you perpetuate its influence on your life. When you fight with each other, at least you know he cares about what you are doing or saying. Otherwise he wouldn't bother to react. We're back to fear and the law of resistance again. The next session we'll be conducting may provide you with valuable insights as to how you might approach your situation."

7.

Trainee: "I'm really not happy with the way I am and I'm going to try to change."

Dick: "Don't do that. Trying is lying. There is no such thing as trying. When someone says, 'I'll try,' what they're really saying is, 'I won't do it now.' For years I've demonstrated it this way: Take a pencil and hold it between your index finger and your thumb. Now start thinking, 'I'm trying to drop it, I'm trying to drop it, I'm trying to drop it,' over and over and don't let any other thought come into your mind. And try to drop it while you're doing that."

Trainee: "I can't drop it."

Dick: "Right. Trying blocks doing. Trying is an excuse. Don't **try** to do it! Just **DO IT**. You either get results or you have excuses why you don't. It's time to drop the excuses and get results."

*Nothing is impossible
to a willing mind.*

Books Of Han Dynasty

8.

Trainee: "I'm afraid that I'm just not clear on exactly what you mean by transformation, by transforming the way you experience your life."

Dick: "**Transformation literally means to rise above or go beyond the limits ordinarily imposed by form.** Transformation or self-actualization is a means of housing a different essence in the same form. If I could change a peach into a pear, that wouldn't be transformation. If I could take a peach and turn it into a peach that *tasted* like a pear,

that would be transformation. To a person who has experienced transformation, the world remains exactly as it was before. The immediate circumstances of their existence are the same. What has changed is their viewpoint of those circumstances, the way they relate to their world. The circumstances haven't changed at all."

Trainee: "Okay, that helps me get it, but I'm looking for some real changes."

Dick: "When you transform your viewpoint, you rise above the problem. The situation is the same, yet you've stopped resisting it. Thus what often happens is the problem situation resolves itself."

9.

Trainee: "I just can't buy that what is, is. You always say, 'Create your own reality.' That's a paradox."

Dick: "I say to change what you can change and accept what you can't change IF you're going to remain in the environment. Don't waste energy on what you can't change. When asked about the meaning of life, Zen Master Joshu answered, 'What's hot is hot and what's cold is cold.' That's what is."

Trainee: "Well, my husband is a bastard, and I'm going to change him if it kills me!"

Dick: "If it kills you! Interesting choice of words. Can't you get that when you seek to change, criticize or reject someone else, you are experiencing fear and that fear is within you. It is your fear of coping with the situation."

Trainee: "No way! I just want him to stop being such a bastard."

Dick: "Your husband is a bastard. That's what is. You can accept it or you can fight it, and regardless of what you do, it won't change what is: He is a bastard."

Trainee: "What if I tell him if he doesn't change, I'm going to leave?"

Dick: "You can always do that. He might even change. He might repress what he really is and successfully stuff it for a while, but I can guarantee you that it'll come out in some other way. It will come out. Maybe he'll cheat on you instead, or maybe he'll actually behave himself and become a martyr with an ulcer. Martyrs create problems for other people. They are guaranteed pains in the neck."

Trainee: "Well, I could always use programming powers to change him."

Dick: "You need to understand that the problem is within you, not in your husband. If you use programming to manipulate someone else, it will always backfire. It is time to accept what is, and experience your problem."

Trainee: "Experience it?"

Dick: "Yes, totally **experience** it. Ignoring your problem or attempting to live with it are both forms of resistance. The more you resist it in your mind, the more it seems to build up into resentment. Totally experience the resentment you feel toward your husband. Take time to be quiet and then get into it. Feel how miserable it feels, examine every facet of how you are affected and just experience the resentment."

Trainee: "Then what?"

Dick: "Then you'll find out what you'll find out. Maybe that most of the resentment is gone. Total experience can eliminate many problems."

Trainee: "And what if that doesn't work?"

Dick: "We approach change from four different perspectives in this training, as you already know. Yet each way is a matter of you changing yourself. Never expect others to change for you."

10.

Trainee: "You say to totally experience the problem. Well, I'm trapped in a miserable marriage and I don't intend to sit around experiencing in my mind in an attempt to override what I know is a miserable situation."

Dick: "If it is so lousy, why are you still married?"

Trainee: "For the life of me, I don't know."

Dick: "When you totally experience your emotions, you're going to discover things about how you really feel; you may find that things aren't as bad as you perceived them to be or you may experience what it is that is blocking you from leaving. If that is the case, once you experience the block, you may leave. Regardless of how it works out, your problem of experiencing yourself as trapped in a miserable marriage will disappear."

*Simplicity
is the
secret
to well-being.*

11.

Trainee: "I see these concepts as being rather selfish."

Dick: "I hope so."

Trainee: "Well, that's awful."

Dick: "We all need to know the facts before attempting to deal with things. Can you accept that?"

Trainee: "Yes, but I don't see that there is any justification for selfishness."

Dick: "You've never been anything but selfish your entire life. You always place your own interests before those of anyone else."

Trainee: "I do not! I help..."

Dick: "Yes, you do ... AND SO DOES EVERY OTHER PERSON ON THIS PLANET. Now, let's talk about reality. You always act on your own self-interest. That may not be the way you want to be, but that is what is. The individual who fools himself into believing that he is selfless and altruistic does so to hide from the fact that deep inside, he feels like his life is puny and meaningless. He claims to be selfless, and in so doing, he gains enormously in self-esteem. His vanity becomes boundless as he lets everyone else know all he has done to 'help'!

"Another point about self-sacrifice: Even when initiated for the most noble of causes, it produces a facility for hatred. Even if the cause is to save starving children, the altruist is very likely to be violently intolerant to those who do not agree with his priorities.

"You do have a choice of being rationally or irrationally selfish. The irrationally selfish person is what most of us think of when we cringe at the word 'selfish'. The guy who grabs everything for himself. The rationally selfish individual responds to the needs of others in order to obtain his own objectives. He is often a very 'giving' person, because he knows that you need to give in order to receive in human relationships.

"Let's look at a few examples so you can better understand this. Let's assume that you planned to go shopping with a girlfriend this Saturday. Your husband informs you on Friday evening that he has to work on a special office project on Saturday and asks that you help him. If you agree to help him, would you be putting his interests before yours?"

Trainee: "I certainly would be."

Dick: "No you wouldn't. You would choose for your own self-interest, just as you always do. Maybe you want to avoid the confrontation that might ensue if you said no. Maybe you might need help yourself someday and don't want him to turn you down. Maybe you want to purchase a new outfit next week and feel he'd be more likely to think favorably of it if you help him out. Maybe you feel you owe it to him. Maybe you want to avoid potential guilt feelings that might result if you play while he works. Maybe you feel that a good wife should help her husband. In that case, you'd be doing it to live up to your own self-image of what a good wife should be. You wouldn't want to live with a negative self-image in that area. I don't know what your reasons would be, but whatever your decision, it would be in your own self-interest. Can you understand that?"

Trainee: "Yes, I can see that, but there are other areas where people put the interest of others first. Take a situation I read about in the paper recently. A car turned over and a stranger risked his life to climb into the burning car and pull the injured driver out. How about that?"

Dick: "The man who risked his life did so because he would feel far better about himself, knowing that he had risked his life to save a stranger, than to live with the knowledge that someone died whom he might have been able to save."

Trainee: "What if your own child was in the burning car?"

Dick: "It would be the same situation, only now add the element of love and the knowledge that your child brings you great pleasure simply in his existence. There would be a much stronger sense of self-interest in risking your life for his."

Trainee: "All right, but you certainly can't claim that men like Albert Schweitzer and Mahatma Gandhi acted in their own self-interest."

Dick: "Of course I can. Gandhi supposedly sacrificed himself for freedom in the name of the East Indian people. Gandhi accepted what was going on politically at that time and chose to make millions of people happy. That was what he chose for his own fulfillment. Martyrs are among the most selfish of people. They have insatiable egos. It is only how people choose their own fulfillment that differs. Gandhi thought on a big scale—for his fulfillment, he needed to be a hero to millions."

12.

Trainee: "You're horrible. You've made everyone in this room feel horrible."

Dick: "Not everyone, yet this subject does seem to create considerable resistance, doesn't it? You can't stand facing a reality that isn't the way you want it to be. All I'm talking about is reality. Everyone in the world acts in their own self-interest at all times. So what? That's like saying gravity exists. Face the fact that gravity exists; that's what is. I'm not saying to stop assisting your fellow human being; I'm saying **stop fooling yourself about why you assist your fellow human being**. Stop playing the self-sacrificing martyr. To people who are aware, those who claim to be selfless are actually renouncing themselves.

"The most selfish people do great good. They are of service to the planet in many beautiful ways. I write books and conduct trainings that I feel peoples' minds and this, in my view, is a very service to the planet, yet I am not fooling myself about why I do it. I do it because I need to do it. If I didn't, I'd be unhappy. Thus, for my happiness, I write books. It's only how we achieve our individual happiness that differs.

"A friend of mine claims to have a deep social conscience. His life is a matter of assisting different causes, and in so doing, he experiences happiness and self-esteem. To be aware of the reason behind the effort does not diminish the results he achieves."

Trainee: "Why is this so hard for me to accept?"

Dick: "You've been conditioned all your life to accept a lot of fairy tales. You've been brainwashed. This training is about getting rid of old programming and creating a space where you can decide, based upon facts, what kind of personal reality you want to create. You're starting to see life with a transformed perspective. The situations in your life won't change at all at first, but the way you see them will have changed. Viewing reality as it is can be quite a shock."

*The less effort,
the faster
and more powerful
you will be.*

Bruce Lee

13.

Trainee: "I can't stand this. You're shooting down all our ideals."

Dick: "An ideal is a concept. Show me an ideal. Attempt to experience an ideal. You can't. An ideal is a belief that clouds reality. Peoples' lives don't work because they run around with their heads in the clouds, wanting things to be the way they want them to be instead of accepting reality as it is and using that as a basis of life."

Trainee: "My life works!"

Dick: "Does it really? This training is for people who want their lives to begin to work. Interesting that you're here when yours is already working so well. Is your marriage really happy and are you fulfilled in your career? Be straight."

Trainee: "No, but I don't think anyone else experiences that either!"

Dick: "You just made my point. Your life doesn't work and neither do the lives of most people. By the way, there are plenty of people who do have extremely happy marriages and experience fulfillment in their careers. Let's get back to selflessness. I think that is what you got stuck on in the first place."

Trainee: "The minute I say anything, it sounds like I think my life is puny and meaningless. You set us up that way."

Dick: "What do you want to say?"

Trainee: "Sometimes I put the self-interest of others before my own. Period."

Dick: "There are three types of people. The first type is admittedly acting in his or her own self-interest. These are the only people I ever get close to personally, because in doing so, my life is always easier. The second type knows that he acts in his own self-interest but he attempts to make you believe otherwise. Type three doesn't get that he acts in his own self-interest or doesn't allow himself to be aware of his truth in the matter, thus he sincerely, believes that he sometimes thinks of others first. Now you can believe what you want to believe but you're going to go through life being disappointed and wondering why things don't work out better for you."

Trainee: "I still can't buy it."

Dick: "Give me an example of how you put someone else's interests before your own."

Trainee: "My mother—she is very sickly and I take care of her because I love her; I really want to take care of her."

Dick: "Let's look at it another way. How would you like to live with the idea that you are the sort of man who doesn't love his mother, who neglects her and hides from his responsibility to her in a time of need?"

Trainee: "I couldn't handle that! Who could?"

Dick: "Then can you get that you take care of your mother out of your own self-interest because you couldn't live with the idea of not taking care of her? The responsibility you feel for her is self-imposed and you are doing it for yourself."

Trainee: "I think I'm beginning to see what you mean."

Dick: "Understand that I think it is beautiful that you take care of your mother. Just understand why you do it and don't be a martyr."

14.

Dick: "This training is about leaping into the unknown and finding your **Self** within. The True Self is found when the false one is renounced. When you function as your True Self, your life will work better. You can experience loving yourself for the first time, and then—and only then—will you sincerely be able to **love** others. You see, to experience loving yourself, you need to know who you are. Once you've got it together personally, you can **really** be of service to others.

"Can you all comprehend that being straight with yourself about acting in your own self-interest is part of renouncing your false self? Can you see that when you recognize your True Self, you can begin to make your voice and your efforts count in this universe? Can you realize that self-interest is the only altruism that exists?"

Trainees: "Yes!!!" (in unison)

15.

Trainee: "No one in here has spoken up about affairs. It seems like that subject is being ignored. You've just destroyed everything I've accomplished in the last few months by talking about aliveness!" [an SST discussion and process about fully experiencing life]

Dick: "How did I do that?"

Trainee: "When you spoke about aliveness and these people shared their moments of ultimate aliveness, I felt awful. That's how I felt with the lover I just said goodbye to. I've been working to reestablish my relationship with my husband. Someone took pictures of my lover and me together and I had to make a choice or face a scandal. I chose my husband."

Dick: "And?"

Trainee: "Well, I love my husband, but I'm not **in love** with him. I didn't want a scandal that would have harmed my lover; I also have two children to consider. But when you talked about living your life with aliveness and when I see how you and your wife interact, I feel really sad. We felt the way the two of you obviously feel about each other."

Dick: "So you're a victim of other people's happiness? Do you believe that since we're happy, and Sam over there is happy, and since Carol, Donna, Bill and Gene are all happy that there isn't any left over for you?"

Trainee: "Well, I know there aren't any victims. I've gotten that out of this training. But it is too late to get my lover back. I can't leave my husband; I couldn't go through all the stuff with my friends and family again. They were all so happy that my husband and I are back together again, I couldn't let them down. But what am I going to do?"

Dick: "I don't know what you are going to do, but I'd ask you to reconsider basing your decisions on fear. What is the worst that could possibly happen as a result of this situation?"

Trainee: "I'd end up alone. Without anyone."

Dick: "What about that?"

Trainee: "I couldn't handle that. I really need to be in love. I have to be with someone."

Dick: "Can't you see that these fear-based needs are programming your losses? Your relationships are based on avoiding losing, upon resisting, thus you are programming the loss."

Trainee: "Okay, I guess I see that because that's what is happening in my life. But I still don't know what to do! What should I do?"

Dick: "I don't have your answers. You are the one—the only one—who has your answers. There are certainly directions to be found in this training; you must decide if they are right for you. In your confusion, it is obvious that you are not clear on your intent. You don't really know what you want."

Trainee: "That's true. I don't. I want my lover but it's too late for that. Yet I don't know if I want him at the cost it would mean: scandal, harm to my kids and hurt for all my friends and family. I still want to be what a good wife should be yet my husband cut me out of his life long ago. He separated from me first. At the same time, I want to experience joy and growth like I did with my lover."

Dick: "Listen to yourself! It's all fear! You have no clarity of intent. You're repressing your real feelings, which is self-destructive. It won't work for any extended period of time. You're more concerned with what others will think than with what you feel. Take some time to be alone and allow your own wisdom to come into your awareness. Ask yourself the right questions. Ask yourself, 'What do I need to know? I know I have the answer within me and I'm willing to experience whatever I need to experience to know this.' The answers are there when we finally come up with the right questions."

"I get that you are looking for an easy answer. Obviously, there isn't one, is there? Nobody ever guaranteed you any easy answers. Yet there are probably more alternatives than you are aware of. There always are. When you decide what you want, and then start to be direct and honest, your life will get straight once again."

Trainee: "Thank you."

*Never say,
"I am right
and
you are wrong."*

Wisdom is provided

*to different people
at different times
in different ways.*