

The Circles

"Life is but a day's work—
do it well."*

VOL. III, NO. 2

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HOW TO HANDLE EMOTIONAL DYNAMITE

When in anger or in doubt
Read *The Circles*
Scream and shout

By MARK DRAPER
San Francisco, California

for the average person it is probably better, until the bonds of inhibition are truly broken, to err on the side of expressing our feelings.

Go ahead and let people know how you feel. If you are sincere, you can learn delicacy later. But,

express your feelings in ways that get them out without hurting or threatening others. Don't use your right to communicate your feelings as a means to dump verbal abuse on your fellows. It's important to recognize your human right to feel how you feel without feeling guilty about it. You also

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What? Scream and shout? Openly express feelings of hostility and rage? Is that any way for real Jesusonians to act?

Sure! Jesus' teachings about the evil of anger and railings have nothing to do with the honest recognition of feelings. Jesus sought a new order of intellectual and emotional freedom for humanity. He himself had an untrammelled emotional life. He was so divinely *enthusiastic* about life that some thought him beside himself.

Undoubtedly Jesus never felt anger towards the individual, but he could and did hate error and sin. But Jesus did not harbor anger, he expressed it clearly, openly and appropriately.

Surely it would not be in the spirit of the teachings to ignore the fact of emotional anger and miss the truth of expressing the whole being. Most people miss out on the riches of a free emotional life because of fear, inhibition. So

ON THE EVOLUTION OF OUR SOUL

By AVI DOGIM
Brooklyn, New York

The morontian within us is our soul. It is born as a natural consequence of our making the first moral choice at, say, five years of age. Its evolution starts with its birth and continues through eternity. It is the only part of us that survives the worlds of time and space, including the material, and continues to strive to be Godlike.

Its purpose in the Universe, we can only presume to guess, but we can safely assume that at least one of its methods in striving to achieve that purpose is its contribution to the growth of The Supreme. The soul's

evolution itself contributes to the growth of The Supreme.

If we think of this life as probation and we make the assumption that we need to achieve a certain spiritual level in order to pass and then, in turn, decide that we have reached that level, we run the danger of stagnating into complacency. If we think of this life as an education, a continuing process of soul evolution, then we naturally accept the responsibility of active contribution toward our soul's growth

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FAMILY

A VIEW OF HEAVEN: A Story

Here is a Jesusonian version of an ancient fable. The original version was sent to us by Frank Sgaraglino of Highland Park, Illinois.

Once long ago in a land across the sea there lived a young girl whose parents had wisely taught her of Heaven—the life beyond death. "Now Heaven is a beautiful place," they said, "but there are no paths around the lessons we must learn. People will still be much as they are here. Those lessons which they have not learned will still be waiting for them in the next life."

The little girl gave much thought to the life beyond this world and she decided that one of the things she wanted most in her life was to visit Heaven. So each night as she climbed into her bed, she prayed, "Father, let me see Heaven. It is what I want above all other things."

The years went on and the girl grew to be a young woman. She married and had children of her own. She observed that many people in this world did, indeed, have many lessons to learn. Many of them were selfish, refusing to share with others. Sometimes even good people were uncaring, failing to help one another. She also saw that some people had learned their lessons of loving and helping one another.

Her children grew older and left home to marry, and still at night as she got into bed, her prayer remained, "Father, let me see Heaven." Finally one night she awoke to see a glittering being standing next to her bed. It spoke to her: "Have no fear. You have been faithful in your prayers these many years. The Father has judged that you are

ready now to receive what you have asked for. I am here to show you Heaven." And he reached out his hand to take hers.

Heaven was a beautiful place, more beautiful than anything on earth. The grass was greener and the water clearer and the sky shown all the hues of the rainbow. Eagerly the woman looked for the people of Heaven, but she was shocked. Those nearest her sat each by himself. She had never seen such thin bodies and sad faces. They were not looking at the beauty about them but stared at the luscious food stacked in front of them.

She turned to their guide and cried, "But what is the matter? Why don't they eat?"

The guide replied, "They have not learned to use their forks." She looked again. The forks were as long

as their arms and could not be maneuvered to bring the food to their mouths.

"But why don't you give them shorter forks?" she entreated.

"All the forks in Heaven are that length," was all he would reply. "Come, let us look further," he urged.

Around a curve of the road and over a hill they came upon more people. These people were gathered around a large table laughing and eating. They too had long forks which they could not use to feed themselves. But they had solved the problem. Each person shared freely with his neighbor, dipping food from his own plate with the long fork to feed the others.

The guide turned to the woman and said, "Even in Heaven there are no paths around the lessons we must learn."

BE HAPPY

"Happiness is what overtakes us when we forget ourselves, when we learn to open our eyes to optimism and close the door in the face of defeat."

We should all learn to do as this saying says because it will make us happier. Look around for all the happiness you can find. And if you find some, don't let anyone take it away from you. If you lose something—as in defeat—don't let it take you away from your happiness.

Most people feel sad when they have been defeated in something. It's not real important. Let it pass. It doesn't matter if you've been de-

By JASON COOPER, Age 11
Arlington, Texas



feated. Go on with what you are doing and be happy.

BOOKS TO BUY FOR CHILDREN

By ROBERT SLAGLE
Sebastopol, California

Bob has accumulated an extensive bibliography of books which he used with his own sons and which he has consented to share in The Circles. A few entries will appear each issue. The bibliography is included in Bob's book for children, Tales of Joshua, which we hope will one day be published.

Lankler, Ralph Conover *Inspiring stories for children*. New York: Hawthorn Books, 1974.

Paperback, has possible appeal to people of many religions, portrays concept of the Father in heaven with all children as God's children, racially balanced, brotherhood of man explicit (4-10)

Lovett, Linda *The boy Jesus*. Norwalk, Connecticut: C. R. Gibson Company, 1972.

Paperback, a coloring book with large illustrations of the Holy lands, based on the Gospels, accurate and well done (3-7)

Paulus, Trina *Hope for the flowers*. New York: Paulist Press, 1972.

Paperback, color and ink drawings. An interesting story about the metamorphosis of a caterpillar into a butterfly with many religious overtones (4-10)

Pottebaum, Gerard H. *The festival of art*. Minneapolis: Augsburg Publishing House, 1971.

Hardback, color illustrations, large easy-to-read type, a replay of the parable of the talents as a story about an artist who gives each of several children paper to draw on, each child does something different with his or her talent (4-8)

Untermeyer, Louis (Ed.) *Songs of Joy from the Book of Psalms*. New York: World Press, 1967.

Hardback, mildly illustrated, selected psalms for child minds (6-10)

(Continued from page 1)

have the right *not* to like your own emotional response patterns. You can learn new and superior ways to be, practical life-skills that enhance your relationships with others and get you more of what you want, including self-esteem.

What anger is

Anger is basically your body's getting ready to fight. The powerful emotions of anger are the result of profound biochemical changes in the chemistry of the bloodstream.

We feel anger because we are built to feel anger. Anger has a positive side, and an important one. In the past eons of dire struggle for survival, the enhanced fighting ability which anger's chemistry allows has been of immense survival value. We are physiologically designed to feel anger because those ancestors who had its power going for them won out in critical situations.

Learn about anger

Learn the difference between short-term "flash" anger and long-term hostility or hatred. Note the shades of intensity in different circumstances and with various persons.

Don't fear your anger. The

world didn't end the last time you got angry, did it? Angry feelings alone won't kill anyone. Nor will anyone else's angry feelings kill you.

Serious trouble comes from expressing anger only when we stubbornly or impulsively insist on expressing anger in excessive, dangerous, or unworkable ways.

Anger doesn't exclude love. You can love someone deeply and still feel anger. In fact, the anger may be because you care so much. It can even be a way of showing that you *do* care.

What to do about anger

Although we wish we were all saints, we're all human, and anger is a fact of our emotional life. Anger is not a problem, but expressing it is. Few people know how to use its emotional power well. Instead, we too often dump it on others in a way that is destructive to them and humiliating to us. Or we deny it, locking it

Love is the passionate and abiding desire on the part of two or more people to produce together conditions under which each can be, and spontaneously express, his real self.

away in a secret place inside us where it festers and becomes black and ugly. Our virtuous effort to deny our anger results only in inner tension that inevitably expresses itself later as an irrational angry outburst or depression. We must abandon the dump-it or deny-it syndrome.

The only safe way to contain anger is to let it go. Trust yourself. Experience and express the feeling. The key to the safe and sane handling of anger is its *controlled venting*. Don't let resentment so build up that the sheer quantity of this powerful emotional energy is frightening to you, and you're afraid to express it. You need to feel free to express any feeling, whether ignoble or lofty. But you needn't express every single ignoble impulse, every irritated and irrational inner response to the irritations others are causing you. The path to perfection consists in recognizing one's present shortcomings, and increasingly to act in new and love-dominated ways.

How to vent anger

Like dynamite, anger is powerful and useful if carefully controlled. Unlike dynamite, anger cannot be safely stored. Its ten-

(Continued on page 10)

insights

TWO KINDS OF VALUES

I have come upon a conceptual view of values which helps me to understand them better. The concept is this: Values come in at least two varieties, those we live by and those we recognize but have not yet put into action in our lives. Those we live by I term "actual" values. They are the basis of our actions and can be seen by our fellow men in our lives. The second I call "perceived" values. They are the values which we would like to be living by. They cannot yet be seen in our lives, but others may hear us talk about them.

It is inevitable that there will always be a disparity between actual and perceived values. How else could we grow? If we did not repeatedly recognize and begin to want ever higher ways of life, we would never strive to achieve a higher way of life. The tension between what we are and our ideals causes us to grow.

The difference between what we are and our ideals does, however, cause us some difficulties. Because we recognize that we are not as good a person as we would like to be, we sometimes berate ourselves. At times we get discouraged or even depressed about our inability to live up to our ideals. It might help us to be more tolerant of ourselves if we keep

**He who ceases to be better,
ceases to be good.**

in mind that it is healthy to be able to visualize ourselves as being better than we are.

Serious difficulties only arise if we are not growing. If we maintain the same actual values year after year, if we make no progress in actualizing our ideals, we are stagnant. Then we have real trouble for lack of growth indicates not just immobility but death.

By KAYE COOPER
Arlington, Texas

If we are to choose life, we must strive to begin putting into our lives the ideals we hold.

Lack of growth may be displayed in another way. There may be no differential between what we are and what we are trying to be. In other words, we are self-satisfied and have stopped seeking new truth. In that case, we need to discover new and higher

values to aspire to.

Recognizing the difference between actual and perceived values may help us to understand certain aspects of other people too. Surely all of us have at some time labeled someone a hypocrite. The person talked a good life but did not live a good life. It may be that what we were seeing was a rather large differential between that person's actual values and his ideals, his perceived values. It is useful for us to recognize that the person has such a large values differential

TEACHING VALUES

By BILL COOPER
Arlington, Texas

Jesus was a master teacher. In his person-to-person teaching of truth he listened intently, questioned carefully and then taught graciously. He understood and observed the law that effectiveness in teaching is directly proportional to the teacher's success in linking the truth the student already knows into a larger pattern supporting the student's higher values. Jesus repeatedly grasped a person's relevant perceived value and supplied support and encouragement to help that person behave accordingly.

No man can be taught to activate values in his life which he has not yet perceived. This is why we need to know what a person's perceived values are. We can then take action to introduce slightly higher perceived values and to facilitate that person's transforming his perceived values into his actual values by sharing techniques which we have experienced.

Perceived values taught must not far outdistance perceived values then

currently held. The higher perceived value must not fall far outside the value perceiver's present range of vision. This is why the best teacher for an individual is a person who is only slightly above him in experience and attainment.

If the teacher is far more advanced than the student, then those values at the outer limits of the teacher's perceived values will be far beyond the student's perceived values and not meaningfully sharable.

We will not be effective in teaching people at a level very far below us. The whole system must be set up to work its way down. When the material is downstepped successively from *The URANTIA Book* level to the stone age values level, it will seem distressingly different but that is reality. It has to be, in order to be effective.

**Nothing is particularly hard
if you divide it into small
jobs.**

because we need to know what to expect from him. It is not, however, our place to condemn him for that characteristic.

The concept of actual and perceived values may also be useful as we try to help our fellow mortals. There are two distinct processes connected with values: (1) discovering and coming to love new and higher values and (2) putting our values into our lives so we **live** them. Both of these are worthy activities and necessary to growth.

If we are in the happy position of helping someone else to grow, we might be more effective if we recognized that these are two related but different processes and probably require somewhat different techniques. We might also have more realistic expectations if we remember that it takes time for a person to begin to **live** a newly-acquired value.

As with all aspects of our earthly life, balance is the key word to remember when considering our growth in values. On the one hand we can be somewhat tolerant of ourselves and others as we recognize that being less than we can envision is a necessary characteristic of the growing child of God. On the other hand, we can rise to the challenge of continually advancing our ideals.

Please be patient - God isn't finished with you yet.

- STAFF -

Tommie Clendening	Gene Joyce
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The Circles
2001 Woods Drive
Arlington, Texas 76010

Hitch your wagon to a star. Let us not fag in paltry works which serve our pot and bag alone. Let us not lie and steal. No god will help. We shall find all their teams going the other way: every god will leave us. Work rather for those interests which the divinities honor and promote, — justice, love, freedom, knowledge, utility.

RALPH WALDO EMERSON

H U M A N

We are told that humor is essential to life here. We are also told that too much of our humor is coarse. We want to encourage everyone to discover or create and share worthy humor.

SUBJECTIVE DEFINITIONS

Meticulous is when someone points out a spelling error in a memo. **Nitpicking** is when you wrote the memo.

JUXTAPOSITION

Curiosity is one of the most permanent and certain characteristics of a vigorous intellect.
SAMUEL JOHNSON

Too much curiosity lost Paradise.
APHRA BEHN

I don't know who my grandfather was; I am much more concerned to know what his grandson will be.
ABRAHAM LINCOLN

There is a certain relief in change, even though it be from bad to worse; as I have found in travelling in a stagecoach, that it is often a comfort to shift one's position and be bruised in a new place.
WASHINGTON IRVING

*Life is like a top,
You can spin it
one of two ways,
But just one*

9/80

about angels

BY GENE JOYCE
RICHARDSON, TEXAS

The angels "love human beings, and only good can result from your efforts to understand and love them."*

SPECULATION . . .

Surely the social architects, those angels concerned with establishing working groups of will creatures who can interassociate with harmony, must be involved in the formation of study groups. It is their specialty to discover and recruit three or more persons interested in furthering any worthy project. And what project could be dearer to their hearts on this particular planet than introducing *The Urantia Book* to certain mortals? Not always, we are told, are they successful in attracting the ideal person for the job, but they persevere in true angelic fashion and make do with the next best thing — whomever is willing and available.

From the mortal perspective events may go something like this. He discerns a need to be closer to God, and may even get the idea that God might have some plan for his life. He then asks, however unconsciously, for guidance. At this point he has deliberately set his foot upon a unique pathway, and one of the first signposts upon this path is SYNCHRONICITY — the accelerating occurrence of coincidences. Many readers of *The Urantia Book* have had similar experiences. Clyde Bedell calls it "circumstanced." Marcus Bach, religious

leader and founder of The Fellowship for Spiritual Understanding (also the uncle of Richard Bach), uses the term "serendipity." Brain scientist Karl Pribrum talks of "synchronicities, the apparently meaningful coincidence of events." I call these fortuitous events "who-can-tells." Whether significant or not, such experiences can be powerfully motivating to the individual involved, and therefore I am going to venture sharing how I came across *The Urantia Book*.

In the summer of 1956, just over six months after the first copies of *The Urantia Book* were delivered to Urantia Brotherhood headquarters at 533 Diversey Parkway, Chicago, Illinois, I attended a play with my friends Bob and Agnes Stamets in Dallas, Texas. It seemed that Clyde Bedell, who was in Australia at this time, had once worked with Bob and had just sent him a copy of the book accompanied by a note saying, "This book has meant so much to me and my family that I want you to have a copy." It had just arrived from Australia the day before, and Bob and Agnes had only had time for a superficial examination during which they came across green and orange people, eight-foot Adams and Eves, and beings called Brilliant Evening Stars. After the play the couple insisted I must come in and see "this crazy book a friend of Bob's sent him."

This was hardly a positive encounter, but being a compulsive reader and recognizing the excellence of the format, my curiosity was aroused and I ordered two copies of the book from Chicago. Before they had time to arrive, about ten days later, I was having dinner with a childhood friend from Kansas, Helen Roter, who had moved to Dallas during the war. She was executive secre-

tary to G. B. Dealey, the head of The Dallas Morning News, and for some time had been regaling me with stories about the fascinating management consultant who visited Dallas periodically to service his accounts. During the course of the evening I asked her, "Do you have any more Bill Sadler stories?" As a matter of fact, she did. He was even now in town,

Chance is perhaps the pseudonym of God when He did not want to sign.

ANATOLE FRANCE

and she told me that since his last visit his son Billy had died and she had been asked to find out if there were any charity or organization to which The News could give a contribution in memory of Billy. And Bill Sadler said, "Why, yes, there is — The Urantia Foundation."

There it was again, the name of that "crazy" book.

During the next few years I completed reading the book, not sequentially, but in small excerpts, and by the time of the first Summer Study Session in Chicago in 1963 I would have attended, but my former husband and his new wife planned to be there, and I felt it would be awkward. So it was not until the Second Summer Session that Helen Roter and I first went to Chicago and met many of the people who had been instrumental in getting *The Urantia Book* published. It was this contact with the first readers of the book that finally dispelled any lingering doubts I may have had from my early hard-shelled Baptist origins that *The Urantia Book* was exactly what it said it was — the fifth epochal revelation of truth upon this planet.

CHANGES OF ADDRESS

We appreciate your sending us notice of any address changes. If we aren't notified, three things happen: (1) we have to pay for each change of address the Post Office sends us; (2) the person who has moved doesn't get that copy of *The Circles*; and (3) people who leave no forwarding address no longer receive *The Circles*. Thanks for your help in this detail.

WE NEED YOUR IDEAS

Sharing ideas is what *The Circles* is here for. We'll be quite flexible about dealing with articles. For example, if you have an idea to share but feel that you haven't the time or the skills to write an article about it, please send it to us. We have people on our staff who would be willing to work with you to help you share that idea.

Our editors check articles for minor problems, such as spelling, punctuation and grammar. In the few cases where we suggest other revisions, the author is consulted. If, for some reason, you wish to be consulted about even the minor editorial changes, please let us know when you send the article in.

Articles should be typed, double-spaced, and limited to about three such pages. Send articles, poems, artwork, and letters to:

The Circles
2001 Wood Dr.
Arlington, Texas 76010

TECHNIQUES

A TECHNIQUE FOR MEDITATION

By BILLIE COOPER
Rogers, Arkansas

"Let experience teach you the value of meditation and the power of intelligent reflection."*

For anyone who is new to meditation, here is a guide which might help you get started.

1. Select a comfortable chair. Place your feet flat on the floor and your hands relaxed in your lap.
2. Close your eyes.
3. Take three deep breaths. Feel yourself relaxing more and more with each breath.
4. To help yourself relax from head to toe, count from 10 to 1, and on each descending number you will relax more and more.
5. To help yourself relax more, recall from your memory a peaceful, passive scene. Recall the details and color.
6. Create a mental screen much like a television screen. Do not use your eyelids for your mental screen. Place your screen away from your body and slightly above the eye level. Relax; take your time.

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A PRAYER OF CONSENT

By KAYE COOPER
Arlington, Texas

Prayer and worship are transforming experiences for the participant. One way we can, through our own actions, assist in these transformations is suggested by two comments in *The URANTIA Book* (p. 1191 and 1208) where the Thought Adjuster is described as being able to work to change us only when we have given our consent to such changes or transformations.

One way of consenting to changes might be by asserting our willingness to be changed. Before entering the non-verbal intimacy of worship we could form a statement such as this one:

Father, I send you my adoration and devotion and give my permission for any changes which you judge to be appropriate.

Merely saying words, of course, does not mean that we have actually made the decisions necessary, but it may well help to align our attitudes so that we come to be totally sincere in our trusting desire for the Adjuster's transforming touch. And wonderful things may happen in our lives!

When I apply myself to prayer, I feel all my spirit and all my soul lift itself up without any care or effort of mine, and it continues as it were suspended and firmly fixed in God, as in its center and place of rest.
Brother Lawrence

Love

There is no difficulty that enough love will not conquer; No disease that enough love will not open; No gulf that enough love will not bridge; No door that enough love will not heal; No wall that enough love will not redeem... It makes no difference how deeply seated may be the trouble, flow hopeless, the outlook, flow muddled the tangle, flow great and the most powerful being in the world... You would be the happiest, flow great and the most powerful being in the world... You would be the happiest, flow great and the most powerful being in the world... You would be the happiest, flow great and the most powerful being in the world...

(Continued from page 7)

7. When you are comfortable with the mental screen, visualize a white light on the mental screen. It is a ball of vibrant white light. Bring the light closer and closer towards you. Expect it to become larger and larger as it comes closer and closer. When it gets very close, see and feel the white ball of vibrant light enter your body in the area of the chest.
8. Feel the warmth from the white light spread throughout your

whole body. Feel it spread up to your head and down to your toes. Take your time.

9. When you can feel the warmth and the well-being fill your whole body, you are ready to meditate on a subject of your choosing, something you need an answer to perhaps. Pick a specific subject; do not generalize. Always

Learn to pause - or nothing worthwhile will catch up with you.

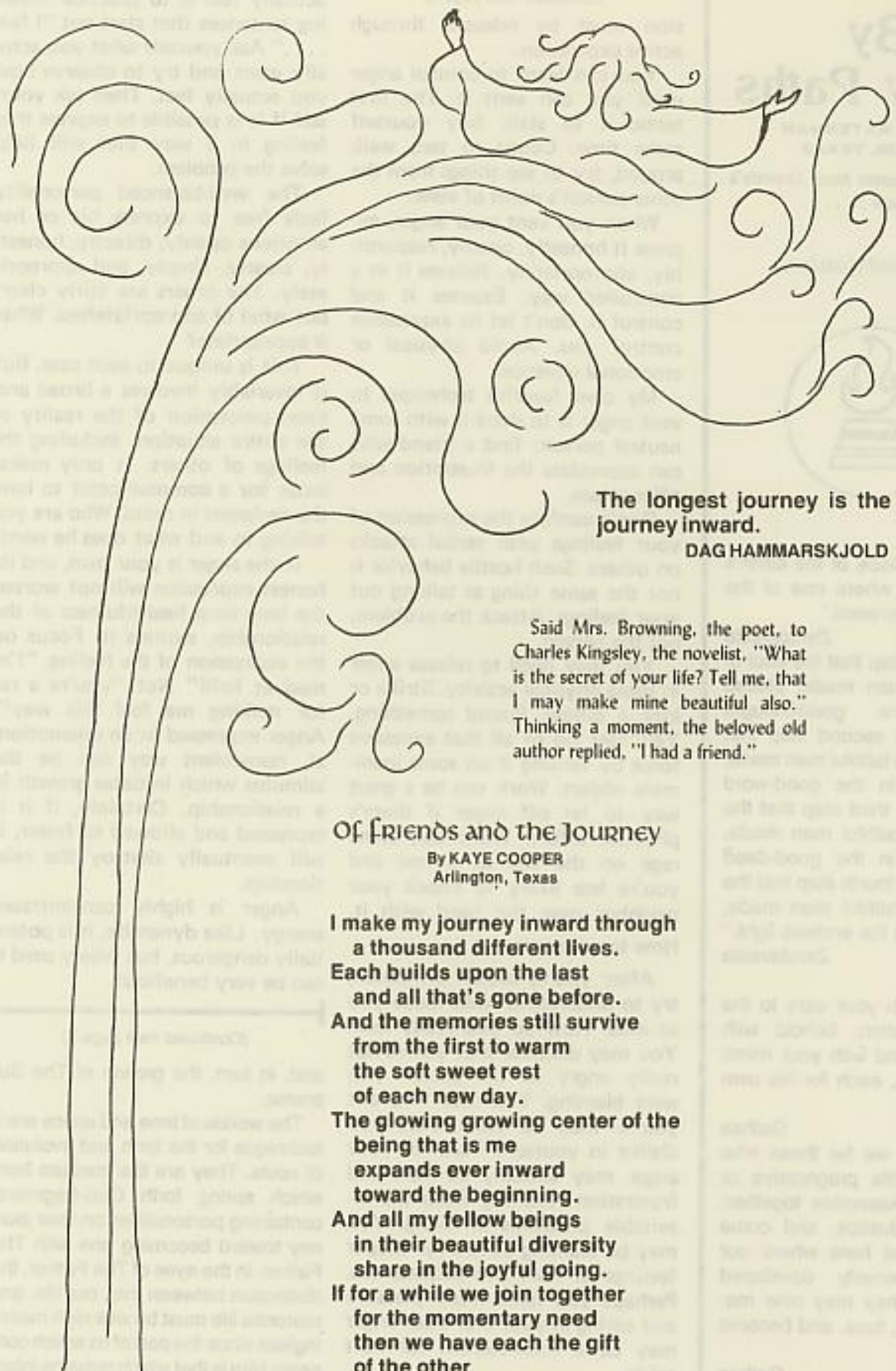
remain in control of your meditation; do not daydream.

10. You will feel refreshed and revitalized as you meditate. Limit your time of meditation to 10 minutes to begin with. Later make the meditation longer. When you are finished, relax and reflect on your experience. Open your eyes when you are ready.

*Quotation from page 2047 of *The URANTIA Book* ©1955 The URANTIA Foundation. Used by permission.



INSPIRATIONS



The longest journey is the journey inward.

DAG HAMMARSKJOLD

Said Mrs. Browning, the poet, to Charles Kingsley, the novelist, "What is the secret of your life? Tell me, that I may make mine beautiful also." Thinking a moment, the beloved old author replied, "I had a friend."

Of friends and the Journey

By KAYE COOPER
Arlington, Texas

I make my journey inward through
a thousand different lives.

Each builds upon the last
and all that's gone before.

And the memories still survive
from the first to warm
the soft sweet rest
of each new day.

The glowing growing center of the
being that is me
expands ever inward
toward the beginning.

And all my fellow beings
in their beautiful diversity
share in the joyful going.

If for a while we join together
for the momentary need
then we have each the gift
of the other

To carry through our journey
and cherish within ourselves.

KAYE

By Many Paths

BY PAT WATERMAN
EULESS, TEXAS

Continuing quotes from *Urantia's*
spiritual heritage

Zoroastrianism



"The first place of the earth's happiness is where one of the faithful steps forward."

Zendavesta

"The first step that the soul of the faithful man made, placed him in the good-thought paradise; the second step that the soul of the faithful man made, placed him in the good-word paradise; the third step that the soul of the faithful man made, placed him in the good-deed paradise; the fourth step that the soul of the faithful man made, placed him in the endless light."

Zendavesta

"Listen with your ears to the best information; behold with your sight, and with your mind; Man by man, each for his own person."

Gathas

"And may we be those who shall make life progressive or purposeful! Assemble together, along with Justice, and come hither so that here where our thoughts formerly developed separately, they may now mature together, fuse, and become wisdom."

Gathas

(Continued from page 3)

sion must be released through active expression.

You can learn to control anger until you can vent it. The first tactic is to stall: buy yourself some time. Count to ten, walk around, try to see things from the other person's point of view.

When you vent your anger, express it honestly, openly, responsibly, appropriately. Release it in a controlled way. Express it and control it, don't let its expression control you. Avoid physical or emotional violence.

My own favorite technique to vent anger is to share it with some neutral person: find a friend who can appreciate the frustration and offer solace.

Don't confuse the expression of your feelings with verbal attacks on others. Such hostile behavior is not the same thing as talking out your feelings. Attack the problem, not the person.

You may need to release anger in some physical activity. Strike or kick a pillow. Pound something. Yell. Get rid of all that excessive force by venting it on some inanimate object. Work can be a great way to let off anger if there's physical effort. Work out some rage on the end of a hoe and you're less likely to knock your neighbor over the head with it.

How to use anger

After you've blown off steam, try to understand what made you so mad. How do you really feel? You may discover that you're not really angry at the person you were blaming. You may find out you're mad at some trait you dislike in yourself. Much of your anger may actually be hurt and frustration resulting from the inevitable problems of living. You may be blaming others for deeper feelings of hurt and helplessness. Perhaps you need more pleasure and caring in your life. Your anger may be a smokescreen for hurt pride.

A good way of facing how you

actually feel is to practice finishing sentences that start out "I feel . . ." Ask yourself what you actually want and try to observe how you actually feel. Then ask yourself if it is possible to express that feeling in a way that will help solve the problem.

The well-balanced personality feels free to express his or her emotions openly, directly, honestly, clearly, simply, and appropriately. The others are fairly clear, but what of appropriateness. What is appropriate?

This is unique to each case. But it invariably involves a broad and keen perception of the reality of the entire situation, including the feelings of others. It only makes sense for a communicator to have the recipient in mind. Who are you talking to and what does he want?

If the anger is your own, and its honest expression will not worsen the long-term healthfulness of the relationship, express it. Focus on the expression of the feeling. "I'm mad as hell!" Not "you're a rat for making me feel this way!" Anger expressed in an unemotional, nonviolent way can be the stimulus which initiates growth in a relationship. Certainly, if it is repressed and allowed to fester, it will eventually destroy the relationship.

Anger is highly concentrated energy. Like dynamite, it is potentially dangerous, but wisely used it can be very beneficial.

(Continued from page 1)

and, in turn, the growth of The Supreme.

The worlds of time and space are a technique for the birth and evolution of souls. They are the medium from which spring forth God-fragment-containing personalities on their journey toward becoming one with The Father. In the eyes of The Father, the distinction between this, our life, and morontia life must be well nigh meaningless since the part of us which concerns Him is that which remains intact and continually evolves through both.

Things to Share

The Circles will periodically publish an insert to the publication which contains current items considered to be of interest to our readers. If you have items which you wish to contribute, just send as much information on the subject as possible to: The Circles, 2001 Woods Drive, Arlington, TX 76010. If your item to share is printed material which contains quoted or closely paraphrased material from *The Urantia Book*, be sure that you have complied with the Urantia Foundation's requirement of prior approval. Try to send notices of upcoming conferences 4 to 6 months in advance.

Calendar

Second Pacific Conference for Students of The URANTIA Book

Date: December 29-31, 1980
Theme: Finding Our Father in Paradise
Registration Fee: \$25 per person
Location: Hawaii Preparatory Academy,
Kamuela, Hawaii
Accommodations: Room and board \$20 per person per night. \$20 room and board deposit should accompany registration fee. Send by Nov. 1
Contact: Pacific Religious Conf.
Box 67
Kamuela, Hawaii 96743

URANTIA Brotherhood 1981 General Conference

Date: June 28-July 3, 1981
Theme: The Individual's Relation to the Universal Father
Registration Fee: \$12.50 per adult or teenager, \$6 per child 12 and under.
Location: Snowmass at Aspen, Colorado
Accommodations: Hotel type and condominiums with kitchen facilities
Contact: Nancy Grimsley
Box 126
Berkeley, Calif. 94701

Services - Materials

Children's Prayer Booklet

"Prayers for Children." \$2.00 Contact: Ruth Renn, 1929 A
Sherman Circle, Evanston, IL 60201

Concordex

Concordex of The URANTIA Book by Clyde Bedell. Individual Concordexes \$12 plus \$1 toward postage. (Mr. Bedell pays the sales tax in California.) Carton of 16, 30% discount. Send \$134.40 with order. Mr. Bedell will bill for shipping and sales tax in California. (No other state sales taxes apply.) Contact: Clyde Bedell, 2390 Via Mariposa W., 3E, Laguna Hills, CA 92653.

Magazines

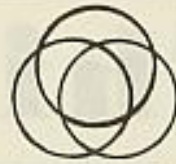
TWO NEW MAGAZINES

Glosses by Glass: David Glass plans to publish a journal which is intended to be a forum between its editor and the readers. It will "deal with the objective of solidifying and cross-fertilizing the community of readers of the revelation and with special topics interpretative of the Book." The first issue will be free. Subscriptions to the monthly journal will be \$5.00. Contact: David Glass, 1533 4th Ave. West, Bradenton, FL 33505.

Sojourner: Published by the First Urantia Society of Houston. To obtain a copy of the first issue and for more information, contact: Ronnie Dobyanski, Sojourner, 15726 Barbarrosa, Houston, TX 77081.

SPHERES of INFLUENCE

By GENE JOYCE
Richardson, Texas



THE AQUARIAN CONSPIRACY: Personal and Social Transformation in the 1980's

Marilyn Ferguson, *The Aquarian Conspiracy*. J. P. Tarcher, Inc., Los Angeles, Distributed by St. Martin's Press, Copyright 1980

Marilyn Ferguson in *The Aquarian Conspiracy* is writing of today and tomorrow for those who are ready to see and hear. She achieves an extraordinary synthesis between the best scientific-philosophic thought of the past and the present, using material

At first laying down,
as a fact fundamental,
That nothing with God
can be accidental.

LONGFELLOW

from the East as well as the West, leading to the resurgence of freedom and creativity spreading throughout all areas of our country. Unadulterated materialism no longer makes sense — is inadequate for a rapidly growing minority which is quietly and inevitably transforming our society. Always inner values precede change — as the individual changes within, society in turn gradually mirrors this change in its social customs and institutions. Science is shifting on its axis. So is religion, and both are giving birth to reality on a higher level. Our world is becoming new.

This book will validate the hopes and prayers of all men of good will, confirming the truth presented in *The Urantia Book* that reality is not "white on a black background, but rather black specks on a white background." As the author puts it, "The mind now knows what the

heart had only hoped for." Scientist-philosopher Pierre Teilhard de Chardin mentioned the same phenomenon in the twenties: "In every age man has proclaimed himself at a turning point in history, and to a certain extent as he is advancing on a rising spiral, he has not been wrong. But there are moments when this impression of transformation becomes accentuated and is thus particularly justified." The author contends that such a moment is NOW, and that Teilhard foretold the central theme of this book, "a conspiracy of men and women whose new perspective would trigger a critical contagion of change."

Carefully documented with an abundance of quotations such as the above, *The Aquarian Conspiracy* covers all major areas where progressive change is pushing myriads of green shoots through the black soil of rigid dogma and unyielding status quo. Religion, politics, medicine, psychology, the

field of teaching and learning, occupations and vocations, industry — all are explored for signs of new growth. The possibilities for enriched social relationships and human connections are dealt with, and, best of all, there is an entire chapter devoted to "Spiritual Adventure: Connection to the Source."

Although *The Urantia Book* is not mentioned by name, many of the new paradigms could have been lifted intact from its pages: not just what you do, but *how* you do it; cooperation rather than competition; mind over body directed by spirit, etc. Many readers of *The Circles* will recognize the name of Mo Siegel, who is mentioned as "one of the new entrepreneurs who refuse to separate good-for-business from good-for-people." Mo is quoted as saying, "In this age of transition, we're learning to retain the good aspects of the culture while discarding negative ones."

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