

The Eternal Way

April - May 2003

You are Called to Live in Abundance...Will You So Choose?

When you survey all of creation and make an honest assessment, it is clear that everything has a place and an important part in the divine plan. And, yes, I am certain that God, the Infinite Field of Pure Being, has emanated Itself as each of us perfect souls to fulfill some important mission in this world. What is it that you are meant to do? Know this with certainty...God has expressed as you and is the very sponsor of and the life of you. *Therefore, you are called to live and thrive in abundance!*

When people ask what they can do to find and fulfill what God wants them to do in this life, or how to get past the despair, past the fears, and insecurities of this world and experience true prosperity, I share these principles of abundance...these timeless truths.

1) Remember Who You Are

Listen to the words of Christ Ehsua (Jesus) as he spoke to an audience, "You are the light of the world; a city that is built upon a mountain cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lamp stand, so that it gives light to all who are in the house. Let your light so shine before men that they may see your good works and glorify your Father in heaven." (Matt. 5:14-16) Yes! You are a light *now* and you are meant to dispel some darkness, dissolve some ignorance, and make a magnificent contribution in some arena of this world. Let go of any notion that you must scrape and crawl over glass to experience the prosperity of God. Let go of any notion that you are unfit or unworthy of the abundance of God. You have the power of God in you NOW! Not one day down the road...but NOW!

2) Listen in the Silence Daily

Organize your day to include quiet, uninterrupted time to redirect outer activity for inner seeking and finding. "Seek first the kingdom of God" and "the kingdom of God is within you" are the admonitions to seek first God's ever-present counsel. How? Through meditation quiet time. Plug in! Tune in! Your very nervous system in your body temple is a tuner divinely

made to harness, decipher, and act upon the counsel of God. Create a sanctuary in your home or office for meditation quiet time. Breathe deep and diaphragmatically. Spiritualize that space with the acknowledging power of meditation. That space then becomes a constant reminder that God's presence is always operative, accessible, and expressive in your life. Make and keep an appointment with and in God through daily meditative quiet time.

3) Spiritualize All Activities with Prayer

Acknowledging prayer, not petitioning prayer, is the key to empowered prayer. Acknowledging prayer affirms that you and God are One. Petitioning prayer maintains the false illusion of separation, the illusion that you must somehow attract God's attention to help you.

Really *pray*, that is, affirm you live in the wholeness of God as you conduct the simplest and most mundane tasks...and see how your life lights up with grace! The synergistic and harmonious flow of events, people, circumstances, and resources - God's abundance - will instantaneously be there for you as they are needed and when you need them.

4) Tend to the Temple of God - Your Body Temple

Your physical body is the vehicle through which God can fulfill *God's* mission through the personality of you. You are the steward of this body. How are you doing in its care? Our hands, feet, senses, cells, molecules, and atoms are all God's and an actual expression of the emanating forces of God Itself, the Field of Pure Being.

Be self-honest in the care of it and change food and lifestyle habits accordingly to bring health and balance back into being. Improve in small increments if necessary to achieve goals that may need to unfold over a longer period of time. Exercise, eat whole foods according to your constitution, de-stress, get sunlight, and drink half your body weight in ounces of alkaline water daily. Let go of negative and life-draining foods and

habits that parasitically siphon life force needed to fulfill your life's mission.

5) Serve Fully and Faithfully Right Where You Are

Serving the needs of others is the real business of God. Are we really serving or just getting paid for some task? Is it always "about the money" or contributing with an attitude of excellence? If you don't think you are in your right livelihood yet, then start serving with the attitude that you are serving only God in others right where you are. You'll see how fast you get a promotion, or how quickly doors open for the right opportunity for a more satisfying career.

6) Love Always No Matter What

Love is the supreme currency, elixir, potion, antidote, and poultice in life for all of life's foibles. What does love look like? Love is patient, love is kind. Love does not envy, does not boast, and is not arrogant. Love is not rude, is not selfish, and does not wish upon others negative things, but instead rejoices in truth and goodness for themselves and others. Love bears all things, believes all things, hopes all things, and endures all things. Love never fails (see 1 Cor. 13:4-8).

7) Act and Live in the Now - You are on Fertile Ground to do God's Work

Now is the *present* freely available to you to be awake in the wholeness of God. Now is all we have. Act now to fulfill your God-inspired dreams and goals. Many times we think circumstances have to change first before we move on to higher-order spiritual or physical circumstances. Listen, if we change first, if we act first, then we become the catalyst; our action becomes God's agency of Grace to shift the circumstances to the level we want to see manifested.

Let these principles of true prosperity work for you. Accept the power and presence of God as the very essence of your own being and allow prosperity and abundance to be expressive through you NOW!



Practical Mysticism

By Rudy Davenport

The title of this column may appear to be a contradiction in terms. Mysticism is often seen as having nothing to do with practicality, and as having no connection with the "everyday" world. Stereotypical images of mystics range from the eccentric, disheveled hermit, to the monk or nun safely cloistered away from the world, to the robed guru with inscrutable smile and laconic "guru speak." Mystics are thought of as having no time for the day-to-day stuff of living, for they are too busy having spiritual visions and communications. Certainly, mystics are not to be found washing dishes, taking care of children, mowing the lawn, taking the car in for repairs, and trying to figure out income taxes. They are somehow "removed" from all that.

I want to challenge such an impractical understanding of mysticism and mystics. If mysticism were not concerned with the ultimate meaning and purpose of everyday life, it would have little value. If mysticism is not rooted in the common human experience of love, joy, beauty, creativity, intuition, and simplicity, then who would want to be a mystic? The heart of mysticism is the desire to directly experience the Truth that religion and yoga points to: the Truth we call God, or the Divine. All who have a desire for the Truth of God are mystics-in-training, so to speak. We may or may not have had spiritual visions, but we share with mystics throughout the ages the desire to know and to love the Divine.

Here are a few points to see whether you are a mystic-in-training. You might be a mystic-in-training if:
-Love has made you cry.

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-You have done something beautiful and good for someone else without making a fuss and without anyone knowing about it.

-You have ever said, "God bless you" to someone, and really meant it.

-A sunset was so beautiful you had to stop the car, get out, and just look at it. Small things like these are what a beautiful life, a mystical life, are built upon.

I will close with a meditation I have written in a collection entitled, "Seeking the Divine: Living Life and Loving God, the Beloved," soon to be available at the Eternal Way Center:

Beloved,

I have no mystical powers or miraculous abilities.

I cannot control my mind or renounce my desires.

I have no discipline or concentration.

All I have is this love for You

that radiates from the center of my being,

making me forget all thought of separation.

Rudy Davenport has a B.A. in Music and a Master of Divinity Degree. With an extensive background in the devotional traditions of East and West, he provides Pastoral Counseling and teaches the use of Music for Therapy and Meditation at the Eternal Way.

An Invitation To Be An Eternal Way Spiritual Partner

The Eternal Way's mission is to reach as many people as possible with a spiritually based message that God is expressing in our lives. Would you join us? Become a Spiritual Partner by devoting \$25, \$50, \$75, or \$100 or more to the ministry work each month.

Please use the enclosed donation envelope and be as generous as possible to help us help those in need in all our departments. All ministry services function on a donation basis and we freely serve everyone without regard to their ability to donate. Wonderful things can be fulfilled in this world when we collectively commit to supporting uplifting work!



Snapshots for Spiritual Living

By Shara Amelia

We are getting a lot of disturbing snapshots from "embedded" journalists in the news these days. And we are likely feeling in the core of our beings the weight of world events unfolding; we are feeling disturbances in the field because of the simple fact of our connection to all people in all places. Here is a little exercise to help "fluff up" your immune system in instances of burnout, or when we are feeling an appalling lack of mothering energy, comfort, or yin, in our daily surroundings.

Take a positive experience that you have had recently and begin to focus it more and more narrowly into the confines of a mere snapshot. Then begin to give character to your snapshot of positive experience. It smells like...lavender, bergamot, cut grass; it tastes of honey or jicama; it feels like warmth, a safe embrace; it takes place in full sun or Spring; it conjures words like "glimmer," "come what may," "heartening." It's the color of aquamarine. Then carry this snapshot with all its attributes in your satchel of tools and pull it out when needed, placing it on the altar of your awareness, on your private screen. Refer to it, draw on it. Savor the clarity of the small thing, the thing you can hold in the palm of your hand, amid all the clatter of the family of things.

Shara Amelia has a B.A. in English Literature, an M.A. in Linguistics, an M.S. in Oriental Medicine, and is a staff member at the Eternal Way.

News

Congratulations to **Kim Banta** and **Kevin Krahenbuhl** who are to be married on April 12th, 2003. Rocco benRoy will officiate at the ceremony.

MEDIA PRESCENCE IN 2003

The Eternal Way has a definite **Austin Community Access Channel** spot. It is on **Thursday** nights, at **10pm** on **channel 11**. Our show is called *Your Body, Your Temple* and will feature talks on spirituality, the principles of mind and consciousness, and overall health and well-being. Many thanks to **Anyah Dishon** for her filming experience and commitment to the Eternal Way's program. By the way, **Anyah's** next music CD *Pillars of Ancient Futures* is almost finished and will be available soon at the Eternal Way. Call us at 445-1080 or stop by for a copy.

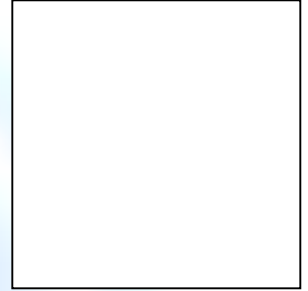
We owe thanks and gratitude to David Bristow at **Sunset Press** for the bimonthly newsletter makeover he has helped to facilitate.

E.A.T. Outreach News

The E.A.T. (Everybody Ate Today) Outreach could use some new volunteers to help us with bread pick-up and delivery. If you could donate one hour, one day a week to this volunteer work, the people who we serve would deeply appreciate it. Contact us for scheduled runs.

The E.A.T Outreach is now averaging about 22 agencies a week that receive our deliveries. Thanks go out to our dedicated core of volunteers: **Shari Testa, John Stern, Gavin Emberson and his Bahai Faith Center Crew, Vedana, Julian Bruno, and Radha.**

Also, we would like to welcome **Mark Daniel** back to our volunteer group. His leg has healed from rock-climbing and we're glad he is able to pick-up and deliver bread again.



Recognition of Donors and Volunteers

We gratefully thank **Kay and KK Dorsey** for cleaning the Eternal Way Center these past weeks and to **John Stern** for his help with the books and for leading the Wednesday morning mediation.

We also welcome **Heidi** and **Ella Axelrod** to the Center on Monday and Friday mornings and thank them for their help with administrative tasks. We welcome more participation from **ShaunAumar Bruno**, who will work at the Center on Wednesday and Thursday afternoons.

Eternal Way Retreat

Windows and soffit cedar boards are going in and up on the North Side of the Retreat and we are moving forward with interior projects like bathroom tiling.

Other areas where help is needed are the electrical wiring, ductwork installation, and then interior sheetrock. If you desire to help with these tasks in any way, please call us at 445-1080.

The retreat is nestled in the pines on 7 acres in Bastrop County about 39 miles from Austin.

April and May 2003 -Wednesday Programs

	April	May	
The Qualifications of the Spiritual Aspirant	2nd	7th	7pm
Studies in Truth	9th	14th	7pm
The Qualifications of the Spiritual Aspirant	16th	21st	7pm
Kriya Yoga: Constructive Keys to Spiritual Living	23rd		7pm
Community Spiritual Gathering	30th	28th	7pm

Rocco benRoy's Speaking Engagements

4/02/03 **New Vision Church of Religious Science**
Subject: Your Body, Your Temple, Your Food

Every month at the Eternal Way's **Community Spiritual Gathering**
7-8PM

Every Tuesday at **Austin Recovery Center** for individuals in drug and alcohol recovery. **9AM**

Contact us if you would like directions or additional information.