

The Eternal Way

June - July 2003

Got Water?

We are entering some warmer days as summer unfolds. Enjoying the benefits of water at this time of the year seems easier to understand given that we as humans use it and seek it out for swimming, boating, canoeing, rafting, water skiing, scuba diving, and of course, bathing.

And, it is interesting to observe how marketing gets our attention due to the summer heat for a plethora of beverages all touted to alleviate our thirst and hopefully, by association, make us richer, sexier, more fashionable, and part of the “with it” crowd just by using their product. Well, regardless of how creative Wall Street may be at attempting to quench our thirst, nothing truly approaches the value and benefit of pure water. With certainty, the emanating forces of the Pure Field of Being knew what it was doing as It poured out of Itself the water element.

So, we obviously value water externally. But how about its use internally? Let's take a look at the power and importance of water in our body temple.

- Next to oxygen, water is the most important nutrient in the human body. A human being can only live about 5 days without water intake.
- An infant baby's body is 77% water, a young child's body is 59% water, and an adult body varies between 45% - 65% water. Aging, wrinkling, and cellular health are all functions of the presence of water in the human organism. If you have a sickness or disease of any kind, you likely have tissue dehydration in the area of concern.
- Blood – 83% water
Kidneys – 82% water
Muscles – 75% water
Brain – 74% water
Liver – 69 % water
Bones – 22% water
- Water is the carrier of all nutrients into the body's cells and of waste products out of the cells and the

body via the excretory organs and systems. Our food must be properly masticated and moistened in solution so that it can be assimilated into the bloodstream. In fact, digestion, assimilation, metabolism, and temperature regulation of the body are functions that all depend on the availability of water.

- Excretory Functions:

Respiration - the average-sized human being vaporizes up to 33 oz. (1 quart) daily through breathing (anywhere from 400 ml to 1 liter or from 14 oz. to 33 oz.).

Perspiration - each of us has approximately 2-3 million sweat glands that evaporate varying amounts of water from the body to keep it cool and to excrete waste products through the skin, our largest organ. We perspire out about 500 ml or .5 liters daily (16.9 oz. or .53 quarts a day).

Urination - our kidneys filter the blood constantly, approximately 15 times an hour to purify the blood and tissues and to maintain proper acidity and alkalinity of the body. We urinate out about 1.5 liters daily (1.58 quarts or 51 oz.).

Bowel Elimination - proper stool formation and timely elimination are a result of appropriate water availability and fibers in the diet. Stools are about 70% water (100 ml or more per stool or 3 - 5 oz. water).

Tear Ducts - these channels direct watery substances to our eyes some 25 times per minute to lubricate and wash our eyes so that they can properly function.

You can determine how much water you need to drink daily by dividing your body weight by 2.

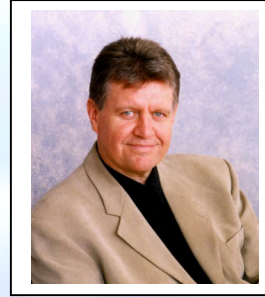
The resulting figure is the number of ounces of water needed in a day to maintain basic body functions. More

or less water may be needed to accommodate climatic conditions, stress, and other body conditions.

Body weight = # of ounces of water to drink daily
2

Another important note is that our bloodstream's pH stays stable at 7.365 which is slightly alkaline. It does so no matter what. Therefore, water that is alkaline immediately blends with our bloodstream to neutralize acids and excrete them out of our body so that physical health, mental clarity, emotional balance, and spiritual realization can be attained and maintained! Is it any wonder that many religious and spiritual rites of passage (baptisms, etc...) invariably use water as a medium to signify transformation and restoration? So, have you had enough plain and pure alkaline water today?

Got water?



By Rudy Davenport

One of the services offered at the Eternal Way Center for promoting personal growth, empowerment, and spiritual unfoldment, is Spiritual Counseling. Most people are familiar with counseling in relation to a psychologist or psychiatrist. As a matter of fact, it has become fashionable in some circles to see a “shrink” ever so often. Many people see psychologists for counseling when they are faced with marital problems, problems with children, substance abuse, addiction, anger management, and a whole host of other life challenges.

While acknowledging the usefulness of the clinical or medical model of counseling, Spiritual Counseling offers a different approach, based on the spiritual identity of every person. We have come from the Divine, we are in the Divine now, and we will return home to the Divine. We are spiritual beings. This life, then, has a spiritual meaning and purpose for every individual. All of the problems and situations we face in life have a spiritual dimension. Awareness of this individual spiritual nature and mission is the key to unlock hidden potential for healing, change, and growth in every person. Spiritual Counseling is a way to develop and expand spiritual awareness.

The techniques of Spiritual Counseling are similar to clinical counseling, involving a one on one meeting and conversation with an experienced person who acts as a receptive, supportive, and understanding listener. The whole process is aimed at clarifying how the Divine is uniquely acting in an individual's life, exploring spiritual

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512.445.1080

Front page article by Rocco benRoy unless otherwise noted.

Rocco benRoy is the minister-director of the Eternal Way. His training and ordination are in the spiritually enlivening and holistic tradition of the ancients as taught by his Kriya Yoga mentor, Roy Eugene Davis.

The Eternal Way Center provides personal counseling and group seminars for spiritual realization, emotional and mental clarity, and physical vitality.

The center is dedicated to assisting and empowering each responsive soul, a living temple of God, to cultivate their innate potential and to express their unique purpose and destiny as divinely intended.

All services and functions are funded by donation support.

Website: www.eternalway.org
Email: office@eternalway.org

principles that are helpful in living a spiritual life, and discerning what action the individual might take to live a more meaningful and purposeful life. As such, Spiritual Counseling has nothing to do with psychic readings, tarot card readings, astrology, ouija boards, hypnosis, and a host of other techniques loosely identified as “New Age.” Spiritual Counseling is an important and solid part of spiritual traditions in both West and East.

In the West, it has been called Pastoral Counseling or Spiritual Direction. In the East, it is the tradition to have a teacher, or guru, who is consulted about the spiritual dimension of life. The Eternal Way Center is fortunate to be able to offer Spiritual Counseling that is built upon the great spiritual truths of both East and West, as well as the tools of body purification, acupuncture, nutritional counseling, and meditation techniques. The Eternal Way Center is completely holistic in its approach to every person. Through all these techniques and tools, we hope to assist people in gaining a greater spiritual clarity about their life situations. All conversations in Spiritual Counseling are strictly confidential.

Please feel free to contact me at the **Eternal Way Center** at **512.912.8122** for further information, or to schedule an appointment. Many things in life call out for our attention, but living the spiritual life intended for us is the most important thing of all.

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. This

allows us to share literature freely and do lecture work with groups unable to donate at present.

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!

Watch the Eternal Way “Your Body, Your Temple” T.V. Program Thursday Nights at 10pm, channel 11 on Austin Community Access.



CHOOSE:

- A. I don't care...**
- B. I put up with...**
- C. I celebrate...**

By Shara Amelia

The Eternal Way Mission Statement enjoins us to **worship God by celebrating and expressing spiritual unity in the midst of religious diversity and by collectively affirming that "We are all One Family of One Eternal Loving God."** What does it mean to “celebrate religious diversity” rather than merely tolerating it? Some say we should be “apathists” and that, in fact, many are—those who are disinclined to care much about their own religion and are even more disinclined to care all that much about that of others. We don't care, that is to say, we don't really mind how others choose to define their spiritual lives. “I'm OK, you're OK.” That is distinct from “tolerance,” which has come to mean “I'm RIGHT and you're WRONG but, as a gesture of good will, I'll allow you some of the rights I enjoy, as long as you stay in line.”

A still different approach is one of mutual respect

between those who follow different authentic enlightenment traditions. This is not so much the “anything goes” approach of the apatheist or the triumphalism of the tolerant, but an active opening of one’s arms to, perhaps even falling in love with, the diversity we experience in the collective. Why? Simply because we have so much to do with each another; we so profoundly require one another. Every “difference” is there to be contemplated in the spiritual dimension as a complement. As you define your relationship to, with, and in God, consider *what* in a particularly beautiful scripture, ritual, or rite from another tradition or path is illuminated for you within your own. It is in such a manner that we can approach God, together as One Family emanating from the One God.

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.*

Good News!

Roy Davis is coming to Austin, Texas. Mark your calendars for October 19th, 2003, to attend a seminar on Meditation conducted by Roy Eugene Davis of the **Center for Spiritual Awareness** of Lakemont, Georgia. Roy is Rocco's mentor and has served over 50 years in ministry work. More details in the future.

Congratulations to **Steve Barber** and **Kimber Reed Barber** on the birth of their son **Kade Reed**. He's a remarkable new young lad who is breastfeeding well and growing rapidly. Kimber had quick labor and a safe delivery for herself and the baby. We extend our warm wishes to their whole family and look forward to seeing Kade soon.

Congratulations to **Rudy Davenport**, our Music Director. The first track on his CD, **Remembering the Earth - Winter: Snow Carol**, was nominated for Best Instrumental Track of the Year by JPF, the largest organization of independent music producers. Morningstar music publications has published a collection of 10 arrangements of Christmas carols from Rudy's 2nd CD, **Christmas Wonder**. Both CDs are available at the Eternal Way Center.

E.A.T. Outreach News

Some new volunteers have shown up! Of course, additional ones are welcome 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. Call us.

The E.A.T. Outreach has delivered to 26 agencies a week on average during the past two months. Thanks go out to our dedicated core of volunteers: **John Stern**,

Gavin Emberson and his Bahai Faith Center Crew, Vedana, Julian Bruno, Radha, Morris Greggs, and Paul Thrailkill.

Best wishes to **Mark Daniel** on his move to Colorado.

Mark has been one of our core volunteers for the past year plus and had just recovered from a broken leg sustained from rock-climbing. He returned to help deliver bread for only two weeks when he accepted a new job in Boulder. We hope Mark is careful in the more mountainous areas of Colorado!

Eternal Way Retreat

The tiling in one of the bathrooms by **Julian Bruno** turned out beautifully. We thank him for his creative skill.

Frank Lynch volunteered electrical skill and finished electrical wiring in the new section of the retreat facility. Presently sheetrock and ductwork are being installed in the new section with the help of **Angel**, a carpenter. A bid for a new gutter system has been received and plans are underway for its installation. 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. It is used as a site for refreshment of body, mind, and being.

