

The Eternal Way

February – March 2004

Clarify Your Thinking, Realize Your Dreams

“The awareness of the presence of God is the basis of all fulfillment. God can and will meet every personal need on time and in abundance.”

Roy Eugene Davis

A new year and therefore a new day is before us and the desire is innate in us all to improve in some area of our lives in some way. What is it that you specifically want to do? What area of your life needs reworking? What is it that you have been telling yourself you want to change but just simply haven't gotten around to it? Be self-honest. God's life in you and as you is a gift of infinite potential. Is true spiritual realization what you want? Is emotional balance important? Is being in the flow of continual resources and prosperity valuable? How would your life really look?

Now is as good a time as ever to come to understand and fully utilize the tools of dream or goal realization. We are meant to unfold skillfully and express ourselves or our soul's powers. After all, *we are one with the Infinite!* Realize that we live in the omnipresence of God now. Not one day, but now! Yes, the ever-existent, intelligently aware, and sustaining attributes of creation (the Godhead or Trinity) is in us... as us. Awakening to this is the supreme opportunity of this moment and the eventual destined experience of each soul or individualized expression of the Divine.

The tools of Godly living are here. They have been here from the beginning. We have the power, God's power in us, to live the awakened life. But we must choose! Life itself is more malleable than you may think if you just use these tools to sculpt and shape living into the expression you want.

Here are some keys to clarifying your thinking, realizing your dreams, and fulfilling your life.

1) Meditate Daily

Meditation is directing your attention in a single direction in order to experience clear awareness. This is the first and foremost key to unfolding in the direction of your highest potential and realizing your fondest dreams.

Every waking moment your senses are inundated with information and data. The imaginative capabilities of man have given us new creative tools such as cell phones that take pictures, dvd's, cd burners, satellite dishes, and palm pilots. We convince ourselves that we have these tools to make our lives better. But do they really? They may just confuse us further if we are not *clear first* on what we want to achieve and how to use these tools to assist us in fulfilling our dreams and goals.

Meditate by simply sitting comfortably on the floor or in a chair and letting your body be still. Direct your attention inward at the brow center of your forehead. Be intent on being alert in the moment by observing your breath, inhalation and exhalation. A truly diaphragmatic breath takes about 20 seconds. That is about 3 breaths per minute. When we physically focus on just a few breaths per minute, brain waves slow and it is here that the truth of our being can leap into full recognition.

Let the meditation experience be at least 10-20 minutes at first to provide consistency to the process. With practice, you will find your own rhythm to the peak meditation experience. Then carry that experience into your daily planning.

2) Imagine What You Want

Imagination is the intangible skeleton of material creation. It is the ability to generate new possibilities from existing resources. Now that your mind is clear from the meditation experience, let your imaging capability of the mind create or generate what you want in your life. Be original, specific, and clear with positive precision. This use of the power of imagination sets into

motion unseen but very real forces of the Pure Field of Being (God) to manifest your dreams into reality. Do not underestimate this power. Image what you want, not what you don't want. This power does not discriminate. Electricity lights up a room when properly used or it can shock and kill if mishandled. Realize that negative ideas can manifest if nourished regularly by the imaginative power of mind. By exercising this power, the elements of creation (earth, water, fire, air, and ether) as an emanating expression of Spirit begin to condense into form and allow ideas to be fully manifested. Once imagination is ignited and fed continually by conscious intention, the inner matrix of the outer manifestation is in place.

3) Visualize the Enjoyment of Your Goals Now

Once imaging has taken place, continue to "see" or visualize yourself enjoying your goals. Visualization is the ongoing inner visual process of what was originally imagined. Keep inwardly seeing what you want to manifest and nourish it with visual props. See it in the NOW! For example, if you want to build a new home, imagine what you want it to be like. Then blueprint it into expression by having an architectural rendering done of it. Use the blueprint as a visual tool to keep seeing it until all the resources – the funds, the land, and the building materials – comes into your stewardship. Do this in every area of your life that improvement is desired by having a visualization board or notebook to view regularly.

To be continued....



The Sources Of Happiness

by Rudy Davenport

Every human being is looking for happiness. But if we think for a moment about what really causes happiness, it becomes elusive to define. It seems that each of us has a personal set of conditions which give rise to our being happy. That is why the statement, "I want to be happy," does not communicate the same thing for everyone. Happiness is as personal and unique as every individual.

When we look at the phenomenon of happiness more closely, there appears to be different sources, or causes, of happiness. In this article I want to look at four kinds of happiness, investigate the source of each, and reflect upon what each kind of happiness means to our spiritual life.

The first kind of "happiness" is what we feel when we take pleasure in the misfortunes and sufferings of others. We can feel satisfaction in revenge. We can feel the pleasure of self-righteousness in the superiority of ourselves or our circumstances compared to others. We can feel pleasure in the inflicting of pain on other beings. Unfortunately, this kind of happiness is all too common in today's world. Terrorists feel happiness in inflicting suffering on their victims, and the victims feel pleasure in the sufferings of the terrorists. So this cycle perpetuates itself. It doesn't take much reflection to understand that this kind of happiness is dark and spiritually barren. What is needed is to recognize it for the emptiness it is, and to completely renounce any pleasure derived from the sufferings of other beings. Love feels happiness in others' happiness, and suffering in others' misfortune.

The second kind of happiness is natural happiness. When we are not physically sick, nor weighed down by problems or emotional pain, we feel a kind of natural well-being. It seems this is just how we have been created. When I am feeling good, just seeing the sun and blue sky makes me happy. I feel like playing and having a good time. Humor and good cheer are my companions. This kind of happiness is good, and helps us to live life

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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. Come join in. We welcome you, for we serve God in you.

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and to be receptive to the Divine. That is why the Eternal Way Center stresses simple and natural means to keep our body temple healthy. Unfortunately, this kind of happiness is subject to change and fluctuation. Problems and challenges of all kinds are inevitable in this life. We must try to live in a simple way to maintain this natural happiness, and at the same time prepare ourselves to face all that life can bring to us.

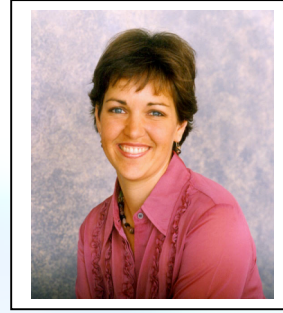
The third kind of happiness is happiness derived from people, things, places and events outside ourselves. We are happy to win the lottery. We are happy that a special someone returns our love. We are happy that we got the job we wanted. But since this is a world of dualities, this happiness cannot last. We don't win the lottery. That special someone doesn't return our love. We lose our job. In other words, we experience the opposites in life-heat and cold, light and darkness, good and bad, etc. The suffering we experience in life is in proportion to our attachments; we suffer when those things to which we are tied are lost. Since this kind of happiness comes and goes, our spiritual task is to be steady and centered in both passing happiness and sorrow. We stand strong-like-a-tree in good weather or bad.

The fourth kind of happiness is spiritual happiness. It comes from within, and is not dependent on external things. It is of the nature of Ananda - it is the very happiness of the Divine. There is no downside to this happiness or opposite. It renews itself at every moment, so it is ever-new and beautiful. It is love, beauty, and truth experienced in the most immediate way. Ultimately, it is not that we "have" this happiness. Spiritual Ananda is who we are - it is our very nature.

All the Masters, Saints, and Teachers are constantly encouraging us to seek our birthright of happiness. Our journey is one in unimaginable joy and unlimited love. Let every day of our lives be one more step in that Divine journey.

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.

Look for the Eternal Way's "Your Body, Your Temple" T.V. Program on Austin Community Access, Channel 11, Thursdays, 9:30pm



Reflections on the Mission Statement

by Shara Amelia

The third enjoinder is *to assist and empower each responsive soul, a living temple of God, to cultivate their innate potential and to express their unique purpose and destiny as divinely intended.* The best assistance always underscores the fact that it is completely up to us. "A Beautiful Prayer" was handed to me at the New Year, a concise rendering of our divinely-intended responsibility.

I asked God to take away my habit.
God said, no. It is not for me to take away but for you to give up.
I asked God to make my handicapped child whole.
God said, no. His spirit is whole, his body is only temporary.
I asked God to grant me patience.
God said, no. Patience is a byproduct of tribulations; it isn't granted but learned.
I asked God to give me happiness.
God said, no. I give you blessings; happiness is up to you.
I asked God to spare me pain.
God said, no. Suffering draws you apart from worldly cares and brings you nearer to me.
I asked God to make my spirit grow.
God said, no. You must grow on your own! But I will prune you to make you fruitful.
I asked God for all things that I might enjoy life.
God said, no. I will give you life, so that you may enjoy all things.
I asked God to help me to LOVE others the way God LOVES me.
God said, Aaaah--finally you have the idea.

--Author Unknown

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!

Thank you all for the incredible generosity to this ministry work. Many wonderful things have unfolded due to your loving support. We look forward to this coming year with calm anticipation and know that as we hold hands and work together, all things are possible to those who love God.

Eternal Way Retreat

Continued progress is being made at the Retreat. Sheet rock purchased with proceeds from the fundraiser in November allowed us to finish all indoor sheet rocking. Come see how all the rooms at the Retreat have finally taken form through your generous ongoing support. Items still needed: **one 47½" w x 84" h French door priced at \$671. Also, 5 interior doors at about \$100 each are needed to enclose the rooms. Donations specifically for the purchase of these items are sincerely appreciated.**

The *Prayer Path of Faith* could use some volunteer help for seasonal clean-up and landscaping. The approximately 1500-foot-long path that encircles the 7 acres has **seven meditation gardens**. Each garden features one of the world's wisdom traditions. The purpose of the prayer path is to remember that only One God, the Author of all traditions, is the common ground of us all. It is designed for quiet renewal and spiritual reflection. The Retreat is 39 miles from Austin. It is used as a site for refreshment of body, mind, and being.

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 counseling and seminar work with those unable to donate at present.

Please use the enclosed donation envelope and be as generous as possible to help us help those in need whom we serve 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!

E.A.T. Outreach News

Would you like to volunteer? Come help touch others by volunteering with the E.A.T. Outreach. If you could donate one hour, one day a week to this volunteer work, the people whom we serve would deeply appreciate it. **Call us at 445-1080.** The E.A.T. Outreach has delivered surplus whole-grain bread to **22 agencies a week on average** during the past two months and represents approximately \$15,000 per month in value. Thanks go out to our dedicated core of volunteers: **John Stern, Radha, Morris Greggs, Chrysteen Shafer, Gavin Emberson and his Bahai Faith Center Crew, Julian Bruno, and Paul Thrailkill.**

February – March 2004 Wednesday Programs

	February / March		
Studies in Truth	4	3	7pm
Using Mind, Body, and Heart to experience God	11	10	7pm
Kriya Yoga: Constructive Keys to Spiritual Living	18	17	7pm
Using Mind, Body, and Heart to experience God		24	7pm
Community Spiritual Gathering w/Potluck	25	31	6pm

Rocco benRoy's Speaking Engagements

4/25/04 Word of Life Church – Bastrop, Texas

Every month at the Eternal Way's **Community Spiritual Gathering**
Every Tuesday at **Austin Recovery Center** for individuals in drug
and alcohol recovery. **9AM**

Contact us if you would like directions or additional information.