

The Eternal Way

June – August 2005

Lift up the Son of Man

When you lift up the Son of Man, then you will realize that I AM, and that I do nothing on my own, but I say only what the Father taught me.

Christ Eshua (Jesus) in John 8:28
New American Bible translation

In the early 1980s, I use to read the inspirational column on Biblical interpretation by an Aramaic scholar named Dr. Rocco Errico in a popular spiritual magazine, Science of Mind. Dr. Errico had studied with the late George Lamsa who lived until the late 1970s. Mr. Lamsa had translated the Bible from ancient Aramaic texts known as the Peshitta (“the original”) from Eastern Orthodox Christians in his home of Turkey. Lamsa grew up speaking the ancient language of Aramaic, the language of Eshua or Jesus. His knowledge of the figures of speech or idioms in Aramaic makes his work indispensable in understanding the bible.

What did Eshua mean when he said, “When you lift up the Son of Man”? The Son of Man was the literal translation of the Aramaic words but it refers to “human” consciousness or unawakened human awareness. It means awareness identified with matter or manifestation. So here is the importance of what Eshua the “anointed one,” or the Christ, said and meant. When you lift up or awaken your human consciousness (son of man) to the level of his awakened consciousness (I AM or Pure Being - the Father) then you would understand what he understood and you would realize that he was speaking from the level of *Pure Being!* When one awakens to the level of Pure Being, you realize that only God exists and that you do nothing of your own.

Pure Being is the transcendental field beyond form. It can be experienced but not described or defined. It is the nameless and formless Field of Pure Being that emanates as the entire universe. Moses had a similar experience of Pure Being as described in Exodus 3:2 as a burning bush. Fire was considered an all-consuming or all-engulfing element. So what Moses had was an all-

captivating experience of Pure Being, beyond name and form, which has been scripturally expressed as “I am that I am” or, as some scholars say, “the Living God”.

The power of Eshua’s words is that every human being is capable of lifting up or awakening human awareness to a higher divine level. He taught continually that everyone could awaken by aligning themselves with the principle of Truth. The good news of the gospel was and still is the “kingdom of God is at hand”. This meant that the counsel of God is everywhere present and accessible within us for all to have and enjoy! Whether you were free or slave, male or female, Jew, Gentile, or Samaritan. All is encompassed by God. Nothing and no one are outside of the all-pervading and emanating forces of Pure Being. One God, One Creation, One Field of Being infinitely expressing as all there is!

What can we do to “lift up our consciousness”? In the tradition of Sanatana Dharma or the Eternal Way the ancient seers in the yogic tradition offer a tried and true path of realization. This is known as the Royal Way.

1) YAMAS – ETHICAL RESTRAINTS

These ethical restraints are the foundation of human relationships and interaction. Non-injury or harmlessness, Non-stealing, Non-lying, Non-wasting of body vital forces, and Non-covetousness of anything in material creation. Upholding these is the first stage of “lifting up the Son of Man”.

2) NIYAMAS – SPIRITUAL PRACTICES

Attending to these consistently brings our awareness up another stage: Purity of body and mind, contentment in all situations regardless of circumstances, disciplined attitudes and habits, study of the nature of consciousness, and surrendering the sense of separation to the sense of oneness with God.

3) ASANAS – POSTURES

Asanas are postures for bodily improvement for strength, toning of tissues, and preparing the body for higher states of awareness. Poise and flexibility are the

attributes of a healthy body. An upright posture in meditation practice affects our alertness as we are remembering who we are – one with the Infinite!

4) PRANAYAMA - LIFE FORCE LIBERATION

Breath techniques taught in the yogic traditions are designed to release stress, oxygenate tissues, decarbonize the bloodstream, and awaken dormant centers of the spinal pathway and cerebral cortex. Extra prana or life force is brought into the brain by these techniques for higher scholarly and spiritual living.

5) PRATYAHARA - INTERIORIZATION

Now that the lifestyle, habits, and body of the dedicated spiritual practitioner has been prepared by all the previous stages of discipline, one's senses can be turned "inward" or "withdrawn" from exterior concerns.

6) DHARANA – CONCENTRATION

Concentration is the ability to direct or "hold" your attention in a single direction.

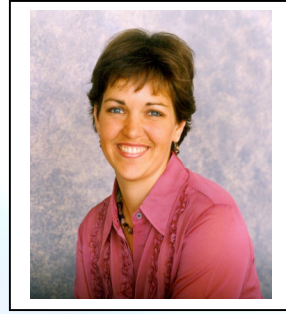
7) DHYANA – MEDITATION

Meditation is sustained concentration. It is focusing your attention in a single direction consistently over a period of time.

8) SAMADHI - ONENESS

Oneness is the experience and "prize" of dedicated spiritual practice. We remember our oneness with life. I and "the Father" are One. God only exists!

We have the tools of Self-Realization. We are expressions of Pure Being. Rest in that awareness and live in that awareness as Master Teachers before us taught. "Lift up the son of man" and live this life as divinely intended.



Kriya In Marriage

by Shara Amelia

This is the beginning of a series of pieces on Kriya in marriage and how the principles of Kriya can be applied to the life-long and, some believe, eternal exercise of marriage love or conjugal love.

We sometimes hear about the quiet, sincere seeker of higher consciousness who puts distractions aside to obtain brilliant spiritual insights through silent meditation...alone. But Kriya must also work against the rich and webbed backdrop of the major life relationship that defines my own spiritual seeking and that of millions of others – that of wife – and without which I do not honestly know if I would have encountered Kriya at all. Jungian thinkers have viewed marriage, indeed everything, as a process of individuation where personhood is forged, but I embrace the notion that marriage can be much more than a process of individuation. Individuation is expected largely to guarantee "normal" functioning and has no specific social benefit.

But let's not limit either individuation or marriage, never quite exclusive of one another because of the way we're set up. One can do great things as an individual and it's worth keeping in mind that one can practice getting progressively more married in any state if one likes. One's flesh and blood partner helps us to bring yin and yang into expressive balance, something we're going to need to accomplish in any case for enlightened living. So the point is not what characteristics define a given marriage or even whether it outwardly exists at all but what repeated, consistent, creative actions can be brought to bear in the soul-journeying life-path in, around, and of marriage, which by definition means committed as equally to the soul of another person as we are to our own soul. It also means that, if we're not very committed to our own soul, we're not going to be much of a linear helpmate in marriage. We may help our mate eventually to graduate from certain patterns or types of choices but we will not with them issue forth the gifts of marriage.

Copyright © 2005 Eternal Way

Eternal Way Journal is published five times a year by
Eternal Way and is supported by member and readership donation.
1122 South Lamar, Austin, Texas 78704, U.S.A.

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

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

Marriage is a “creative partnership” that might issue in good work, effective parenting, a strong family, a vital circle of friends and neighbors, and ultimately, even a more mature nation (*Dark Night of the Soul*, by Thomas More, p. 129). “Creative partnership” is a necessary ingredient to the authentic marriage because we desire to soar as a soul in company with another and touch regularly on the luminous aspects of the Godhead – that part enlivens all the work and drudgery (especially in the case of family-building) that accompany the more obvious benefits of marriage.

The Kriya of marriage is really about the action, words, and deeds of marriage rather than the nouniness of it. Marriage can be a difficult path of unfoldment, oftentimes fraught, dark, and mysterious, an exhausting tussle of wills, roles, and voices. The Kriya of marriage involves a certain elegance in rendering the old adage *that when the going gets tough, the tough get more committed (and not less so) to one another*. Commitment is always an action verb of finding a way to make it work.

TO BE CONTINUED

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.

Austin Access T.V. Programs

The Eternal Way has two ACTV programs this season. One is **Tuesday morning at 7:30 am**. The second is **Thursday at 12:30 pm**. **Both are on Channel 11**. For an uplifting and refreshing perspective on spiritual living, tune in and give us some feedback. Call us at 512-445-1080.

Your Partnership with the Eternal Way is Important

Would you join us? Become a *Spiritual Partner* by devoting \$25, \$75, \$150 or more to the ministry work each month. If you are donating, know you are a vital conduit of God's power manifesting in this world. **Please use the new donation envelope to send your generous support contribution.**



Developing the Christ Consciousness

by **Julian Enoch Bruno**

We here further develop the theme that was initiated in the previous newsletter in “The Self, The Christ – Unity and Wholeness”, with the central assertion that our true Self is a Christed Being. This is the result of our being created in the image and similitude of God. This True Self of ours is whole, balanced, and at-one with God. In the King James version we read:

“Let this mind be in you, which was also in Christ Jesus, Who being in the form of God, thought it not robbery to be equal with God, But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men;” (Phil 2:5-7).

It is interesting to note how the various versions of the Bible differ, for instance, the Revised English Bible has part of verse 6 to read, “...yet he laid no claim to equality with God.” What clearly contrary ideas from these two versions of the Bible!

As we develop a Christ Consciousness mind-set, so as to have the mind be in us that was in Christ Jesus, which comes from the unity that Jesus affirmed for us in John 14:20, we have to contemplate fully this issue of equality with God. Consider it as a step function, with the first step being that we think it not robbery to be equal with God and with the next step being that we keep ourselves humble about his realization.

Julian Enoch Bruno has a B.A. in Psychology and a M.A. in Consciousness Studies. He is the author of *The Self, The Christ: Individual, Yet Collective*. He is currently developing an educational program called *Songs of Science...With a Heart* and he works at an environmentally-friendly transportation store, *Alien Scooters*.

Good News!

Know God is your very life. Celebrate living by seeing God in family and those around you. This will harmonize conditions and manifest grace for all. Thank you for allowing us to serve God in you!

Marriage of Kelly Inselman and Chiddi N'Jie

A beautiful wedding ceremony for **Kelly Inselman and Chiddi N'Jie** took place on Saturday, June 4th at the Laguna Gloria Museum in Austin, Texas with **Rocco benRoy** presiding as minister. Kelly was raised in a Christian family in Houston, Texas, and Chiddi is from Sierra Leone from a Muslim background.

The sacred ceremony celebrated both spiritual and cultural traditions from both Kelly's and Chiddi's backgrounds. Readings from friends of the couple took place during the ceremony and included scriptures from the Holy Bible and the Q'uran. Following the ceremony, a spectacular reception followed with dancing, music, and fellowship with friends and family.

Eternal Way Music C.D. Finally Mastered

Larry Telford's Sound Studio has finally mastered the Eternal Way C.D. "Many are the Names." Donations to support the first pressing are coming in. If you would like to specifically participate with a donation to support the first one thousand copies being made, please say so in the enclosed envelope. This musical collection is to encourage realization that the One Field of Pure Being, God, has been inspiring humanity from the beginning of time. Each of the world's major faiths is an embodiment of God's ongoing revelation. It is the hope of the Eternal Way to celebrate some of these

unique names of God through song and unite people everywhere to work together spiritually even though we worship differently.

Learn to Grow the Best Bread on the Planet

Saturday, July 16, at 10 –

11:30 at the Eternal Way, will be a lecture demonstrating how to cure what ails you by growing your own bread! Starting with seed which has been soaked and activated, we will then make dough using a special helix device, and then bake it in a "womb" – a unique oven for putting in sun energy. Come join us in how to make a high-protein, gluten-free, additive-free, yeast-free bread – the bread of life! Call John Stern for more information at 731-4786 or email jstern1028@yahoo.com.

E.A.T. Outreach News

The E.A.T. Outreach is an affirmation that nobody goes hungry, that there is food enough to go around, that "everybody ate today". This outreach picks up and distributes surplus whole grain breads to needy agencies. **Gratitude goes to Ann Butler, Scot Fields, Jane Salkeld, Pam, John, Steve, Paul Thraikill, Jeff and Gayle Caughey, Morris Greggs, Melanie Irwin, John Stern, for delivering to an average of 11 agencies per week in the last two months.**

New volunteers are always needed to help with ongoing schedule changes. Call 512-445-1080 to participate.

