

The Eternal Way

September – October 2005

Handling the Winds of Change

“Know as imperishable the One by whom everything has been manifested and pervaded. No one has power to bring about the annihilation of this Unchangeable Spirit.”

Gita: Chapter 2 – verse 17

The One Field of Changeless Being, referred to as God, has expressed as this world of change-filled relativity. This outer world is constant change. Sometimes change is subtle. Sometimes change is dramatic. And on occasion, change is beyond comprehension. It is catastrophic. This has been a year of devastating change for many. From the hurricanes of the Gulf Coast to the tsunami in Asia, to war, drugs, terrorism, disease, or accidents, many are left in a wake of grief and turmoil.

My own family members live in the Port Arthur and Beaumont, Texas, area of the Gulf Coast and each of them experienced displacement for at least a month and some damage to their homes and places of business. Thankfully though, they heeded the warnings of weather and government officials and evacuated early into safer areas more inland. When they asked me for help after the electricity and water came back on almost a month later, it was unbelievable to witness the carnage first hand that the hurricane dealt there. Familiar landscapes and neighborhood homes of my childhood were altered forever. Large trees were snapped like twigs or uprooted like weeds, twirled, and then hurled into homes, wrecking them and making them uninhabitable. Some people are leaving that area for good. Others vow to rebuild.

Many wonder how that level of devastation can be emotionally handled much less physically handled. The answer of course is that we must “rise” out of the ashes and realize we are more than just emotional, mental, and physical beings. In fact, it is in times just like this that we MUST get to the “core” of our being and realize we are birthless, deathless, ageless Pure Being. Only then

can we go forward. If we identify with physical bodies, mental states, or emotional feelings, we may stay traumatized. But if we identify with Pure Being, then we can see the world as an extension of our changeless nature in changing form. Only then can we remain calm, poised, and ready for the next moment of life.

Each of us is a soul, an individual expression of the One. As a soul, we can identify with the outer expression of this world, the elements, and get caught up in the “soil” of this earth. Or we can turn our attention inward and become established in the “real” estate of our being, the Transcendent. Once re-established at the heart of our being we can live in this world and not be of it.

How can we make ourselves fertile for spiritual realization? How can we remain anchored in Spirit when the winds of change are upon us? Some people won't change until a crisis is upon them. What will you do? We CAN prepare and be proactive in life. Here are a number of things we can do to be in a state of readiness so that grace (the attracting and supportive influences woven into creation) can be operative:

1) Anchor Your Life in God with Daily Meditation

Anybody can pray or meditate when trouble comes and most people do. Seek and experience the kingdom of God daily before problems arise. Learn how to really meditate. Kingdom means “God's counsel or presence.” When you seek FIRST the kingdom of God's presence daily, you will be surprised at how often you avoid problems altogether. When we meditate correctly daily, we experience *superconsciousness!* This infuses our outer world with insight, intuition, and wisdom to act appropriately. We then know that we live *IN* God, *WITH* God, and that God *LIVES* through us. Our world then has the right order and things unfold in divine timing. We can move about this world with our activities consecrated by the Divine and we feel alive, connected, and liberated to do the work that God manifested as us to do!

2) Eat Fresh Foods

Your body is a temple. Would you build a house out of poor materials? Of course not! When the winds of change come, as they will, you can be physically healthy, mentally clear, and emotionally balanced. One lends itself to the other. Fresh foods are whole foods and they enhance the real you, Spirit, operating functionally THROUGH this body temple which is a prism. When we eat poorly, we feel disconnected from our true self and end up acting accordingly, disconnected and out of balance. Old food, overcooked food, microwaved food, overly processed, and refined foods do not nourish us and further deplete us. The unfortunate result is unenlightened living. Eat fresh to be your fresh best.

3) Adopt a Vegetarian Lifestyle

Move toward a more compassionate dietary lifestyle. Use freshly prepared organic fruits, veggies, and seaweeds about 75% of every meal or 3 of every 4 bites of food. This complements your bloodstream to stay the alkaline medium it needs to be to neutralize the acid waste of metabolism. Learn to balance eating according to body constitution, season, and prevailing conditions by investigating the science of Ayurveda. If you consciously must use animal products, use non-hormone, non-antibiotic raised meats, fish and eggs. Avoid mixing proteins with refined sugars – this creates an over-acidic body terrain for cancer growth.

To be continued....



Kriya In Marriage Part 2

by Shara Amelia

For marriage to be a true spiritual crucible, we must bring a very specific “active ingredient” or medicine to the body of the marriage when it is ailing. And this will have to happen repeatedly--that is, we have to allocate on behalf of the marriage in specific and sometimes galling-to-the-ego ways when not working well together.

Thomas Moore, in *Dark Nights of the Soul*, talks of the prevalent sociological view that takes an allopathic attitude to all emotional distress. Depressed? Here, take an anti-depressant to counteract it! Find any means necessary to first medicalize your distress and then medicate it and restore yourself to cheery functionality. Above all, don't make people uncomfortable for very long with your grief, your struggles, your debt, or your demons. It's *your* mess, so deal with it. I think this view is shifting in the face of events such as Hurricanes Katrina and Rita that will have long-term effects on the psyches of many families but, nonetheless, the “just get over it” view has been prevalent for a long time.

Moore advocates a homeopathic (“like the problem”) remedy to emotional distress. If like heals like, then the homeopathic action in the face of a darkening marriage is to go further and deeper in and to stay there until you get some *illumination*. It's no good being an emotional sophisticate for the sheer sake of it but it does do some good if you can bring something constructive to your mutual life by it. This is the most deeply unimpulsive thing that you can do. It would be to get *more married* and go into the heart of your covenant's darkness, the vicissitudes of yin.

An example of this is the woman in Biloxi who laughingly admitted she vacuumed and brought her rock collection indoors before evacuating (which is telling of the meaning she ascribed to rocks as anchors for her home), only to break into tears moments later about the fact that her crafted definition of marriage, family, and home had been obliterated from view. Hers was

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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.

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suffering informed by meaning and metaphor. This means staying on the couch with your mate until the argument is over, looking into the other's eyes, listening authentically and stating your feelings artfully, setting ground rules and then playing by them. The allopathic remedy or action for a marriage in a dark night is, by contrast, divorce. Divorce is the more yang approach, and although sometimes necessary, say, in cases of abuse or addiction, is it just as often not? Like the allopathic cure to disease, divorce is not often a neatly tied-up ending, unless you have the somewhat less traumatizing experience of divorcing *sans enfants*. It's a multigenerational quelling of symptoms that, like your dreams and metaphors, have lost their potency to signal to two covenanted selves that there is something out of balance in the garden.

Though divorce is inevitable in some cases, in other ailing marriages people can get a good taste of its possibilities and/or limitations from the divorces of parents, children, friends, relatives, and take that information into the homeopathic model for keeping the marriage going and growing. Kriya, or constructive action, will eventually need to be implemented in every lifetime, but a great deal of social benefit can accrue to a marriage when it is implemented earlier—that is, when action is taken more homeopathically, less egoically, and often.

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.**



Growing in the Christ Consciousness

by **Julian Enoch Bruno**

This article is part three of a continuing series of articles that focuses on the Self as a Christed Being, which is created in the image and similitude of That which we call God. This perspective is based on the writings of Carl Jung, particularly his Aion: Researches into the Phenomenology of the Self. Recall Bible quotes John 14:20, 17:20-23 regarding “unity and wholeness”, and Phil. 2:5-7 regarding putting on the mind of Christ. This Self we are speaking about here is an ultimate archetypal goal, a potential, which may not have begun to be expressed yet in this life, though that is our objective. There are many quotes from Paul's epistles that are speaking of this “Christ” that is more than just in Jesus, for example Ephesians 4:17-24:

This I say therefore and testify in the Lord, that you henceforth live not as other Gentiles, who live in the vanity of their mind, and whose understanding is dark, and who are alienated from the life of God because they have no knowledge, and because of the blindness of their hearts; and who have given up their hope, and have surrendered themselves to wantonness and to the practice of all uncleanness in their covetousness. But that is not what you have been taught about Christ, if you have truly heard him and have been taught by him, as the truth found in Jesus. (17-21 Lamsa version) That you should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth. (22-24 Catholic Study Bible).

So let us be mindful of our ways of being and doing, and choose to put on this Godly Self and be renewed.

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 works as consultant to organizations and businesses sharing principles of spiritual transformation and healthy living.

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!

In Loving Memory

Al Barnes, father of Dorothy Young who is Treasurer on the Eternal Way Board, passed from this world on Tuesday September 6th, 2005. His memorial service was in Waco, Texas, on Friday September 9th. The Eternal Way Wednesday night service on September 7th was dedicated to his memory. Dorothy's mother, **Joann Barnes**, passed last year in July 2004. Dorothy courageously served with devotion both her parents in their final months during difficult critical illnesses. All of us send love and blessings to Dorothy and her daughter Elizabeth for their tireless commitment and noble demonstration to serving God in her parents.

Another member of the Eternal Way, **Kathleen Hudson**, died accidentally in an incident on September 25th, 2005. Kathleen assisted people with health-related products as a Nikkan distributor. She is survived by her husband, Steve. A memorial service is to take place at Umlauf Sculpture Garden in Austin, on Sunday, October 9th, 2005.

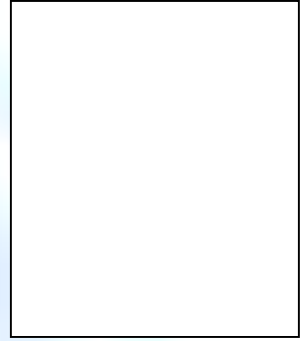
Eternal Way Music C.D. Finally Mastered

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.



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.

The EAT outreach was one of the first donating agencies to serve by getting food and clothes to the Katrina evacuees at the Tony Berger Center and the Austin Civic Center in Austin, Texas. Gratitude goes to Ann Butler, Scot Fields, Pam, John, Steve, Paul Thrailkill, Jeff and Gayle Caughey, Morris Greggs, 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.

September – October 2005 Wednesday Eve.

Worship Service Meditation Schedule - 7pm

September 7, 14, 21, 28 - Meditation

October 5, 12, 19, 26 - Meditation

Rocco benRoy's Speaking/Travel Engagements

10/8/2005 Church of the Hills – Lometa, Texas

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

Contact us if you would like directions or additional information.

Kriya Yoga SatSang – Every Saturday at 11am
at the Eternal Way for initiates and sincere seekers in the constructive living tradition of the ancients. Asanas, meditation, and techniques!