

# *The Eternal Way*

November 2005 – January 2006

## *Handling the Winds of Change (Part Two)*

**“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**

**Continued from the previous issue, here are a number of things we can do to be in a state of physical health, mental clarity and spiritual awareness so that grace (the attracting and supportive influences woven into creation) can be operative:**

### **4) Use Fermented Milks**

Yogurt, kefir, raw milk cheese, and cottage cheeses are rich in enzymes, calcium, proteins, and other minerals and vitamins necessary for vital living. Societies that have longevity in each generation invariably cite fermented milks as a dietary staple. Calcium and other milk minerals are keys to buffering the acid-forming foods of proteins and fats. Plus, they build structural and chemical integrity in every body organ and process.

Milks are the “fruit” of the animal and fermented milk products are more “alive” and are, therefore, considered acceptable to a vegetarian lifestyle. Milk’s live quality is a function of the acidophilus bacteria that ferments it. These microbial servants make vitamins, enzymes and immunity-enhancing substances as a result of the composting action on food residues in the digestive tract of the human body. These nutrient compounds in turn are reclaimed through the bowel wall into the liver, and then on to every tissue. So, every tissue is fed by the blood that is supplied by the bowel. And the good bowel bacteria are an unseen player that colonizes the bowel and provides assistance to the body’s well-being.

### **5) Use Whole Organic Grains**

Unrefined whole grains are nutrient dense for vital living. In the refining process, important fiber, minerals, vitamins and intrinsic factors unquantifiable by present standards are lost. Refined grains spoil less but also nourish less. Let’s wake up as consumers.

Eating refined grains on a regular basis undermines health, creates sluggish bowel performance and ultimately pollutes the very life stream, your blood, that food is designed to enhance. On the other hand, eating whole grains repairs tissues, transmits life force, builds vital strength, cleanses the digestive tract of waste debris and empowers the body to be a conduit to fulfill your spiritual destiny!

### **6) Use Real Sweeteners**

Molasses, maple syrup, raw honey, and stevia are examples of more wholesome sweeteners made from real plant sources. Even fruit bits can be used in baked goods or dishes that call for sugar or sweetening agents.

Unrefined sweeteners have quantifiable and unquantifiable nutrients to nourish your body that refined products like white sugar do not have. White sugar, for example, may last on the store shelf for months or years, but it has little to offer in terms of transfer of life force to the body. Refined products have infiltrated most processed, boxed and canned foods. They acidify your body, reduce its alkaline reserves and impair its ability to host the life force.

Look closely on the label. Truth in labeling has helped to prevent sugar’s presence in a product from being obscured. However, it may be hidden in terminology such as sucrose, dextrose or “natural sugar”. The closer sugar is to the front of a string of ingredients, the more abundant it is in that product. See the use of adulterated foods as eating but not getting paid. If your body is going to eat and not get nourishment then do not

be surprised when the tissues become bankrupt and the organs begin to fail.

You are important! Your divine destiny is best facilitated by optimizing your body's health which facilitates the clarity of your mind, the focus of your intellect and supports the self-realization of your true spiritual nature.

### 7) Drink Clean Alkaline Water

Gasoline prices may be high, but glitzy spritzzy waters in fancy bottles are commanding higher price tags when calculated on a per gallon basis.

Your body at birth is about 77% water. Aging and disease are now being seen as progressive dehydration and loss of water. All nutrients get into the cell and metabolic wastes get out of the cell on the back of blood which is approximately 83% water. When just a 1 or 2% water loss occurs within your system, your health suffers. Your blood has a stabilized alkaline pH of approximately 7.4. Everything you eat or drink has to integrate into this bloodstream pH of 7.4. If you eat too much protein, this "pulls" down on the blood's pH. Your body reacts by neutralizing or buffering that acidity by mining from or drawing from tissues water and minerals which represent an alkaline reserve. Minimize coffee, caffeinated teas and soft drinks which cause a diuretic effect. Instead, consume half your body weight in ounces of alkaline pH water (7.4 or higher) per day and see your disease symptoms disappear and your health soar!

To be continued....



## In Thanks

by Shara Amelia

At times we look back on our lives and realize we have always been working on the same spiritual oeuvre that serves as the ground of being for our whole life. The beauty of aging is to look back and place what was once less clear and less fleshed out into a narrative that makes sense and that has "taken sense" over time. What follows are thanks for a teacher who helped convey in a different time and space all that has continued to be unveiled as the ONENESS of life:

Gilded fall afternoons around a seminar table in Hall Bldg. you led us in discussion of Wallace Stevens' poetry, who so belonged to the East--Connecticut, lush Eastern Pennsylvania being no stretch--and the mental realm we so seem to enjoy yet cannot stay in.

"[We]... had to choose. But it was not a choice/Between excluding things. It was not a choice/Between, but of."

Thank you for playing your part on my path to choosing "to include the things/that in each other are included, the whole,/the complicate, the amassing harmony" [From "Notes Toward a Supreme Fiction" in The Collected Poems of Wallace Stevens].

Thank you for leading me in some of the first stumbling meditations to have led to the realization that we could cease our questing and start resting in the knowing that the ONE field of consciousness is all there is, that the "palm at the end of the mind" is the palm of Pure Being that we are held eternally within....

Many blessings as you re-tire for all the roads you have yet to travel.

*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.*

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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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## **The Psyche's Spiritual Purpose**

by **Julian Enoch Bruno**

This month's article will highlight some ideas from a book entitled The Religious Function of the Psyche, by Lionel Corbett, and how the ideas presented therein basically resemble what is being offered at the Eternal Way.

The first likeable idea is "developing a religion of an individual character based on direct experience of the sacred to the individual." Second, "the Transpersonal Psyche is the irreducible ground of all sacred experience no matter what form this takes because without consciousness there would be no religious experience." Third, when one accepts "the Divine as the experience of the numinosum," (the essence of holiness, yet still tremendously mysterious) "then no one more or less is valid over another, and what that leads to is continuous revelation." Fourth, "that many people with a strong sense of the sacred require an approach that recognizes its actual manifestations within their own lives." Finally, that we are living in "a new psychological dispensation."

What is appreciated about these ideas (and there are others offered), and what is presented by the Eternal Way is a recognition that God, the Divine, a Higher Power, etc., (whatever one labels the Beyond the Namable) is being experienced in unique ways by unique individuals far from traditional images of what God is and how the Divine manifests. Therefore no icons of any religious tradition are presented by the Eternal Way, in an attempt to honor the God presence within every human being. The beauty in realizing that one's psyche is the sacramental container is that a person is truly alive and totally authentic. Further, when the individual's personal set of religious attitudes, beliefs and practices are honored, then the whole culture is valued.

When a refreshing alternative to religious experience is offered, from theology and dogma in this case, a different terminology is utilized to explain certain experiences which could offer a better understanding and acceptance of one's direct experience. It's comforting

that we don't need to go running to-and-fro looking for some external messiah, for the Kingdom of Heaven is within us. This would also include, dare I say, being a member of an organized church structure, at least for fear of being punished if you didn't, but rather being a member of a church community for other purposes of sharing experiences with uplifting people.

With the realization that there is no need for an intercessor and that revelation doesn't stop with the compilation of the Bible, we conclude that revelations for one's personal life are an ongoing happening. A great truth is that one doesn't have to die, at least not completely, to realize the presence of God/Heaven, for it is a state of awareness and we are an integral aspect of the One unified field of consciousness we conveniently call God.

We can read all about it, yet the question has to be asked: are you directly experienced?

**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.

*Your Partnership with the  
Eternal Way is Important!*

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

## 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!**

### Hurricane Katrina and Rita

Thousands of people affected on the Gulf Coast by the hurricanes came to Austin, Texas, in its aftermath. Many resources of food and clothing flowed through the Eternal Way from its member body and supporting donors to get it to where it was needed by a dedicated and selfless volunteer corps. Travel weary and traumatized individuals who stayed at the Tony Berger Convention Center and the Austin Convention Center were met with hundreds of donations by many organizations to satisfy their immediate needs.

Family members of Rocco benRoy had both homes and businesses affected in the Port Arthur and Beaumont, Texas areas. **Roy and Gloria Bruno**, Rocco's parents, had water damage in their home and severe roof damage to their service station business of 61 years. Rocco's brother, **Shawn Bruno** and his wife **Misha**, had minor roof damage but huge tree damage to their property. Their winery business in the nearby town of Sour Lake also sustained roof and property damage from high winds and rain. Rocco's two sisters, **Michelle Bruno** and **Stacy Dean**, each had roof and property damage to their homes also. Thankfully, they and their husbands and all family members stayed safe from personal harm. Rocco went to Port Arthur and Beaumont at the first of October to assist in his family's resettlement once electricity was turned back on and

clean-up work could begin. His report of the devastation seen was unbelievable.

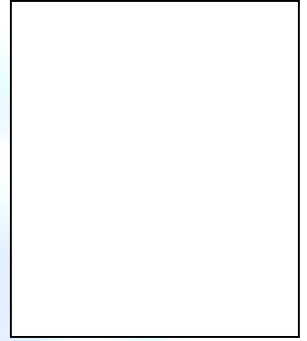
We want to thank everyone involved who offered and provided help. The numbers and names are too many to enumerate in the small space allotted here. However, know that the One Life of God working through all of you served God in each and every soul that was in need. God bless you!

### 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, Pam, John, Steve, Paul Thraikill, 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.

### Eternal Way Retreat

The Eternal Way Retreat can use construction help on roofing, stucco and sheetrock work. Contact us if you can assist in these areas at 512-445-1080.



**Wednesday Evening**  
**Meditation and Worship Service**  
**7PM**

Come join us each week during the Wednesday Evening Service of meditation, communal singing, and chanting in the living Kriya Yoga tradition of the ancients.  
Everyone welcome!

**Rocco benRoy's Speaking/Travel Engagements**

11/8/2005    Regenesis Integrative Health Center, Austin, Texas  
12/6/2005    Regenesis Integrative Health Center, Austin, Texas  
1/3/2006    Regenesis Integrative Health Center, Austin, Texas  
2/6/2006    Regenesis Integrative Health Center, Austin, Texas

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

Contact us for directions or additional information.