

# The Eternal Way

October - November 2003

## How to Overcome Negativity and Experience Wisdom

*"The light of God shines at the spiritual eye, the inner door that leads the soul's awareness into the realm of divine glory of God. The reality of God that dwells in each person can be known by entering the sanctuary of illumined consciousness."*

Lahiri Mahasaya

*"The eye is the lamp of the body; if therefore your eye be bright, your whole body is also lighted."*

Christ Eshua (Jesus) in Matthew 6:22

(Lamsa's Translation of the Aramaic Peshitta Text)

Feeling negative? Depressed? Broke? Challenged? Irritated? Agitated? Aggravated? Used? Abused? Tired? Weak? Left out? And on and on?

If it feels like the negative bugger boos are closing in on you, then admit it, it's because you have invited them in! There is only one way that the negatives get a hold on you, and that's because you have identified with them *and have a hold on them*. And you won't let go because you have an investment in them. That's right. Your knuckle-white tight-fisted thinking is holding on for dear life to something that is comfortable even if it is not working.

Remember the saying, misery loves company. What "company" are you keeping? Apparently, you have an investment - major stock - in being depressed, broke, challenged, irritated, agitated, aggravated, used, abused, tired, weak, left out, and on and on! So the quintessential question you must ask is...WHY?

The *perfect being that you already are* "bought into" being one of those things instead because you thought it served you. Instead, it has enslaved you. And now the cumulative negatives have conducted a major takeover of your life and you have awakened in a world you don't want.

Want out? Want to let go of all that negative stock and start fresh? Well, just as stocks in the marketplace are optional, so are the thoughts you entertain! Decide you want to overcome negativity once

and for all. How? By following these time proven steps of enlightened living offered throughout the ages by masters of perfection.

### 1) Identify and Observe Negative Feelings.

What are negative feelings? Any conditional thought or feeling that attempts to prevent you from expressing your highest ideal in harmony with all of life is a negative idea. If you are having them, then admit it but just observe them. See negative thoughts like billboards lining the highway of your life. They try to get your attention as you are on your *way*.

How do you handle negative thoughts when they occur? By not being attached to them if they happen to "show" up for whatever reason. They come and go as you are on your journey, but they have no power over you unless you stop and make one of them an altar to worship on. They only have power when you give them the life force of your supportive attention, speech, and actions. When you come across one of these billboards of mass distraction, affirm that you are minding your own business, the business of God's calling in you.

### 2) Understand Negatives are Not the Real You.

Now that you have identified and observed a negative thought, realize the feelings are not you! If you are observing a thought, then you are not the thought itself but the observer. Who is that? *You are that...* a perfect spiritual being at one with God. You are a perfect emanation of the Infinite. That's what it means to be made in God's image and likeness. *God is the only Reality!* In the east, it is affirmed "tat twam asi" (thou are that) and in the west, revelation asserts that we are "children of the Most High" (expressions of the One God). This is not cause for arrogance. This is cause for the highest humility because one realizes that the same God that is in me is also in you. Therefore, we can celebrate external differences while remaining aligned with the truth about the real identity of each of us. How I treat myself is how I

am treating God. How I am treating you is how I am treating God.

### 3) Cultivate Contentment in All Circumstances.

To be contented means to be fulfilled with what is happening in any situation. Yes, it is useful to have preferences. It is useful to envision outcomes. But if Life unfolds “something else”, accept the Divine Hand of God as molding and shaping Itself into something more spectacular in and through you. See the movie “Ground Hog Day” with Bill Murray. Once he realized that *it was up to him to be happy no matter what happened in this world, then the world appeared new and fresh to him.*

See negative experiences, feelings, or challenges as the polishing stone of life to bring out your brilliance. Don’t beat yourself up for having a bad day, but don’t coddle yourself either into complacency regarding “lazy” thinking. Check your thoughts about yourself and your circumstances very carefully daily and throw out anything that falls short of the highest truths.

Now is the time to experience true wisdom, true spirituality. Now is the time to get out of “conflict”, “double-mindedness”, “duality”, “evil”, or whatever religious, philosophical, cultural, ethnic, or geographical conditioning with which you were indoctrinated. This is the time to let the focus and attention of your eye be bright so as to enter the sanctuary of illumined consciousness within yourself.

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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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## Remembering the Earth

by Rudy Davenport

On Saturday, November 22nd I will be playing a benefit concert for the Eternal Way Center. Included will be selections from my first CD, *Remembering the Earth*. I would like to use this article to discuss the reasons I wrote this CD, and to give some insights into what I wished to convey through the music.

I made an important discovery that became the catalyst for writing *Remembering the Earth*. As I wrote in the CD, “We all have moments of perfect beauty suspended in our minds and hearts; images that were imprinted when beauty took us by surprise. These images and feelings point us in the direction of the Divine, and help us touch our deepest self. Appreciation, care, and love for the beauty of the Earth are essential ingredients in spirituality and inspiration.”

Every person has moments when beauty made us catch our breath, or made us say, “Wow!” Moments that made us feel connected to the universe, and a part of all creation. Moments that both exalted our awareness and humbled our hearts. Almost always, these moments of perfect beauty involve people and nature. And these moments are the soil from which spring music, poetry, art, stories, and mysticism. Each piece of music on *Remembering the Earth* captures and expresses one of these unique moments of perfect beauty that I have been blessed with in my life. My hope was that by expressing those moments of my life, I could encourage listeners to assess their own moments of beauty, and to more consciously experience their deep meaning.

The second reason I was led to compose and record my CD was to express my concern about the looming crisis the Earth is facing. Not only is it a crisis for the environment, but it is also a crisis of spirituality--a crisis for the human soul. Can we really live with a spirituality--or even a religion--that does not put care for the beauty of the earth as a top priority? Even though it is so obvious that we have nowhere else to live except the



Earth (and even this obvious fact has not as yet sufficiently influenced our behavior), it is just as obvious that human spirituality has the Earth as its home. With the loss of natural beauty, we lose an irreplaceable spiritual treasure.

What I mean by this is illustrated by two incidents from the life of Ramakrishna, the great Perfect Master who lived in Calcutta, India until the beginning of the 20th Century. When he was just six years old, one day he looked up into a stormy, dark sky and saw a flock of geese flying in formation. The beauty of the sight so overwhelmed him that he lost consciousness of his surroundings. Later he said it was the first time he experienced the spiritual state of samadhi, where consciousness becomes so immersed in the Divine that awareness of external things is lost in inner absorption. Later in his life, his disciples insisted on taking him to the zoo to see the animals. As Ramakrishna was standing looking at the lion, the lion let out a mighty roar. Instantly, Ramakrishna went into samadhi, and that was the end of the zoo tour! We cannot overestimate the spiritual importance of natural beauty. For some it is just geese and lions, but for others, who have the eyes to see, it is the Divine being revealed in natural beauty. *Remembering the Earth* is available at the Eternal Way Center. I hope to see many of you at the benefit concert on the evening of November 22nd.

**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.

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### **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!



## **Reflections on the Mission Statement**

**by Shara Amelia**

The enjoinder to *Foster a loving and supportive community that embraces everyone and excludes no one by recognizing the Divine in us all* is so very difficult for us. We've had two recent calls to the Eternal Way that illustrate this, one very impersonal and one very personal. This first caller said they'd seen Eternal Way programs on Austin Access, asked a few questions about food choices, but then asked whether our programs were "Bible-based" despite numerous Biblical scriptures peppered throughout. They indicated they would not want a program unless it was Bible-based. They must have assumed that God or Truth can only be found within the confines of the Bible.

The second call was one of those you can wait for twenty or more years for. You might never get such a call because this person has stood in bitter judgment of you, has thought you evil personified. The caller reported that they now understood "that everyone makes it." This caller now had the awareness to understand that no one is excluded from God's love, that we, every one of us, *come from God and return to God* and that this is the only way it really could be if you think about it. The answer this caller received was to simply remember the part in the Course in Miracles where it says, to paraphrase: "[To know or gain awareness of God] is a required course...you can but choose when you wish to take it." We are all expressive of the divine, not a one of us more than another. Once this is taken in, as through meditation, the part about a loving and supportive community will be a fait accompli.

**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.

**Look for the Eternal Way's "Your Body, Your Temple" T.V. Program on Austin Community Access, Channel 11. Call for the new schedule.**

### Good News!

**Roy Eugene Davis is coming to Austin on Sunday October 19, 2003 to conduct a seminar on Meditation**, as taught in the tradition of the ancients. Roy is a direct disciple of the renowned yogi Paramahansa Yogananda, author of the international spiritual classic *Autobiography of a Yogi*. Mr. Davis has been Rocco's mentor since Rocco met him in 1980. Rocco was initiated in the Kriya tradition in December 1982 and has been ordained by Mr. Davis to continue teaching in this time-proven path. See the enclosed flyer with this EW issue for complete details.

**Remember, Hatha Yoga every Tuesday at 5:30 pm with John Stern. Donation basis.** Come enliven yourself with stretching, limbering, and breathing with Hatha Yoga!

Join us for a **Fall Eternal Way Benefit Concert and Fundraiser** featuring solo pianist **Rudy Davenport**. The date is set for Saturday, November 22<sup>nd</sup> at 7 PM. Kathy and Leslie Moor will host the event in their West Austin home. Open door but limited seating so please **RSVP to 912-8122** for directions to the event. Donations collected will go to general fund activities that include the E.A.T. Outreach and multi-media production and distribution of Eternal Way publications.

### 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 **21 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, Stu Goldman, Radha, Gavin Emberson and his Bahai Faith Center Crew, Julian Bruno, and Paul Thrailkill.**

### Eternal Way Retreat

A **new gutter system** for rainwater collection was installed on the building in Bastrop on Tuesday, September 23<sup>rd</sup> thanks to the generous support of our member body. Items still needed: **one 47½" w x 84" h French door priced at \$671 and about 40 sheets of 5/8ths thick fire-rated sheetrock priced at \$240** to completely enclose the retreat. **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.

### Oct. and Nov. 2003 - Wednesday Programs

	October / November		
Studies in Truth	1	5	7pm
Using Mind, Body, and Heart to experience God	8	12	7pm
Kriya Yoga: Constructive Keys to Spiritual Living	15	19	7pm
Using Mind, Body, and Heart to experience God	22		
Community Spiritual Gathering w/Potluck at 6pm	29	26	7pm

### Rocco benRoy's Speaking Engagements

9/30/03	Church of the Hills – Lometa, TX
10/2/03	Senior Activity Center – Lockhart, TX

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.