

The Eternal Way

October – November 2004

Ready for Your Extreme Spiritual Makeover?

With all the media focus on physical, material, house, and cosmetic makeovers, I thought it only appropriate for our ministry to offer a complimentary plan for overall integrated well-being. Therefore, a Spiritual Makeover Plan is offered and outlined here free for the asking. There are remarkable rewards with this makeover. When you implement these ideas, those closest to you won't recognize you. They won't believe you are the same person. And truthfully, you won't be.

Here is what you'll get!

1) An Automatic Facelift Worth Looking At

One of the most important aspects of the spiritual makeover is that you'll get to ditch the frown, scowl, and drooping lower lip. That's right! This one technique alone is worth this entire offer. Trade in that pouty set of lips and that heavy-jowled look for a brand new upward-arching *SMILE*. It will automatically give you that facelift you have been wanting. Your friends may not recognize the new you or at least will wonder whether you are up to something worth asking about.

Go ahead, put a smile on your face right now and see how you look and feel! Practice it in the privacy of your own home in front of a mirror if you need to get used to it before displaying it in public. With a little smiling practice, you'll realize how great it looks and feels and how it uplifts your spirits and those around you.

2) A New Fit Body Worth Living In

You, as a perfect soul, will no longer have to slump over, walk timidly, or appear to be auditioning for a Discovery Channel episode of *The Neanderthal, Mouth Breathing and All*. By learning the secret posture of the ancients - how to simply **STAND UP ON YOUR OWN TWO FEET AND GET OFF YOUR ASANA** - you will instantaneously appear to have that much-needed tummy tuck. Other powerful techniques within this **OFF WITH YOUR ASANA** series will take off years or pounds from your body frame, depending on how you keep score.

Finally get into that more fit-looking, svelte dress or suit size!

3) A New Daily Menu Worth Eating

You can finally throw away all that boxed, packaged, irradiated, stale, lifeless, and genetically-modified food you may have been hoarding since before Y2K and make 75% of your diet include fresh fruits, vegetables, and pure alkaline water. This will alkalize your body to neutralize its acid metabolism and keep you so energized with life force that even the energizer bunny will have to stop and take notice. How can you think and discern clearly when you eat poorly? You can't. Eat better and ensure the success of your makeover.

4) A New Attitude Wardrobe Worth Wearing

Attitudes are habits of thought. All those thoughts of being sick, lazy, depressed, unworthy, unconfident, poor, and unenlightened can be thrown away like tied-dyed bell bottoms from the 1970's. Stop the nonsense and be fashionable baby! If you don't want negative things to manifest, then why use vital power entertaining and giving them safe harbor? Program your mind with these new thoughts – *God lives in me, as me, and therefore I am enlightened, empowered, balanced, clear, capable, healthy, contributive, receptive, prosperous, and unconditionally loving always and everywhere.*

This new attitude wardrobe will cloak you in a new powerful aura that will magnetize new possibilities and realities to you. Carry positive affirmations with you and frequently repeat them aloud throughout your day even if you are in public places. If someone looks at you suspiciously, just tell them that you are a JOY-IST attempting to strike and elicit joy in their hearts, not terror.

5) A Whole New Vocabulary Worth Verbalizing

Now that your thoughts and attitudes are improved, your vocabulary is worth verbalizing. Words have power. The intention of the word shapes and

sculpts your reality. You'll love people to "read your lips" and your lips will look richer, fuller, like they have received a botox injection--*but toxin-free*, of course.

6) A Clear Sense of Purpose Worth Acting On

A new sense of purpose and healing will emerge from your ability to *be still* through use of the *Medi-Tation Station Playset*, which includes a sitting pillow, an altar, candles (with matchless igniter), and a fool-proof guide to breathing and mantra techniques. Instead of racing off on your day plan-less, you will have life-guiding appointments with the The Source of your Being. You will have focus, clarity, and the action to go with it. You will no longer be plagued by procrastination rigor mortis or seen "wondering" aimlessly around town.

7) A Loving Sense of Connection Worth Sharing

You will start living from your heart. This is implemented by first utilizing the "Cleanout the Ears, Sit Down, Close the Mouth, and Listen" technique. An *Ear Swabs for Opening the Heart Kit* comes with this offer. Heart living is characterized by real listening, that is, opening your ears to hear what another says before formulating your answer and then finding mutually satisfying Re-Soul-Lutions.

8) The Realization of Oneness with Life Itself

Finally, you will see yourself in others, and in all of life and that, my friend, is no joke!

Be the universal celebrity you were meant to be. Make the change and "reveal" the divine in yourself!



Sanctified In Wholeness

by Shara Amelia

This hurricane season has brought great loss of life in the Caribbean, havoc in Florida, and the Gulf Coast, and the devastation of flooding in Pennsylvania. It also brings reminders of courage and hope, as people are quoted on the news as saying, "Well, we've lived here all our lives, so we will just start again right here." I have often thought about the urge to rebuild—are they crazy? Another hurricane is coming.... Is it futile, just a reflex heaped upon the fearsome reality that this world is so...impermanent?

We painstakingly unbuilt the wreckage of the twin towers as an act of courage and hope, though the arduous debate over what to rebuild has been laden with motives, some noble, some far less so. In terms of lost homes, rebuilt they will be. Rebuilding is always a function of society's circulatory system and mostly very connecting. Yet, when boards are snapped like toothpicks and furniture and books float out the screen porch and down the river, we are encouraged to a deepened understanding that this rebuilt thing too shall one day pass away. We do what we must, it's what we do, and the act itself survives and sanctifies us. But saints and sages remind us also to run toward God with a heart afire, "run like we stole something", because when we know and acknowledge the wholeness of God we will possess the only true heritable thing.

There is a brokenness by Rashani

There is a brokenness/Out of which comes the unbroken,
A shatteredness out of which blooms the unshatterable.
There is a sorrow/Beyond all grief which leads to joy
And a fragility/Out of which depth emerges strength.
There is a hollow space/Too vast for words
Through which we pass with each loss/Out of whose
darkness we are sanctified into being.
There is a cry deeper than all sound/Whose serrated edges cut the
heart
As we break open/To the place inside which is unbreakable/And
whole.

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 Importance of Being Truthful

by Rudy Davenport

The ongoing political campaign has reinforced a spiritual truth for me: the importance of being truthful. With our political dialogue seemingly more concerned about half-truth, innuendo, slander, spin, and calculated lying, I wonder if we as a society really care anymore if someone is truthful or not.

As long as they are “our” candidates and they tell us what we want to hear—even if it is untruthful—we will vote for them. There seem to be no consequences for lying or misrepresenting the facts.

A recent court case in Florida illustrates what I mean. Two reporters for a Fox News station did an investigative report on the effects of giving artificial bovine growth hormones to cows. Their research turned up many negative effects of this widespread dairy industry practice. But when they submitted their report to Fox for airing, they were told to change it. They were ordered to leave out much factual information that was negative to this dairy industry practice and to the giant drug company that made these bovine drugs.

This was not opinion they were asked to falsify, but fact backed up by much research. The reporters refused, saying they would report the station to the FCC for falsifying the news, and the Fox station fired them. The reporters sued and won their case. The jury decided they were fired unfairly and were entitled to protection under the “whistle-blower” law that protects people who expose wrongdoing in the workplace.

Fox appealed the verdict and, in what may be termed a stunningly narrow ruling, the Florida Supreme Court overturned the verdict, saying that, in effect, Fox has the right to lie and misrepresent the facts in their news coverage. Since there was no law broken, the reporters were not protected by the “whistle-blower” law. At last report, Fox was suing the reporters for millions of dollars in legal fees.

Doesn't the same kind of thing go on in advertising, business, and relationships? It seems we are becoming a society skillful at lying rather than skillful at truthfulness. The problem is that truthfulness, as with other moral imperatives, does not always apply in all circumstances.

For instance, many people hid Jews from the Nazis. When the Nazis knocked on their doors and asked if they were hiding Jews, they answered, “No.” That was the correct and moral answer, even though it was a lie. Many examples of this type can be given. However, to lie because it is for the greater good of your ideology, political party, country, or religion, is fraught with the potential for hypocrisy and self-deceit. Lying creates a kind of “reality-warp” that distorts our shared awareness. We need “reality checks” every so often to gain balance.

Why is telling the truth important spiritually? Another name for the Divine is Infinite Truth. A person cannot hope to approach this Supreme Truth if they are not truthful in daily life. The “reality checks” we need every so often are meditation, prayer, selfless service, and unconditional love. These practices lead to an internal perception of Truth, and the wisdom to put that Truth into action in daily life. We become sensitive to the darkness, pain, and separation that lying causes. And let's be honest about this: we all know when we are actually lying.

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.

The Eternal Way's “Your Body, Your Temple” T.V. Program on Austin Community Access has been on Channel 11, Thursday nights at 9:30pm for the Oct. 2003 - Sept. 2004 season. Although we have requested the same time slot for the upcoming Oct. 2004 - Sept. 2005 season, it is possible it may change. Our new T.V. slot time was not verifiable at time of publication.

Call us at 512-445-1080 for more information about the upcoming season slots.

Good News!

Wonderful things continue to unfold due to your loving support. Thank you and God Bless!

Retreat and Prayer Path of Faith Cleanup a Success

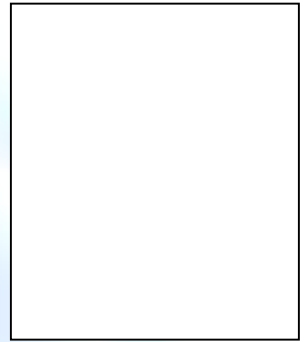
On Saturday August 7th, a group of fit and feisty volunteers tackled the underbrush and overgrowth of the Prayer Path of Faith at the Eternal Way Retreat with its seven plus one (for the gazebo) meditation gardens. An incredible amount of cleanup was accomplished and the gardens are now ready for benches and new icons representing symbols of the world's wisdom traditions. A wrought iron archway was also envisioned at the front of the Prayer Path. **Fina Mae Ross** is hoping to enlist the help of a metal artist she knows to make the symbols for each garden and the archway entrance.

Cleanup volunteers to thank are **Shaunamar Bruno, Rudy Davenport, Teresa Hood and son, Ted, Susan Andrews, Craig Gatewood, and Fina Mae Ross.**

Alley Cleanup behind Eternal Way Center a Success

Our first annual alley cleanup behind the Eternal Way was also a success on Sept. 11th. Our request for help was heard by Keith Hood and he actually began tackling the alley on Friday the 10th. Shrubs growing through the asphalt and trash had accumulated to a point that the alley, a traffic thoroughfare for all the businesses in our complex, was unsightly and an irresponsible reflection on those businesses. The Eternal Way decided to do something about it by conducting a cleanup weekend. Keith started on Friday, and then on Saturday, his wife Teresa, son Ted, and other volunteers, Taj and

Sidda Bruno, Jeff Caughey, Shara Amelia, and Rocco all pitched in to make the alley thoroughfare respectable again. Several businesses in the complex complimented our volunteers and our initiative.



Become an Eternal Way Spiritual Partner

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 enclosed donation envelope to send your generous support contribution.**

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.

Thanks go to Jeff Caughey and his wife Gail, Teresa and Keith Hood, Julian Bruno, Morris Grieggs, Rudy Davenport, and Melanie Irwin for their volunteer help in delivering to an average of 13 agencies per week in the last to months. If you would be willing to help or donate in some way, call 512-445-1080.

Oct. – Nov. 2004 Wednesday Eve. Service

Weekly Themes Below. All services at 7pm

October	6 – Be Free of Every Concept
	13 – Everything Can Wait
	20 – The World is Full of God
w/potluck 6pm	27 – Who Will Serve?
November	3 – Characteristics of Love
	10 – Where is the Seat of Consciousness?
	17 – How Miracles Happen
w/potluck 6pm	24 – The Art of Thankfulness

Rocco benRoy's Speaking/Travel Engagements

10/27-31/04 Anti-Aging Convention – Las Vegas, Nevada

11/9/04 St. Stephen's Brown Bag Luncheon – Austin, Texas

11/15-22/04 Medicare Limited - Singapore

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