



Center Community News

Newsletter of the Center for Sacred Sciences

Spring 2013 Retreat at Cloud Mountain: *Liberating the Mind*

Note from the Editor

Our last retreat, led by Todd (with Matt in attendance, and in fine form as well), was wonderful. As always. But I thought that for this edition, it might be nice to get some impressions and insights from people on retreat with us for the first time. Four of our newest members (all currently enjoying Todd's Foundations class) share their thoughts and feelings below, all in very different ways. I, for one, am grateful for the diversity of expression and perspective, and hope you are as well.



Back row: Jim Patterson, Laurina Peters, Matt Sieradski, Rich Marlatt, Deste Campbell
Middle row: Barbara Goldberg, Aileen McNamara, Kathleen Daniel, Hiromi Sieradski, Laura Betty, Liba Staff
Front row: Mark Hurwit, Donna Atkinson, Nancy Miller, Sally Snyder, Todd Corbett, David Mason, Carla Crow, David Bove



What Happened at the Retreat, and Since

by David Mason

I have nothing to give, nothing to contribute. There is nothing here in me, nothing of me that I can give except for attention, and the attention is not mine. I cannot claim it. I can try to claim attention, but the lie clouds the radiance. The lie keeps the stillness — the awareness — waiting, and these words cannot tell what this awareness is because these words are my opinions.

Surrendering all thoughts of the past, letting go of opinions of the future and present, what remains is without words and the awareness is far more than what I can imagine. Awareness precedes attention, but it is through attention that awareness is uncovered... like light into a room that has been dark for years. By surrendering these thoughts and opinions, attention is delivered to awareness, but really only seeming so, because they were never two except for thinking.

The aesthetics of experience trump these opinions, and while there can be an experience of opinions there is a difference between them — between concepts and experience — and this difference has opened a chasm. ☘ — *continued on page 2*

THANKS SO MUCH to all the people who helped make our summer yard sale a great success

About \$2,700 was raised, to be put into the CSS Building Fund. Thank you again for the charity of all these donations, as well as all the work of so many wonderful volunteers. And special thanks to Barb for keeping the whole thing together.

Remember also to bring Jennifer contributions for the *ongoing* CSS Book-Drive Fundraiser.



**CSS Yard Sale, July 20, 2013:
A LOT of stuff donated to a good cause!**

Retreat Memories

by Barbara Goldberg



A few days before the retreat, I was certain that going to the retreat was a bad idea. I had memories of summer camp when I was 8. The mattress would be too thin... I wouldn't sleep... I wondered if I would stumble over my feet. But then

I began to look at the bright side. A silent retreat! And more than these words can say, I'm glad I went.

Walking during meditation was hard. Seeing how I'd lost touch with my own natural trust to walk easily, I became angry and sad until Todd reminded me that there was no right way, only my way. That slipped into place, my mind quieted down, and my walking became firm.

I learned and then opened to learn more. In the quiet way of this retreat, it was easy to see my defenses come up and the certainties that direct my mind.

My certainty leaves no space to question it. But the more Todd spoke, the more I heard. And finally the opportunity came to question it.

At the end of that first day, near dark, we sat together with the statue of the Buddha. At first my eyes rested on the carving only, but then I noticed its lovely shadow on the white wall. This shadow — the side of his neck curving gently into the line of his shoulder — became my focus. That place in particular, just there! It held a tender strength, and in this shadow the Buddha was different to me... not so perfect, nearer, someone who could be hurt. Not a status symbol anymore or beautiful ideal.

Within this time of retreat, I found easy kindness with people who are neither strangers nor friends, but people — and a place I came to care for deeply. I am so grateful for all of it, and Todd in particular... for the respect he offered his students as we struggled, and his generosity, clarity, and dignity.

Five Days of Silence without FB

by Donna Atkinson



Until I entered the flow on I-5 South, heading home, I did not know how deep into spiritual retreat I truly was. There was no warning. I found myself altered, navigating traffic under the influence of sheer emotional openness, accented by sensory awareness. I drove in an altered state of being for nearly 120 miles, thinking I might be a danger on the road to myself and others. Turning on the radio about 25 miles into Oregon, my reintroduction into the physical/political world in which we live, I learned that 4 days earlier the Boston Marathon had been violated by an act of terrorism, a bombing. Someone, a physically beautiful young man, intentionally placed a bomb next to an eight year old boy, knowing....

Re-entry into everyday life has been unsettling, but slowly, with patience and daily practice, it is coming back to me. Following are just a few moments of retreat experience that hold significance to my learning and ongoing practice.

When I arrived, the path leading to Alder seemed steep, hard, and daunting. I stood at the bottom, discerning whether to choose the more direct, but endless, stone stairway, or navigate the meandering side path up to Alder House. I chose to carry my backpack and take the longer meandering route, but I was not confident and felt some anxiety about whether would make it. Not too long ago, I was walking miles on challenging trails with relatively little effort and always a sense of satisfaction, but my energy and stamina are often challenged these days and it is hard not to compare, assess my abilities, judge myself.

Standing on the porch, overlooking the Cloud Mountain complex, I knew that leaving Alder to claim my second load of belongings, I would have to find my way back up again. But after the satisfaction of making the climb once again, the steep, daunting stairway became my daily practice... one foot carefully stepping in front of the other, either ascending or descending (eight or more times a day). Toward the end of the retreat, I noticed the ferns, wildflowers, butterflies, trees, while mindfully ascending the stairs with careful breaths. And I flung my arms freely in dance with each careful, thoughtful step downward. — Reflections concluded on page 3

My loveliest moment — in which Todd’s teachings came together and presented themselves to me in a tangible wisp of time — was laying on the deck under the plum tree next to the pond. It was Solo Practice day, which was difficult for me at first. I sometimes become aware how dependent I am on structure and routine, and feel comforted in knowing what to expect and when. I had become pulled into the discipline of bells, meetings, and humble teachings, and quite frankly felt a bit lost being on my own. Again, as on my first day, I was on a path that led in more than two directions: I could go to the meditation hall, walk and explore the compound, or take the path leading to the sun, warmth, and water. The pond called to me and I answered. I laid under the pink blossoms of a plum tree, watching clouds, napping, observing insect life and looking deep into the endless reflections the pond offered my mind. More than four hours passed.

I laid over the deck edge, following the out breath to the end, noting the stillness, while looking onto and under the surface of the pond’s water, noticing the appearance and disappearance of images through its reflection. I watched the waterstriders mating for a long while, brushing the surface of the water with lilted frenzy, thinking about vows of sexual restraint which they had obviously not taken. My attention was caught by pink reflecting onto the pond from the plum tree. Following the breath to its end again, allowing awareness of visual sensation and sound to unfold in stillness, I saw more deeply into the pond, clouds moving, changing, birds in flight reflecting onto the pond’s stillness, my hand tapping the surface, attracting and playing with mating insects. I looked deeper into the pond still, becoming aware of images floating from the depths of decaying leaves to the pond’s smooth watery surface. It became more than a mirror, reflecting back the manifestation of nature’s vision within my mind’s eye. It seemed to be consciousness itself, with playful waves of perception causing me to look deeper into the water — dark, decaying, reflecting life, moving, beautiful, homely, endless, pink flower blossoms from above emerging from great depths, reflecting and affirming a physical life where the sun is warm and naps are taken on wooden decks near ponds. Then a breeze rippled across the pond’s still waters and it all vanished... impermanent, not what I thought I saw at all.

While so much more could be shared, it seems to be enough to express the great pleasure and gratitude that filled me and is still with me. I am especially thankful to Todd, his gentle teachings, and creative ways. The people I shared the journey with are in my heart, and I continue to feel a bond. I came home thinking I’d like to participate in a 30-day retreat with a vow of silence. And, perhaps someday, I will have a lifestyle that reflects the kindness, gentleness, serenity, and compassion I experienced and practiced during my five days at Cloud Mountain, much like the pond’s still reflection.

Retreat Haikus

by Carla Crow



I

*Rotting apple core
Just like road kill, always new
Ever arising.*

II

*Egg-laying chicken
Sound phenomena magic
By trickster teacher.*

III

*Light on bamboo floor
Plays as our dissolving thoughts
Enter groundlessness.*

Thanks, Megan!

We’d like to give a warm thank-you to Megan Greiner for her many years of serving as a Sunday Announcer. She brought a wonderful, creative energy to our meetings which will be missed.

Megan said she first resisted the idea of putting herself up in front of everyone, but decided to take it on as a spiritual practice. While scary at first, she said it eventually became a pleasurable experience. Megan’s a great exemplar of turning regular events in our lives into opportunities for insight. Thanks, Megan!



Offerings from a Distance Studies Graduate

by Stefan King

My introduction to mysticism and spirituality first happened in my teenage years, reading the *Tao Te Ching*. I was fascinated by its beauty and mystery and, although I didn't know how, I felt I had to pursue what I sensed there. Looking back, that was the start of my journey.

I was also reading Carlos Castaneda, a clever trickster who would essentially "lie the truth." Reading and re-reading his work, I learned to see the message below the bogus claims and stories. The writing is hypnotic, and lured me into an escapist fantasy of power without materialism... an actual spiritual path.

A bit later I discovered Zen Buddhism, and practiced sitting (zazen) meditation daily. I didn't know why I was doing it, just that I was curious. The books I read were not consistent on what "Enlightenment" was. It seemed something worth striving after, yet was obviously meant to be reached by serious monks living in countries far away. High school kids and other ordinary folks didn't seem qualified. Nonetheless, I practiced zazen consistently for about a year, but stopped after graduating high school.

I kept studying Castaneda and Lao Tzu during my university years. I also read Nietzsche, some dharma talks by Zen master Seung Sahn, as well as discovering the Taoist, Chuang Tzu. Taoist metaphors and stories have a sense of space that put me into a meditative state quickly, especially when read in the open air on a nice day. When I read somewhere that Chuang Tzu had been a major influence on Zen Buddhism, I began doing daily zazen again. I practiced steadily for maybe a year, but the pressures and seductions of student life eventually drew me away.

In the summer of 2007, I discovered the Center for Sacred Sciences' website through a link on an Internet forum. (Pure coincidence, or maybe synchronicity?) I started listening to the online talks, and reading the teachers' writings. It was a big Aha! moment for me to discover that mysticism didn't have to be so mystical. Finally the common thread in all the traditions was spelled out: religious thinkers and secular philosophers

just use different terms to refer to the same things. Though I had been an atheist since a young age, I would not deny the experience of consciousness, and saw [the work done at CSS] as a solid foundation for doing spiritual practice.

Through this new lens of a Single Truth, the ancient religious wisdom no longer looked confused and outdated. It made sense, and things cleared for me. Furthermore, the accounts of awakening from the teachers showed me that mystical insight is not reserved for monks alone. Here was actual roadmap for spiritual practice, laid out by people who walk their talk! Inspired, I started the Distance Study Course in the Fall of 2007, mentored by Fred Chambers.

Practicing Choiceless Awareness meditation, becoming familiar with how forms arise and pass in time and space, I saw that the reality of a form has little to do with how often it arises.

It feels great to have a mentor who helps keep me on track. With the recorded Sunday talks and my conversations with Fred, I was no longer alone in trying to figure out the finer details of meditation practice. Fred also helped clarify my practice with the Ten Selfless Precepts.

My first intellectual milestone came while reading Franklin Merrell-Wolff's *Experience and Philosophy*. Though many parts of it were over my head, I was struck by his analysis of the history of philosophy as a conflict between space and time. Seeing how each perspective differs in its view on suffering and ethics helped me better understand what people do when choosing action within social hierarchies versus contemplation of the nature of reality. According to Merrell-Wolff, we choose to believe in the reality of either time or space, and I was then practicing the *choiceless awareness* meditation, becoming familiar with how forms arise and pass in time and space. I saw that the reality of a form has little to do with how often it arises.

I also learned to let go of specific ideas about how things should turn out in the future. Fred pointed out that it was an example of integrity, and therefore part of precept practice. It became obvious that any thought, whether a chain, single image, or memory, is just there for an instant. It doesn't seem to matter much whether I hold onto it, look at it, or avoid it... it's there and then it's gone. That increasing freedom to

— continued on page 5

— *Distance Studies*, continued from page 4

let go of trains-of-thought made daily life somewhat lighter and more pleasant.

In 2010, I was able to attend the Spring retreat and got to spend some time with the people from the Center before the we took our vow of silence. It was great to actually connect face-to-face. It was also the first group retreat I'd ever done, and helped my practice a lot. Dedicating longer periods of time to practice builds a lot of momentum and clarity, and I look forward to a time when I will be in position to attend a longer retreat again.

I moved to Thailand in 2011 because of the lower cost-of-living, the climate and the adventure of exploring another culture. I didn't move here specifically for spiritual practice, but this part of the world has a wealth of temples and retreat centers. When the circumstances of my life permit it, I'll have plenty of options for deepening my practice. (If any of you ever want to know more about retreats in Southeast Asia, you can contact me and I will refer you to a good source.)

For now, I am content to practice daily zazen at home, in combination with reciting and practicing the Ten Selfless Precepts. What currently attracts me about zazen is the simplicity. I pay attention to my posture and to what arises and passes, trusting that I will end up where I need to be. I finished the Distance Study Course in December 2012, and continue on the path with more stability and clarity of attention.

**Taoist metaphors and stories
have a sense of space that
put me into a meditative state
quickly, especially when read
in the open air on a nice day.**

CENTER ANNOUNCEMENTS

News in Brief

- ✓ If all goes well, the CSS Library will complete its move and open this November at our new center on Saratoga. Checking out your favorite spiritual stuff will now be easier than ever. (Also watch for opportunities to volunteer for the move...)
- ✓ Please review the calendar for new/special library hours.
- ✓ *The Women's Circle* (for past and present CSS members) continues to meet at the Center since its inception in May. See the calendar for times.
- ✓ Note that our monthly video Sundays have resumed, and will continue as before.
- ✓ See the calendar for changes to the schedule for Matt's excellent Taiji & Qigong classes.
- ✓ An audio book of *Through Death's Gate* is now available, due largely to the work of Wayne Leeds, who read the entire book and produced the audio edition. Thanks so much, Wayne!
- ✓ *Through Death's Gate*, as well as a complete collection of CSS Sunday talks, are now on the audio page of the CSS website, as well as now being available as iTunes podcasts. See: www.centerforsacredsciences.org/index.php/audios.htm

Impermanence Strikes Again: *Bidding the Printed Newsletter a Fond Farewell*

Well, okay, not quite yet... but it's coming. Please note:

The CSS Board, after much discussion, has decided to phase out the paper edition of the newsletter. After the Spring 2014 edition, it will only be provided as an electronic (PDF or web/html) document.

PLEASE go right away to the CSS website and subscribe to the electronic edition.

<http://www.centerforsacredsciences.org/publications-mainmenu-151/subscription-form.htm>

This will help save the environment, lower CSS costs, and lessen the our work staff members have to do.

Anyone with a special need or hardship with respect to receiving the electronic edition will still be able to get a paper copy. Simply send a written request to the Center address (on the last page of the newsletter).

For those who do need to continue receiving the printed newsletter, please consider making a donation to CSS to help pay for printing and mailing. (This expense is one of the reasons for discontinuing the paper copy in the first place.) Exceptions may be made for individuals with particular hardships.

Thanks for your understanding, as we transition to a new/better way of keeping everyone up-to-date.

Sayings of O'Sensei

Appreciation by Mark Hurwit



I did not know it when I first began my study of Aikido, back in 1990, but its founder, Morihei Ueshiba was a fully-enlightened master (referred to by his students, and even to this day, as O'Sensei or "Great Teacher"). It was, in fact, a series of spiritual awakenings beginning in 1925 that led to the creation of this new martial art. After his first realization, he wrote:

I felt the universe suddenly quake, and that a golden spirit sprang up from the ground, veiled my body, and changed my body into a golden one. At the same time my body became light. I was able to understand the whispering of the birds, and was clearly aware of the mind of God, the creator of the universe. — At that moment I was enlightened: the source of Budo is God's love... the spirit of loving protection for all beings.

In 1942, during the worst fighting of WWII, Ueshiba envisioned the "Great Spirit of Peace":

The Way of the Warrior has been misunderstood. It is not a means to kill and destroy others. Those who seek to compete and better one another are making a terrible mistake. To smash, injure, or destroy is the worst thing a human being can do. The real Way of a Warrior is to prevent such slaughter — it is the Art of Peace, the power of love.

As the aphorisms below reveal (and there are, of course, many more), "Budo" —Japanese for the personal/ethical foundation required for martial arts study— when approached correctly is, more than anything, a path of spiritual development. So I thought that you students of The Way (in its many guises and forms) might appreciate a few writings from yet one more mystic whose influence in the world has been wide and profound. My only wish is that, as ever-more people delve into this art, we learn to incorporate its deepest dimensions into the physical practice.

AIKIDO: The Way of Harmonizing Energy

“Aikido is the realization of Love. If you think that “martial art” means to have opponents and enemies and to be strong and defeat them, you are mistaken. There are neither opponents nor enemies for true Budo. The true spirit of the martial arts is to be one with the universe and have no enemies.

The source of Bu is divine love, the spirit of love and protection for all beings in the universe. The training of Budo is the forging in our minds and bodies the power of divine love, which produces, protects, and nurtures all things. The techniques of Budo are signposts pointing the way which leads to this.

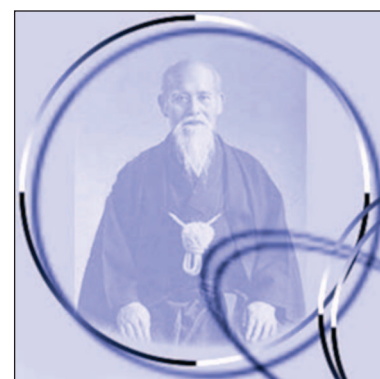
There is no conflict in love. — Aikido... is a way to reconcile the world and make all human beings one family. [This] way means to be one with the movement of the universe and bring ourselves into accord with the universe itself. If you are even slightly apart from it, it is no longer the Way.

Aiki has a form and does not have a form. Aiki is a life which has a form and still flows with change; it expresses itself by changing itself. A form without a form is a word in a poem which expresses the universe limitlessly.

Aikido is non-resistance. As it is non-resistant, it is always victorious. Those who have a warped mind, a mind of discord, have been defeated from the beginning. When an opponent comes forward, move in and greet him; if he wants to pull back, send him on his way.

I am calm. Whenever I am attacked, I have no attachment to life or death. I leave everything as it is to the Spirit of the Universe. Be apart from attachment to life and death and have a mind which leaves everything to that spirit, not only when you are being attacked but also in your daily lives.

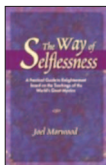
Aikido is love. You make this great love of the universe your heart, and then you must make your own mission the protection and love of all things. To accomplish this mission must be the true Budo! “



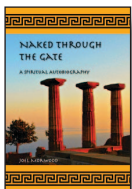
Center Publications

The Way of Selflessness: A Practical Guide to Enlightenment Based on the Teachings of the World's Great Mystics

By Joel Morwood, Center for Sacred Sciences, 2009, Paper, 364 pages
(Available from www.Lulu.com)



A distillation of Joel's teachings on the path of selflessness drawn from his extensive study of the world's mystical classics. Will help seekers in any (or no) tradition understand and take to heart the teachings of the mystics of the great traditions.



Naked Through the Gate: A Spiritual Autobiography

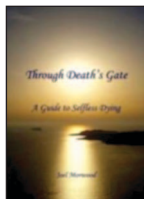
by Joel Morwood, Center for Sacred Sciences, 1985. Paper, 262 pages. (Available from Lulu, Amazon, and directly from CSS.)

This is the new 2nd edition of Joel's personal account of his remarkable spiritual path, ending with a Gnostic Awakening. With a beautiful new cover and nice looking font, one might say it's the 30th anniversary (of Gnosis) edition, published a bit early.

Through Death's Gate: A Guide to Selfless Dying

by Joel Morwood, Center for Sacred Sciences, 1996. Paper, 83 pages.

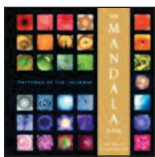
A guide to death and dying from a spiritual perspective, including teachings and practices from the world's great mystics.



The above three books may be ordered at
<http://www.centerforsacredsciences.org/catalog.htm>

We're able to offer the lowest prices when ordering direct from our printer, Lulu.com.

Book Publications by Members



The Mandala Book: Patterns of the Universe

By Lori Bailey Cunningham
Sterling Publishing, 2010. Hardcover, 320 pages. (Available on Amazon.com)

The Mandala Book is a visual symphony, filled with 500 stunning mandalic images from nature and civilization. Drawing from history, science, religion, and art. Lori Bailey Cunningham leads a journey that spans from prehistoric petroglyphs to Carl Jung, from tiny particles of matter to entire galaxies. She explains the concepts of mandalas, showing how they are at the root of life itself. More Mandala resources available on her website: <http://www.mandalaproject.org>.

Peculiar Stories, By Mora Fields

O Street Publishing, 2010. Paper, 94 pages.

Youth Fiction, age 6-10 & up, www.ostreetpublishing.com

A book of teaching tales that are plain spoken, absorbing, and layered with depth. These stories delve into such topics as where do thoughts come from, how do we deal with things like emotions, fear, and peer pressure, how to experience spaciousness, and the meaning of life.

The Shortest Way Home: A Contemplative Path to God

by Wesley R. Lachman, O Street Publishing, 2008. Paper, 136 pages. (Available at www.ostreetpublishing.com)

An introduction to the contemplative mystical path for those seeking a radically new and deeper way to God. A step-by-step presentation of the path of spiritual realization. Each chapter ends with a You find out exercise so the reader can test what has been read against his or her own experience.

Bringing Home the Mountain: Finding the Teacher Within

By Cathy Rosewell Jonas

Free Heart Press, 2010. Paper, 224 pages.

(Available at www.lulu.com and www.amazon.com)

"Cathy Jonas's exciting account of her spiritual journey, Bringing Home the Mountain, overflows with an abundance of experiences and insights. Any genuine seeker should find plenty here to both inspire and instruct on his or her own path to Awakening." — *Joel*

Einstein and Buddha: The Parallel Sayings

by Thomas J. McFarlane

Ulysses Press, 2002. Paper, 176 pages.

(Available at www.amazon.com)

This remarkable book contains sayings from the founders of modern physics paired with parallel sayings from the works of Buddhist, Hindu, and Taoist contemplatives. Einstein and Buddha challenges us to think deeper about the relationship between modern physics and mystical insight.

The catalog of all the library's audio is now on the CSS website, including a full reading of *Through Death's Gate*.

See the new and improved:

www.centerforsacredsciences.org/index.php/audios.htm

New and still-popular CDs

Investigating the Nature of Time

Tom McFarlane, 11/13/2011, 44 min

How to Be Happy in the Hospital

Joel, 9/11/2011, 52 min

Introduction to CSS: Mission, Programs, Teachings

Tom McFarlane, 9/18/2011, 55 min

Striving for Happiness

Todd Corbett, 6/26/2011, 45 min

Spiritual Ignorance

Todd Corbett, 5/22/2011, 56 min

Oneness

Todd Corbett, 2/27/2011, 51 min

What Is Spiritual Realization

Matthew Sieradski, 2/8/2011, 63 min

Listening to the Stones Series: 8 of Joel's Talks from the Fall 2011 Retreat (also available as an MP3 set)

Learning to Listen	Oct. 8, 2011 – 61 min
Impermanence	Oct. 9, 2011 – 58 min
Emptiness of Objects	Oct. 10, 2011 – 56 min
Emptiness of Self	Oct. 11, 2011 – 59 min
The Nature of Consciousness Itself	Oct. 12, 2011 – 59 min
Universal Sameness	Oct. 13, 2011 – 59 min
No Goal, No Boundaries	Oct. 14, 2011 – 59 min
The Great Perfection	Oct. 15, 2011 – 57 min

Jennifer's 50th Birthday Party, and a great Community Night (April 4th)



CONTACT THE CENTER

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MISSIONS AND PROGRAMS

The CENTER FOR SACRED SCIENCES is dedicated to the study, practice, and dissemination of the spiritual teachings of the mystics, saints, and sages of the major religious traditions. The Center endeavors to present these teachings in forms appropriate to our contemporary scientific culture. The Center also works to create and disseminate a sacred worldview which expresses the compatibility between universal mystical truths and the evidence of modern science.

Among the Center's ongoing events are Sunday public services, with meditations and talks given by the Center's spiritual teachers; monthly Sunday video presentations; and — for committed spiritual seekers — weekly practitioners' groups, and monthly and semi-annual meditation retreats.

The Center also maintains an extensive lending library of

books, audios, videos, and periodicals covering spiritual, psychological, philosophical, and scientific subjects. In addition, the Center provides a website containing a great deal of information and resources related to the teachings of the world's mystics, the universality of mystical truth, and the relationship between science and mysticism. The Center publishes this newsletter providing community news, upcoming programs, book reviews, and other contributions and resources related to the Center's mission.

The CENTER FOR SACRED SCIENCES is a non-profit, tax-exempt church based in Eugene, Oregon, USA. We rely chiefly on volunteer labor to support our programs, and on public donations and membership pledges to meet our operating expenses. Our spiritual teachers give their teachings freely as a labor of love, and receive no financial compensation from the Center.

Center Community News is published three times a year. Submissions, comments, and inquiries should be sent to: <newsletter@centerforsacredsciences.org>, or mailed to CENTER FOR SACRED SCIENCES, Attn: Newsletter Editor, 1430 Willamette St., #164, Eugene, OR 97401-4049. To update or change your subscription preferences, please visit our website and select the subscription form under the Publications Menu.

CSS Calendar: September 2013 – January 2014

Please check the website for the most updated schedule information:
<http://www.CenterForSacredSciences.org/Calendar.htm>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Talk 11 am-1 pm Video on 1 st Sundays Library open 1-3:30 pm 2 nd & 4 th Sundays	Hunyuan & Fangsong Qigong with Matt 8:30-9:30 am Hunyuan Taiji Form with Matt 9:30-10:30 am Foundation Studies Group (Matt) 7-8:30 pm	Library open 7:00-9:00 pm Practitioner's Group (Fred) 7-8:30 pm	Hunyuan & Fangsong Qigong with Matt 8:30-9:30 am Meditation 9:30-10:30 am Practitioner's Group (Todd) 7-8:30 pm Community Nights Oct. 2 & Jan. 29	Womens' Circle 11 am - noon	Matt: Bagua Zhang 8:30-9:30 am Matt: Special Topics 9:30-10:30 am	Full-day Meditation 10 am-4 pm October 5 November 2 December 7 January 4

Schedule Notes: The Library's On The Move

While there is a lot of work to be done, we expect the library will be installed at Saratoga St. by November 10. Please note the new times, and check the CSS website before planning to come in. Also, the library will *not* be open on Tuesday, November 26 or January 7.

Closed

All CSS activities will be suspended for the summer, from August 12–September 28; for the Fall Retreat from October 11-20; from November 25-December 1; and for the holidays from December 22-January 3, 2014.

The center will be open December 25 at 11 am for a Christmas service.



Sunday Videos planned for this calendar period are:

October 6 – Satsang with Mooji: You're Here, That's It!

In this videoed satsang, contemporary nondual teacher, Mooji, discusses how to avoid being distracted by conditioned thoughts and feelings, so that attention can become immersed in That which is beyond all duality.

November 3 – Radha Sivananda: Radha's Search

The story of a remarkable woman's spiritual journey. From her privileged childhood in Berlin and her career as a glamorous concert dancer, to her wartime experiences of love, loss, and tragedy, Radha's deep desire for meaning eventually leads her to India and her spiritual teacher, Sivananda, who will transform her life.

December 8 – Karen Armstrong and Robert Thurman:

The Spiritual Quest

In this videoed dialogue, comparative religion scholar, Karen Armstrong, and professor of Buddhist studies, Dr. Robert Thurman, talk about The Spiritual Quest as both a personal and a religious phenomenon.

January 5 – Llewellyn Vaughn Lee: Introduction to Sufism

In this videoed talk, Sufi teacher, Llewellyn Vaughn Lee, answers the question "What is Sufism.?" and explores its esoteric nature. He also gives a brief description of its historical beginnings and some of the early Sufi practitioners.

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED FOR SUMMER	2 Labor Day	3	4	5	6	7
8 CLOSED FOR SUMMER	9	10	11	12	13	14
15 CLOSED FOR SUMMER	16	17	18	19	20	21
22 CLOSED FOR SUMMER	23	24	25	26	27	28
29 11:00 AM Public Talk	30 8:30 AM Matt's Classes	1 Library - TBD	2 8:30 AM Matt's Classes 7:00 PM Community Night	3 11:00 AM Women's Circle 6:00 PM Matt's classes	4 8:30 AM Matt's Classes	5 10:00 AM Day Meditation

October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 11:00 AM Public Talk	30 8:30 AM Matt's Classes	1 Library – TBD	2 8:30 AM Matt's Classes 7:00 PM Community Night	3 11:00 AM Women's Circle 6:00 PM Matt's classes	4 8:30 AM Matt's Classes	5 10:00 AM Day Meditation
6 11:00 AM Video – Satsang with Mooji: You're Here, That's It!	7 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	8 Library – TBD 7:00 PM Fred's Practitioners Group	9 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	10 11:00 AM Women's Circle 6:00 PM Matt's classes	11 CLOSED	12
13 CLOSED	14 Columbus Day	15	16	17	18	19
20 CLOSED	21 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	22 Library – TBD 7:00 PM Fred's Practitioners Group	23 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	24 11:00 AM Women's Circle 6:00 PM Matt's classes	25 8:30 AM Matt's Classes	26
27 Library – TBD 11:00 AM Public Talk	28 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	29 Library – TBD 7:00 PM Fred's Practitioners Group	30 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	31 Halloween 11:00 AM Women's Circle 6:00 PM Matt's classes	1 8:30 AM Matt's Classes	2 10:00 AM Day Meditation

November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Library – TBD 11:00 AM Public Talk	28 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	29 Library – TBD 7:00 PM Fred's Practitioners Group	30 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	31 Halloween 11:00 AM Women's Circle 6:00 PM Matt's classes	1 8:30 AM Matt's Classes	2 10:00 AM Day Meditation
3 Daylight...ime Ends 11:00 AM Video – Radha Sivananda: Radha's Search	4 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	5 Library – TBD Election Day 7:00 PM Fred's Practitioners Group	6 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	7 11:00 AM Women's Circle 6:00 PM Matt's classes	8 8:30 AM Matt's Classes	9
10 11:00 AM Public Talk 1:00 PM Library	11 Veterans Day 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	12 6:30 PM Library 7:00 PM Fred's Practitioners Group	13 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	14 11:00 AM Women's Circle 6:00 PM Matt's classes	15 8:30 AM Matt's Classes	16
17 11:00 AM Public Talk	18 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	19 6:30 PM Library 7:00 PM Fred's Practitioners Group	20 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	21 11:00 AM Women's Circle 6:00 PM Matt's classes	22 8:30 AM Matt's Classes	23
24 Library – TBD 11:00 AM Public Talk 1:00 PM Library	25 CLOSED	26	27	28	29	30
Thanksgiving						

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	3 6:30 PM Library 7:00 PM Fred's Practitioners Group	4 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	5 11:00 AM Women's Circle 6:00 PM Matt's classes	6 8:30 AM Matt's Classes	7 10:00 AM Day Meditation
8 11:00 AM Video - Karen Armstrong and Robert Thurman: The Spiritual Quest 1:00 PM Library	9 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	10 6:30 PM Library 7:00 PM Fred's Practitioners Group	11 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	12 11:00 AM Women's Circle 6:00 PM Matt's classes	13 8:30 AM Matt's Classes	14
15 11:00 AM Public Talk	16 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	17 6:30 PM Library 7:00 PM Fred's Practitioners Group	18 8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	19 11:00 AM Women's Circle 6:00 PM Matt's classes	20 8:30 AM Matt's Classes	21
22 CLOSED	23	24	25 Christmas Day 11:00 AM Public Talk	26	27	28
29 CLOSED	30	31 New Year's Day	1 New Year's Day	2	3	4 10:00 AM Day Meditation

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
CLOSED			New Year's Day			10:00 AM Day Meditation
5	6	7	8	9	10	11
11:00 AM Video – Llewellyn Vaughn Lee: Introduction to Sufism	8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	7:00 PM Fred's Practitioners Group	8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	11:00 AM Women's Circle 6:00 PM Matt's classes	8:30 AM Matt's Classes	
12	13	14	15	16	17	18
11:00 AM Public Talk 1:00 PM Library	8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	6:30 PM Library 7:00 PM Fred's Practitioners Group	8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	11:00 AM Women's Circle 6:00 PM Matt's classes	8:30 AM Matt's Classes	
19	20	21	22	23	24	25
11:00 AM Public Talk	Martin L...g, Jr. Day 8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	6:30 PM Library 7:00 PM Fred's Practitioners Group	8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group	11:00 AM Women's Circle 6:00 PM Matt's classes	8:30 AM Matt's Classes	
26	27	28	29	30	31	1
11:00 AM Public Talk 1:00 PM Library	8:30 AM Matt's Classes 7:00 PM Matt's Foundation Studies Class	6:30 PM Library 7:00 PM Fred's Practitioners Group	8:30 AM Matt's Classes 7:00 PM Todd's Practitioners Group 7:00 PM Community Night	11:00 AM Women's Circle 6:00 PM Matt's classes	8:30 AM Matt's Classes	10:00 AM Day Meditation