



Newsletter of the Center for Sacred Sciences

The “me” back then, and now, is exactly the same! **The Awakening of Annie O’Shea**

Transcription by Mark Hurwit

At our last community night (October 2, 2013), we enjoyed the special announcement of the awakening of yet another of our sangha members, **Annie O’Shea**. After Joel described for us of how he normally handles such events, Annie was given the floor. What follows is, of course, a summary of a more detailed account.

Annie began by talking about her meeting with Joel after her first gnosis back in March of 2012, and then again with the final ending of self occurring in May of 2013. But it became clear that the “long, drawn-out affair” was more extended than that, as she took us all the way back to her childhood, describing the “beads” on the thread of her spiritual life.

One of the things that struck me in her account was the many times she described enjoying so many aspects of her life, having a “good time”... in sports, dance, singing and, not least of all, boys! She even talked about enjoying school (both high school and college), and how her recognition of the importance of learning set the stage for her future as a jnani. (*Note*: I just looked up the definition of the sanskrit word: *jnani*. It means “eternal knowledge,” and refers numerologically to logical thinking, rigid routines and calculated, thought out actions. But it also means “the giver of life,” and motherhood or tenderness. Hmmm...)

Annie described feeling, early on, that something was “off”... that she didn’t *feel* much, and had no sense of compassion. In college, a boyfriend encouraged her to study philosophy and psychology, and eventually she became interested in all the aspects of the Human Potential movement of the 60s and 70s. While approaching all that in a superficial way (as so many of us did), a door had been opened.

After moving to Oregon, she became a mother and experienced unconditional love for the first time. However, her husband’s alcoholism led her to a very deep crisis, for which she went to Al-Anon. There she experienced the love and support necessary for her healing, the belief in a “higher Power” and creation of a spiritual path.

— continued on page 5

Community Reminders

THE NEXT EDITION OF THE NEWSLETTER WILL BE THE LAST ONE MAILED IN PRINT!

Please go to www.CenterForSacredSciences.org (yes, right now), and select the Publications tab/Subscription Form. Make sure your e-mail address is up-to-date, and that you are subscribed to the Community Newsletter (and Holo Journal, if interested). Anyone with a special need or hardship receiving the digital edition will still be able to get a paper copy; simply mail a request to the Center address (see back page).

Thanks for helping save the environment, lower CSS costs, and lessen the workload of our staff.

If you haven’t sent in or communicated with Jennifer about your **FINANCIAL COMMITMENT** to the Center this year, PLEASE DO. Planning is an important part of the process, and your help with this, and your generosity, is greatly appreciated!

Lastly, CSS’ meeting room now offers a
BULLETIN BOARD

on which you can post personal offerings, event notifications, business services, or anything else you think others in the sangha would find of value. Please feel free to use it!

Returning to the Source Fall 2013 Retreat at Cloud Mountain

Once again, Joel led us through a fantastic nine days of stillness and enquiry. And though Ramana Maharshi reminds us that “*if the mind is turned in, towards the Source of illumination, objective knowledge ceases and the Self alone shines as the Heart,*” Joel adopted the form of a captain navigating the high seas. (It would appear Vip’s publication of *Rime of the Ancient Morwood* in last winter’s newsletter was prescient.)

While still “running around on the shores of thought,” we were encouraged to cast off. After working with the ropes (attachments) tying the ship to the dock, we sailed on towards Consciousness itself, watching all phenomena arise and return to the ocean of being.



Back row: Deste Campbell, Fred Chambers, David Bove, Jim Zajac, Alan Mishchenko, Barbara Goldberg, Laurina Peters, Laurie Iaccino, Joel DeVore, Mora Fields, Jim Patterson, Steve Pologe, Mike Barkhuff, Ben Moltman, Vip Short
3rd row: Jack Yousey, Carla Crow, Ellie Parsons, Joel Morwood, Nancy Miller, Shan Ambika, Clivonne Corbett
2nd row: Rich Marlatt, Tom Rundle, Donna Atkinson, Matt Sieradski, Michael Penny
Front row: Laura Betty, Sally Snyder, Hiromi Sieradski
(not shown: Jeanne Markel, Mark Hurwit, and Robin Bundy)

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There were so many wonderful instructions and insights provided us on this retreat, this whole newsletter wouldn’t nearly be enough space. (If you weren’t there, you should *really* try to go to the next one.) Speaking of which... if all goes as planned, future CSS retreats will no longer be held at Cloud Mountain. I’d bet I wasn’t alone in experiencing an extra pang of sadness during this Fall’s exploration of Impermanence, knowing that this might be the last time I’d walk those beautiful grounds.

Joel D and Donna A sent in offerings of some really beautiful photographs of the property up there. Those reading the (b&w) print newsletter will not get to appreciate those... one more reason to make the shift to the electronic version soon. (See notice on page one.)

— Mark Hurwit, Newsletter Editor

The Buddha said:

“If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way.”

Editor's Notes...

Before beginning the layout of each newsletter edition, I am generally concerned that there will not be enough content to fill the pages. I guess the time has come to let go of **that** idea, as this community has more activities in four months than can be covered in just 8 pages! Not included in this edition — but to be looked forward to in the next — are book reviews, more spiritual poetry, Jewish mystical teachings, selections from the Library Corner, and pictures... LOTS more pictures. (Seems like everybody is trigger-happy with their smart phone these days.) And, as the next edition will be the last printed version that we mail out, that will also offer us more latitude to expand into web links and offer pictures for your perusal on the CSS website that we cannot do on paper. I was particularly impressed with the many, utterly gorgeous images I received after the last retreat, all of which are viewable at <https://picasaweb.google.com/center.for.sacred.sciences/CommunityPhotos>. As you can see, we have some sensitive and talented people in our group, and I'm sure there'll be more for us to appreciate as time goes along. — There were other pictures from the Enlightenment Day party that there wasn't room for here, so those will also be combined with shots from our upcoming Christmas party.



Finally, as always, if you have any feedback, creative suggestions or (best of all) submissions for the newsletter, please be in touch with me at <Newsletter@CenterForSacredSciences.org>, Thanks. It's an honor to serve you all in this way.

Mark



Fall Retreat Brings Out Marketing Genius in Rich Marlatt

Inspired by the ultimate Emptiness at the end of the path, Rich offers up the following slogans, which can be used for eliciting more CSS business, interest in Joel retreats, to help fund the new building and, of course, new library acquisitions.

To join the Center

*Don't be all that you can be! Come join the Center for Sacred Sciences.
See the head Honcho In The Poncho, only at the Center for Sacred Sciences.
Come join the GnosticsAnon Support Group at the Center, led (again) by Jennifer.*

And for increasing attendance on a "Joel Retreat"

*"Thought chop" till you drop on a Joel retreat.
Come disappear without a trace on a retreat with Joel.
If at first you don't fail, try try again on a Joel retreat!
Come on a retreat by Joel and see all hope disappear.
You'll never get less for your money than on a Joel retreat.
Come on a Joel retreat, where less effort brings greater rewards!
You always have the opportunity to get Screwed by Grace on a Joel retreat.*

Also on Retreat, Vip discovers the answer to his koan...

Q: What made Bud wiser?

A: Realizing that even though he had thought all along he was a doer, he was actually just a beer.

Matt's Qigong Retreat and Wilderness Adventure

by Barbara Dewey



several evenings with their practice flights — jet fighters breaking the sound barrier! The clouds disbursed on Tuesday, Wednesday and Thursday evenings for a display of the August full moon rising above the mountain and illuminating the vast, high desert below.

The formal practice sessions consisted of an hour of qigong instruction and practice, and another hour of teaching and meditation each morning and evening. The text Matt offered came from *Lu the Immortal Father's Hundred Character Tablet* — recommending, in even just its first line, to “forget words and pay attention.” During the days and nights of the retreat, we were continually brought back to this phrase as the focus of our practice.

At the end of August, CSS members and qigong students of Matt embarked on a qigong retreat. As my Buddhist teacher says, the retreat “was not the same, but similar” to other retreats. The “not the same” part was the location: the Hart Mountain Antelope Refuge in southeastern Oregon. The participants ranged in age from 4 months to 71 years, and our accommodations were tents and RVs, all set up in a primitive campground. The “similar” part was the participants — all committed practitioners with an intent to learn and practice techniques to deepen concentration practice (kids exempted). The schedule included formal teachings and practice, as well as informal practice during our free time. It was truly a rich and unique experience.

During our free time, there were hikes to enjoy which challenged all levels of expertise. Two hot springs were well-used by most participants. We also enjoyed the practice of providing childcare during formal practice, fishing in a small stream that ran through our campsite, playing games, campfires complete with s'mores and, of course, setting up an emergency shelter to protect us from the wind and hard-blowing rain! I'm sure we were quite the sight, huddled under our canopy with tarps lashed on two sides, playing cards and board games during the storms.

The weather conspired to offer hot days, cool nights, torrential rain storms, swirling winds, crashing thunder and dramatic lightning. The U.S. military contributed on

What I discovered is that when I “forget words and pay attention,” everything is manageable, and most of it is even fun. It was a wonderful experience of small community, where everyone played their part and enriched the experience of the whole.

Tom Presents Again at The 2013 Science and Nonduality Conference

Scientists and nondual teachers gathered in the Bay Area from October 23-27 for the annual Science and Nonduality Conference. Plenary speakers this year included nondual teacher Rupert Spira, mind-body medicine pioneer Deepak Chopra, parapsychology researcher Dean Radin, transpersonal psychologist Stan Grof, spiritual theologian Matthew Fox, and lucid dream researcher Stephen LaBerge.



A panoply of other less well-known speakers also presented at the conference, including our own Tom McFarlane. His 20-minute talk, entitled *Deriving Quantum Physics from (Nondual) Perception*, started with a sketch of how basic scientific concepts of time, space, observer, and observed may be seen as arising from a nondual ground. From this foundation, and the definition of science as a way of investigating reality to determine an order that is invariant with changes in time and place, he showed how the laws of quantum mechanics can be seen to naturally unfold.

Tom gave the talk again at CSS, on Sunday November 17, to a mesmerized crowd.

AWAKENING — from page one

This initiated a real beginning to her seeking, and eventually she began a devoted relationship to the teachings of Eknath Easwaran through his books, daily meditations and practices (in groups) similar to our ten precepts. (Annie twice recommended Easwaran's lucid writings on the mystics.)



There were other important influences along Annie's path, including the death of her second husband, a deepened meditation practice after meeting her current partner, Michael Augden, ongoing work as a hospice volunteer, and her family of "improvisational music" enthusiasts training with cellist David Darling. But it was coming upon one of Joel's videos (*Who are you really?*), and realizing that Joel was actually in Eugene, that brought Annie to CSS, where she immediately became a Distance Studies student of Todd.

Annie later came across the writings and podcasts of John Sherman, and particularly the exercise where you try to remember an ordinary event from your childhood and see what it felt like then to be "you." (It can lead to the recognition that what it felt like back then, and now, is exactly the same....the same Me-ness.) Annie took this practice to heart, and did it "as often as she could." And one day while doing the practice (in March of 2012)... "time and space just fell away."

Annie tried to describe this moment to us, but all she could remember was laughing, and realizing all at once that that "nothing had ever happened! Time and space collapsed. It's tough to explain, but... it was a moment!" Giggling throughout, she also said: "Joel's said this a million times, and even though he's said this and I've read it, I'm still shocked that I'm the same person. I mean, everything is different, but everything's the same."

"Losing a sense of self, it's really something... very paradoxical, mysterious and hard to say anything about! It was one of those things where, 'Well yes, of course. You go and you're there, and you're here and it's the same thing!' And that's the permanence, or the ground of being. It's permanent, it never changes. It's never 'not here.'"



Annie said the day afterwards it felt like the rug had been pulled out from under her. It made no sense to meditate, nor did continuing to read the mystics. Though disoriented, she had the clear thought that "the spiritual search was just over," while at the same time feeling a certain nostalgia and attachment for the past... to that "somebody" for whom the search had been a part of daily life. Talking with Joel and Todd and finding "after awakening" accounts really helped. (In particular, Annie recommended Jan Frazier's books, *Life After Awakening* and *Freedom of Being*.) But a sense of doubt persisted until her meeting with Joel on May 1, 2013, when "the last brick came out." Anchored now in her own experience and authority, Annie realized she was on her own and didn't need anyone else's validation (including Joel's).

She said that though the mind never stops, a greater equanimity grows because thoughts can no longer force anything. Her metaphor: "The mind is like the lever on a toaster; it keeps pushing down to make the toast, but nothing happens! Occasionally there might be little heat, but it just can't make that dark toast anymore!" (Michael later confirmed her description, reporting that she while "she's still Annie," stressful situations are not as "sticky.")

In the end, Annie described herself as "just a regular person," insisting that "if it can happen to me, it can happen to you." But I was not alone in the room in noticing, as she told her story, that so many of the things she did, she did with a serious dedication. Though Annie didn't emphasize this, it was quite clear from how she talked about her studies, time with the Easwaran group, her meditation and other practices, that commitment really was an important part of her path... something this writer thinks should be duly noted.

Though Annie will not be taking on formal teaching responsibilities this year, she will be available for one-on-one meetings with whoever is interested. Annie will also be organizing an open monthly music gathering/jam, as well as facilitating a *Music in the Moment* group in the Spring. She can be reached at <annio@fastmail.fm>.

Keith Dowman Teaches Dzogchen Trekcho

Offering by Judith Hasbrouck

Keith Dowman is an eminent English translator of Tibetan Buddhist writings, including Longchenpa's *Treasury of Natural Perfection*. He was in Eugene on October 13th to teach and speak about the Dzogchen Trekcho (cutting through) view.

The venue was the lovely Saraha Nyingma Buddhist Institute (at 40th & Donald). Dowman sat on a throne-like chair, with a long shrine with multiple panels depicting various Buddhas behind him. Out the window, he could see Tibetan prayer flags looped from tree to tree, waving in the breeze. Facing the audience, he noticed several Western women, their hair cut short, wearing the maroon and saffron robes of Tibetan Buddhist nuns, among the laity in attendance.

He came out blasting.

A cataclysm is approaching, he said. We cannot afford the graduated paths of the Buddhist "yanas." Our times require *Radical Dzogchen* — radical, meaning sudden: a sudden introduction into the nature of Mind, which is rigpa or pure awareness, "free from the tyranny of the rational mind." The Trekcho view, cutting through delusion, is achieved through the disciplined non-meditation of Doing Nothing.

He went on: You Westerners do not need to take on the trappings of Tibetan Buddhism — those are merely adornments and obstacles. You need to drop the mythologies of Christianity and Judaism. You need to find the words and iconography that have meaning here in Eugene.



Other gems:

It's not about happiness, despite what the Dalai Lama says.



What idiot ever had the idea of depicting Buddha in human form?



How can we recognize pure awareness? You can look for it in activities such as skiing or surfing, when there is no time to analyze. You can meditate on an image of a white "A" on a blue background. Or, you can find it in "the first moment." When something happens, inside or outside, that catches your attention, there is a moment of pure awareness before thought kicks in to identify it or judge it. In that moment, THAT IS IT!



Morality cannot be imposed from the outside, by edict or threat. It arises from pure awareness.



In the afternoon session, Dowman led the audience through an overview of Longchenpa's "Precious Treasury of the Dharmadhatu," which Dowman's translation is entitled *Spaciousness: Radical Dzogchen of the Vajra-Heart*.



Dowman taught and pointed to so much in this session, but the essence can be found in the last chapters of Joel's *The Way of Selflessness*. Apparently, Dowman's first choice for a venue in Eugene was the Center for Sacred Sciences, but CSS was closed for the Fall retreat. Dowman's teachings —and exhortations to his audience— made clear his interest in CSS.

Anything I Want

by Cathryn Cardellino

*Why should I envy birds
who stand on boulders
in the froth of a rushing river?
This would not be enough for me,
to have water and sun offer me jewels
while homeless cough and shiver
and sleep on shore.*

*And why does my heart break
as an ant lugs a tiny speck
three times its size
when in airports I fight disdain
for those with clumsy bags.*

*How lovely is the shimmer
of a hummingbird's throat
as it hangs, exquisitely limp,
from the mouth of a cat.
Such a sad, pretty sight.*

*The world arrives
in its crushing beauty.
I do not know compassion.
I only know this.*

**We're deeply appreciative for all the gifts provided to us
from September 1, 2012 through August 31, 2013: gifts of money,
time, membership pledges, donations to the building fund, help with the
remodeling, materials, furnishings, and supplies to keep the Center running.**

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 Anita Runyan Ann Everitt Annie O'Shea Anthony Parker Arvilla Ballard
 Audrey Desjarlais Avi Lyons Barbara Dewey Bailey Lori Cunningham
 Barbara Goldberg Betty Vail Barbara Hasbrouck Barbara Richmond
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 Tom Rundle Therese Engelmann Trish DeVore Vinnie Principe Vip Short
 Wesley Lachman William Davis Zachary Smith

The Whole Library? Oy, THAT was a move!



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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.

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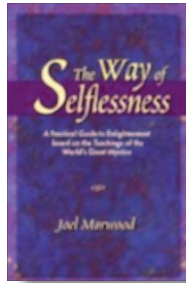
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Center Publications

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)

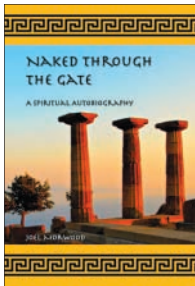
A distillation of Joel's teachings on the path of selflessness, drawn from his extensive study of the world's mystical classics. This book will help seekers of any (or no) tradition understand and take to heart the teachings of the mystics of the great traditions.



Naked Through the Gate: A Spiritual Autobiography

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

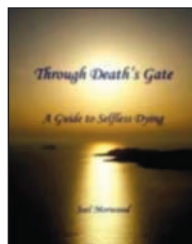
This is the new 2nd edition of Joel's personal account of his remarkable spiritual path, ending with a Gnostic Awakening. With a beautiful new cover and nicer font, one might say it's the 30th anniversary (of Gnosis) edition, published a bit early.



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.



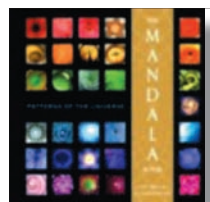
The above three books may be ordered at <http://www.centerforsacredsciences.org/catalog.htm>

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.

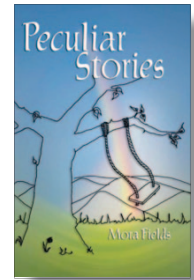
She explains the concepts of mandalas, showing how they are at the root of life itself. More Mandala resources available on her website: <http://www.mandalaproject.org>.

Peculiar Stories

By Mora Fields

O Street Publishing, 2010. Paper, 94 pages. Youth Fiction, age 6-10 & up,
www.ostreetpublishing.com

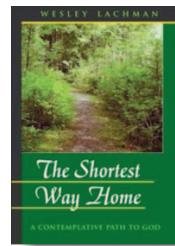
A book of teaching tales that are plain-spoken, absorbing and layered with depth. These stories delve into such topics as: where thoughts come from; how we deal with things like emotions, fear, and peer pressure; how to experience spaciousness; and the meaning of life.



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)

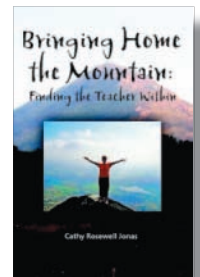
An introduction to the contemplative mystical path for those seeking a radically new and deeper way to God. A step-by-step presentation of the path of spiritual realization. Each chapter ends with a *You Find Out* exercise so the reader can test what has been read against his or her own experience.



Bringing Home the Mountain: Finding the Teacher Within

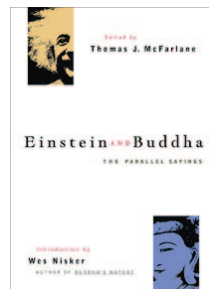
By Cathy Rosewell Jonas
Free Heart Press, 2010. Paper, 224 pages. (Available at www.lulu.com and www.amazon.com)

"Cathy Jonas's exciting account of her spiritual journey 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.

Audio recordings of most of the CSS Sunday talks, including a full reading of *Through Death's Gate*, are available free on the CSS website, www.centerforsacredsciences.org/index.php/audios.htm

CSS Calendar: January 2014 – May 2014

Please check the website for the most updated schedule information:
<http://www.CenterForSacredSciences.org/gCalendar.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	Foundation Studies Group (Matt) 7-8:30 pm	Practitioner's Group (Fred) 7-8:30 pm Library open 7:00-9:00 pm	Practitioner's Group (Todd) 7-8:30 pm Community Nights Jan. 29, April 2 and May 28	Women's Circle 11 am - noon		Full-day Meditation 10 am-4 pm January 4 February 1 March 1 April 5 May 10

Schedule Notes

- The library will be closed on Tuesday, January 7 for staff training.
- There are no regular classes on Community nights: January 29, April 2 and May 28.
- All CSS activities will be suspended from March 24-30, and for the Spring Retreat from April 27-May 2.

Sunday Videos planned for this calendar period are:

- Jan. 5** – *Llewellyn Vaughn Lee: Introduction to Sufism*
 In this 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.
- Jan. 5** – *March* – tradition of Tibetan Buddhism. Despite near extinction during the destruction of the Cultural Revolution, these remarkable spiritual practitioners have emerged to rebuild their monasteries by hand – stone by stone. Now, their tradition of wisdom and compassion is once again vital and growing.
- Feb. 2** – *Cave of Forgotten Dreams: a film by Werner Herzog*
 This breathtaking documentary, from the incomparable Werner Herzog, follows an exclusive expedition into the nearly inaccessible Chauvet Cave in France, home to the most ancient and spectacular visual art known to have been created by human beings.
- Feb. 2** – *Blessings: The Tsoknyi Nangchen Nuns of Tibet*
 This video tells the story of 3000 nuns living in the remote nomadic region of Nangchen in Eastern Tibet who practice an ancient yogic
- March** – *continued*
- April 6** – *Music and the Art of Dying: Therese Schroeder-Sheker*
 Therese Schroeder-Sheker (director of the Chalice of Repose Project at St. Patrick's Hospital in Missoula, Montana) describes her pioneering work in the application of palliative music during deathbed vigils.
- May 4** – *Being Born as the Earth: A talk by Zen Master John Daido Loori*
 This talk by Zen Master John Daido Loori addresses the growing awareness of the connection between spirituality and ecology. This taping took place on Buddha's birthday in 1990, which also happened to be Earth Day.

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 CLOSED	30 CLOSED	31 CLOSED	1 New Year's Day	2 CLOSED	3 CLOSED	4 10:00 AM Day Meditation (Tom)
5 11:00 AM Video - Llewellyn Vaughn Lee: Introduction to Sufism 1:00 PM Library CLOSED for staff training	6 7:00 PM Matt's Foundation Studies Class	7 7:00 PM Library CLOSED for staff training 7:00 PM Fred's Practitioners Group	8 7:00 PM Todd's Practitioners Group	9 11:00 AM Women's Circle	10	11
12 11:00 AM Public Talk 1:00 PM Library	13 7:00 PM Matt's Foundation Studies Class	14 7:00 PM Fred's Practitioners Group 7:00 PM Library	15 7:00 PM Todd's Practitioners Group	16 11:00 AM Women's Circle	17	18 10:00 AM CANCELED - Qigong workshop with Matt
19 11:00 AM Public Talk	20 Martin Luther King, Jr. Day 7:00 PM Matt's Foundation Studies Class	21 7:00 PM Fred's Practitioners Group 7:00 PM Library	22 7:00 PM Todd's Practitioners Group	23 11:00 AM Women's Circle	24	25
26 11:00 AM Public Talk 1:00 PM Library	27	28 7:00 PM Library	29 7:00 PM Community Night	30 11:00 AM Women's Circle	31	1 10:00 AM Day Meditation (Annie)

February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>26</p> <ul style="list-style-type: none"> 11:00 AM Public Talk 1:00 PM Library 	<p>27</p> <ul style="list-style-type: none"> 7:00 PM Library 	<p>28</p> <ul style="list-style-type: none"> 7:00 PM Library 	<p>29</p> <ul style="list-style-type: none"> 7:00 PM Community Night 	<p>30</p> <ul style="list-style-type: none"> 11:00 AM Women's Circle 	<p>31</p>	<p>1</p> <ul style="list-style-type: none"> 10:00 AM Day Meditation (Annie)
<p>2</p> <ul style="list-style-type: none"> Groundhog Day 11:00 AM Video - Cave of Forgotten Dreams: a film by Werner Herzog 	<p>3</p> <ul style="list-style-type: none"> 7:00 PM Matt's Foundation Studies Class 	<p>4</p> <ul style="list-style-type: none"> 7:00 PM Library 7:00 PM Fred's Practitioners Group 	<p>5</p> <ul style="list-style-type: none"> 7:00 PM Todd's Practitioners Group 	<p>6</p> <ul style="list-style-type: none"> 11:00 AM Women's Circle 	<p>7</p>	<p>8</p>
<p>9</p> <ul style="list-style-type: none"> 11:00 AM Public Talk 1:00 PM Library 	<p>10</p> <ul style="list-style-type: none"> 7:00 PM Matt's Foundation Studies Class 	<p>11</p> <ul style="list-style-type: none"> 7:00 PM Library 7:00 PM Fred's Practitioners Group 	<p>12</p> <ul style="list-style-type: none"> Lincoln's Birthday 7:00 PM Todd's Practitioners Group 	<p>13</p> <ul style="list-style-type: none"> 11:00 AM Women's Circle 	<p>14</p> <ul style="list-style-type: none"> Valentine's Day 	<p>15</p>
<p>16</p> <ul style="list-style-type: none"> 11:00 AM Public Talk 	<p>17</p> <ul style="list-style-type: none"> Presidents' Day 7:00 PM Matt's Foundation Studies Class 	<p>18</p> <ul style="list-style-type: none"> 7:00 PM Library 7:00 PM Fred's Practitioners Group 	<p>19</p> <ul style="list-style-type: none"> 7:00 PM Todd's Practitioners Group 	<p>20</p> <ul style="list-style-type: none"> 11:00 AM Women's Circle 	<p>21</p>	<p>22</p> <ul style="list-style-type: none"> Washington's Birthday
<p>23</p> <ul style="list-style-type: none"> 11:00 AM Public Talk 1:00 PM Library 	<p>24</p> <ul style="list-style-type: none"> 7:00 PM Matt's Foundation Studies Class 	<p>25</p> <ul style="list-style-type: none"> 7:00 PM Library 7:00 PM Fred's Practitioners Group 	<p>26</p> <ul style="list-style-type: none"> 7:00 PM Todd's Practitioners Group 	<p>27</p> <ul style="list-style-type: none"> 11:00 AM Women's Circle 	<p>28</p>	<p>1</p> <ul style="list-style-type: none"> 10:00 AM Day Meditation (Matt)

March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 11:00 AM Public Talk 1:00 PM Library	24 7:00 PM Matt's Foundation Studies Class	25 7:00 PM Library 7:00 PM Fred's Practitioners Group	26 7:00 PM Todd's Practitioners Group	27 11:00 AM Women's Circle	28	1 10:00 AM Day Meditation (Matt)
2 11:00 AM Video - Blessings: The Tsoknyi Nangchen Nuns of Tibet	3 7:00 PM Matt's Foundation Studies Class	4 7:00 PM Library 7:00 PM Fred's Practitioners Group	5 7:00 PM Todd's Practitioners Group	6 11:00 AM Women's Circle	7	8
9 Daylight Saving Time Begins 11:00 AM Public Talk 1:00 PM Library	10 7:00 PM Matt's Foundation Studies Class	11 7:00 PM Fred's Practitioners Group 7:00 PM Library	12 7:00 PM Todd's Practitioners Group	13 11:00 AM Women's Circle	14	15
16 11:00 AM Public Talk	17 St Patrick's Day 7:00 PM Matt's Foundation Studies Class	18 7:00 PM Fred's Practitioners Group 7:00 PM Library	19 7:00 PM Todd's Practitioners Group	20 11:00 AM Women's Circle	21	22
23 11:00 AM Public Talk 1:00 PM Library	24 CLOSED 7:00 PM Matt's Foundation Studies Class	25 7:00 PM Fred's Practitioners Group 7:00 PM Library	26 7:00 PM Todd's Practitioners Group	27 11:00 AM Women's Circle	28	29
30 CLOSED 11:00 AM Public Talk	31 7:00 PM Matt's Foundation Studies Class	1 April Fools Day 7:00 PM Library 7:00 PM Fred's Practitioners Group	2 7:00 PM Community Night	3 11:00 AM Women's Circle	4	5 10:00 AM Day Meditation (Todd)

April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>CLOSED</p> <p>11:00 AM Public Talk</p>	<p>31</p> <p>7:00 PM Matt's Foundation Studies Class</p>	<p>1</p> <p>April Fools Day</p> <p>7:00 PM Library</p> <p>7:00 PM Fred's Practitioners Group</p>	<p>2</p> <p>7:00 PM Community Night</p>	<p>3</p> <p>11:00 AM Women's Circle</p>	<p>4</p>	<p>5</p> <p>10:00 AM Day Meditation (Todd)</p>
<p>6</p> <p>11:00 AM Video – Music and the Art of Dying: Therese Schroeder-Sheker</p>	<p>7</p> <p>7:00 PM Matt's Foundation Studies Class</p>	<p>8</p> <p>7:00 PM Library</p> <p>7:00 PM Fred's Practitioners Group</p>	<p>9</p> <p>7:00 PM Todd's Practitioners Group</p>	<p>10</p> <p>11:00 AM Women's Circle</p>	<p>11</p>	<p>12</p>
<p>13</p> <p>11:00 AM Public Talk</p> <p>1:00 PM Library</p>	<p>14</p> <p>7:00 PM Matt's Foundation Studies Class</p>	<p>15</p> <p>Tax Day</p> <p>7:00 PM Fred's Practitioners Group</p> <p>7:00 PM Library</p>	<p>16</p> <p>7:00 PM Todd's Practitioners Group</p>	<p>17</p> <p>11:00 AM Women's Circle</p>	<p>18</p>	<p>19</p>
<p>20</p> <p>Easter</p> <p>11:00 AM Public Talk</p>	<p>21</p> <p>7:00 PM Matt's Foundation Studies Class</p>	<p>22</p> <p>Earth Day</p> <p>7:00 PM Library</p> <p>7:00 PM Fred's Practitioners Group</p>	<p>23</p> <p>7:00 PM Todd's Practitioners Group</p>	<p>24</p> <p>11:00 AM Women's Circle</p>	<p>25</p>	<p>26</p>
<p>27</p> <p>Spring Retreat</p> <p>CLOSED</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1</p>	<p>2</p>	<p>3</p>

May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 CLOSED Spring Retreat	28	29	30	1	2	3
4 11:00 AM Video – Being Born as the Earth: A talk by Zen Master, John Daido Looi	5 7:00 PM Matt's Foundation Studies Class	6 7:00 PM Library 7:00 PM Fred's Practitioners Group	7 7:00 PM Todd's Practitioners Group	8 11:00 AM Women's Circle	9	10 10:00 AM Day Meditation (Vip)
11 Mother's Day 11:00 AM Public Talk 1:00 PM Library	12 7:00 PM Matt's Foundation Studies Class	13 7:00 PM Fred's Practitioners Group 7:00 PM Library	14 7:00 PM Todd's Practitioners Group	15 11:00 AM Women's Circle	16	17
18 11:00 AM Public Talk	19 7:00 PM Matt's Foundation Studies Class	20 7:00 PM Library 7:00 PM Fred's Practitioners Group	21 7:00 PM Todd's Practitioners Group	22 11:00 AM Women's Circle	23	24
25 11:00 AM Public Talk 1:00 PM Library	26 Memorial Day 7:00 PM Matt's Foundation Studies Class	27 7:00 PM Library 7:00 PM Fred's Practitioners Group	28 7:00 PM Community Night	29 John F. Kennedy's Birthday 11:00 AM Women's Circle	30	31