



Spring 2014

Vol. 27, No. 2

# Center Community News

Newsletter of the Center for Sacred Sciences

## A Story of Pain and Awakening Todd Corbett Interviews Holly Saunders

**H**olly began attending CSS on Sundays in 2002 after many years of searching and studying within various traditions — the Course in Miracles, initiations on the Sant Mat and Sufi paths, work with anthroposophy, and taking refuge on the Buddhist path with the 13th Karmapa in the Black Crown ceremony. Her root guru, Neem Karoli Baba, first appeared to her in 1977 through a disembodied voice that guided her on her path for a few years. By the time she found the Center, she had been through the gamut of spiritual groups and traditions, as have many of us who eventually arrived at CSS.



During her first year attending CSS Sunday meetings, and after a number of private meetings with Joel, she had a set of profound awakening experiences which had a marked transformative impact on her life. Within just a few years, however, she developed a debilitating illness that brought with it three and a half years of severe symptoms such as disorientation, severe pain and a temporary loss of ability to function in the world. I am interviewing Holly in order to share not only her experience of Awakening, but also to discuss her subsequent experiences of severe pain and mental chaos within the context of her transformed vantage point.

— *continued on page 2*

## A Fond Farewell...

**THIS EDITION IS THE LAST PRINTED NEWSLETTER TO BE MAILED!**

Starting with the summer edition, everyone who has signed up for it will be e-mailed a link to a free, easy-to-download newsletter in PDF format. In addition to enjoying these pages **in color**, we'll see more and more live Internet links to great content, community pictures, perhaps even music and video clips. Yes, the sky is the limit with the new format... but only if you've signed up to receive it!

So if you want to be "in the know" and considered totally holy by your mystical bretheren, subscribe right now at [www.CenterForSacredSciences.org](http://www.CenterForSacredSciences.org) by selecting the Publications tab/Subscription Form.

Anyone with a special need or hardship receiving the digital edition will still be able to get a paper copy by simply mailing a written request to the Center (see back page for address).

## News Flash: Silent Auction Reveals Practitioners' Craving

But it appears we haven't *really* broken any of our precepts or compromised our karma because it was actually **SELFLESS** craving. Kind of like a spiritual win-win, as all of our purchases brought in much-needed funds to a *very* good cause. — Thanks again to Hiromi and all the other volunteers for creating such a nourishing, fun and profitable night. We look forward to more of them in the future!



— Holly, continued from page 1

**Todd:** So tell us, what originally brought you to CSS?

**Holly:** I sort of stumbled onto CSS after years of seeking, and was instantly moved by the teachings of Joel. After attending on a single Sunday, I knew I was in the right place and, eventually, I began having private meetings with Joel for guidance in 2002.

**Todd:** In our conversations, you describe a transformative experience that occurred in 2003. Please describe what happened, how it seemed to come about, and how it changed your life experience.

**Holly:** After a number of visits with Joel, I was telling him that my practice was to be the watcher, and he threw me off when he gave me a practice of looking to see what is behind the watcher. So I was attempting to look behind the “watcher” when I suddenly had the experience of being disoriented in space. I don’t have coherent words for what happened next, but suddenly there was an experience of awareness without bounds, and there was no sense of Holly apart from anything else. This went on intermittently for days, although there was a sense of something lacking or incomplete in the experience.

Then, about a month later, while taking out the garbage, in a mood of gratitude, I looked at the garbage can and then at the full moon, and what was revealed in between was that there is only one thing here — only god taking all forms — and that there is no true thought. This was the end of seeking and the beginning of rest. Since then, I’ve had this longing to share something of this awakening with others. I started inviting seekers to my home for weekly meetings, and this has been going on ever since.

**Todd:** What do you do at these meetings? What is their function?

**Holly:** We read, share and discuss the teachings of mystics of different traditions, and I encourage everyone to share insightful experiences as well as their difficulties on the path.

**Todd:** So, back in 2003 you continued to attend CSS on Sundays?

**Holly:** Yes, and I continued to meet with Joel. I wanted to share my experience, but because I had never been to a practitioners group or a CSS retreat, all I had to share was the meditation that I’d been doing and my experience itself. Joel encouraged me to look into the CSS Distance Studies Course so I would have some tools with which to help others. I began and completed the course within about two years, with you as my mentor. I practiced the meditations, worked with the precepts and studied the texts. (This was before *The Way of Selflessness* had been published.) My goal was to learn how to help support the practice of others, and after graduating I then mentored another student in the program. Meantime, I continued my weekly groups, but not in conjunction with CSS.

**Todd:** So, then in 2008, you became ill. Tell us about the illness and your subsequent experiences.

**Holly:** I contracted Lyme disease, and during the very worst of it (between 2008 and 2010) I learned to work deeply with pain and debilitation. This illness was very intense. I got bit by a tick 10 years before the symptoms became acute, and for a long time I did not know what it was. The first thing that began to happen was that I couldn’t walk downtown because I wasn’t able to spatially determine where people or cars were. I couldn’t cross streets. I started feeling this anxiety-like symptom in the body—it just felt like an alarm reaction was always going off. I had lots of strange feelings.

During this time, I also developed an irregular heartbeat and at times a racing heart and erratic blood pressure. I also developed something like Bell’s palsy with some temporary paralysis of parts of my face, and then I began having lots of trouble sleeping and severe pain.

Then, in February of 2008, the mind began to become fragile, and then deteriorated over the next few months. My mental activity pretty much stopped being functional.

— continued on page 3

*“I looked at the garbage can and then at the full moon, and what was revealed in between was that there is only one thing here — only god taking all forms — and that there is no true thought. This was the end of seeking and the beginning of rest. Since then, I’ve had this longing to share something of this awakening with others.”*

# Is Fundraising a Spiritual Practice?

by Barbara Dewey

I have been the face of fundraising at CSS for about a year. During that time my relationship with fundraising has evolved drastically — in a very productive way. I started out with good intentions, enthusiasm and optimism and proceeded to a place of uncertainty, anxiety and confusion. The mystics would probably say that's a good place to be, and I would have to agree. While it definitely hasn't been comfortable, it has been humbling and ultimately freeing. I now rest in a place of relaxation, acceptance and creativity.

CSS has had a successful year of fundraising, with about \$20,000 raised for the Building Fund through the generosity of individual donors, and creative ideas and hard work by Sangha members. Three fundraising events — the rummage sale, the Winter Party Auction and the Valentine's Day Raffle — raised over \$4000. The balance has been raised from individual donors, and through donations offered at CSS sponsored activities such as the first Saturday meditation mini-retreats, and qigong and tai chi classes.

I believe that creative, mindful fundraising will strengthen the Sangha as a whole and provide creative spiritual practice for individual members. As a small group of practitioners, we have come together creatively to generate a good deal of money — mostly from each other. My feeling is that because we are a small group with finite resources, we now need to start focusing on creative

avenues to widen the net, so to speak. There is a whole world out there through which money can be brought into the Building Fund.

To get started I'd like to prime the pump a little bit just to get you thinking:

- We have a building that we can rent to 501(c)(3) non-profit groups (as long as the event falls within the scope of the CSS mission). Please submit proposals to the CSS Board for review.
- Have garage sales either individually or with a small group, and donate the money to the building fund.
- Host an "Idea Party" (aka brainstorming session). Invite friends from outside the Sangha for fresh ideas to raise money. If this sounds intriguing to you, I can provide you more details — mostly taken from Barbara Sher's book, *WISHCRAFT—How to Get What You Really Want*.

So the answer to the question posed in the title of this article is (to quote Joel): **You Find Out!**



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— *Holly, continued from page 2*

I couldn't laugh or even cry; the brain at one point was all but incoherent. I couldn't read, I couldn't watch a movie, I couldn't follow even a simple conversation.

But despite this, all was still just this awareness observing... inside, outside, observing the whole thing. There was no escaping it; that never changed. I couldn't have told you any of this at the time — I had a difficult time even being coherent much of that period. Yet despite that, clearly it was all being held in consciousness.

The body was becoming a disaster zone and I had no idea why, despite having gone to multiple different physicians, including a neurologist, to try to get a diagnosis. It remained unclear what was going on until I found a traditional Chinese medical doctor who diagnosed it as Lyme disease. Once I began treatment, the symptoms began to abate. Now after five years of treatment, the symptoms have significantly improved. I still have pain and issues in the body, but it is much better.

**Todd:** So, in the worst of this illness, with these very difficult symptoms, what happened with your awakening? Did it seem to be affected?

**Holly:** Well, there was a time when the mind was so vacant and the pain was so great that I was living in perpetual confusion, and even thoughts of suicide arose. The pain was creating such strong contractions in the body, and out of that came a strong sense of selfing.

— *concluded on page 4*

— Holly, continued from page 3

**Todd:** Describe what you mean by a “sense of selfing...”

**Holly:** Along with the mental confusion that was a part of the illness I was also having this severe pain, out of which seemed to arise corresponding contractions of the entire body. This seemed to give me a sense of isolation located in time and space, and I felt like the “I” was becoming the center of my world again. The pain created this seeming focus of location, and I hadn’t had a location, but now there seemed to be one and all of this pain with the body and thoughts about it began coming up, and they were indicating a “me.” I went to Joel and I remember telling him, “Joel, I feel like I’ve lost my awakening.” And he said, “Well, that’s just a thought.” And then I would see thought go by and awareness would snap back, with consciousness clearly seen as just holding it all. And then it didn’t matter whether I was confused and in pain, or whatever. As I began to have a break in some of the symptoms, this re-recognition seemed to grow even more profound.

**Todd:** Did you do any practices when these symptoms were really intense?

**Holly:** Mostly I couldn’t do any practices — awareness was pretty much doing me at that time. Most of the time, whether the mind was clear or not clear didn’t seem to make much difference. Despite how deranged the mind would become, all that was occurring was clearly this one consciousness just holding it all —all of it arising in this timeless awareness. I would sometimes feel like I needed support from spiritual friends, and I would call on you and Tom Kurzka, and you would both come over and visit. I would sometimes even venture out and have a meeting with Joel.

The gift of the illness seems to have been a deepening of the recognition of being totally surrendered to what is. I wouldn’t wish this illness on anyone, but if you have something like this happen, what is most important (aside from finding a competent doctor to treat it) is to be with the symptoms and the craziness of it fully and completely. Just allowing the sensations to be there and not doing battle with them. Seeing them and being with them fully, and experiencing the surrender that entails... there is now seemingly that much more nakedness. It’s certainly not a path I’d recommend, but I bow to it and fully appreciate now the value of seeing the darkness of experience within the light of consciousness.

**Todd:** You seem to be doing pretty well at this point. How has the body been doing recently after receiving treatment for five years?

**Holly:** The symptoms are much better, but I still have some chronic pain left over from it. Being with these very intense Lyme symptoms seems to have deepened the surrendering process to the point that anymore all I feel compelled to do is service.”

**Todd:** So how does service now express itself in your life?

**Holly:** I continue to host two groups that meet in my home, at no charge, and most recently one that meets at Unity Church on Mondays. I also have private students in different parts of the country, some of whom have been referred to me by other spiritual teachers or other students.

**Todd:** Thank you, Holly, for sharing your experience with us. If anyone reading this article is interested in more information about your meetings, what is the best way for them to get in touch with you?

**Holly:** They can email me at [mercyskiss@efn.org](mailto:mercyskiss@efn.org).

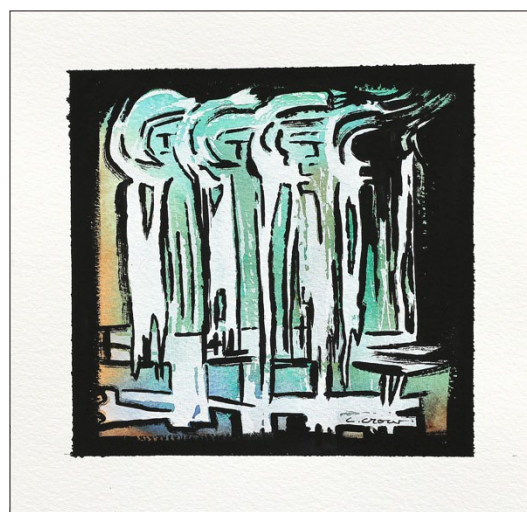
## Fall Retreat Inspiration

by Carla Crow



*Form comes out  
from Formlessness.  
Then it returns,  
For unto Him  
We are returning.*

~ Rumi



Self Dissolving by Carla

## CENTER ANNOUNCEMENTS

- ✓ Recently the HOLOS JOURNAL published an interview with CSS teacher Matt Sieradski in which Matt elucidates taiji practice from a mystical perspective. Accompanying the interview is an article in which Matt elegantly describes the principles underlying taiji and how, through its practicing, “we forget our conceptual understanding and merge with the Dao.” See: [www.holosforum.org/v7n1/sieradski.html](http://www.holosforum.org/v7n1/sieradski.html) (Editor’s Note: Both of these are excellent! One more reason to make sure you subscribe to not only the newsletter but the Holos Journal as well.)
- ✓ Last May, Tom McFarlane did a presentation at CSS of his talk from the SCIENCE AND NONDUALITY CONFERENCE: *Einstein, Buddha, Reality– The Nondual Roots of Science*. If you didn’t get to see that (or even if you did), the full video from that morning is now available here: <http://vimeo.com/69820122> and here: <http://www.centerforsacredsciences.org/index.php/publications/online-video.htm>
- ✓ In yet one more effort to bring the Precepts and deeper spirituality into our lives, a good suggestion has been made that, as much as possible, we bring our own dishes and silverware to CSS gatherings, to lessen the amount of cleanup and garbage going to the landfill. This is a small thing we can all do.
- ✓ In the TRICYCLE MAGAZINE article *Working With Desire*, Matthieu Ricard gives an overview of different Buddhist methods for working with emotions. “The different methods to free oneself from destructive emotions are like keys: it does not matter whether a key is made of iron, silver, or gold, as long as it opens the door to freedom.” Read it here: [www.tricycle.com/special-section/working-desire](http://www.tricycle.com/special-section/working-desire)
- ✓ In case you missed it, Greg Goode (author of *Standing as Awareness*), has put out a handbook for the practice of inquiry, including 40 experiments starting with simple perception and progressing all the way to inquiry into the nature of the witness of all experience. You can find *The Direct Path* at:

## Amateur Aphorisms

by Wesley Lachman



*If you know  
Your destination  
On this path,  
You will never arrive*

*If you can’t loosen your grip  
On this egoic self,  
You can at least notice  
That your hands are empty*

*What awakens is not you  
It is the absence of you*

*Your true self  
Right now  
Is exactly the size  
Of this room*

And a huge, warm **THANK YOU** to **Jack Yousey** for his many years of service as our Retreat Coordinator. His dedication, efficiency and hard work made our spiritual paths less bumpy, and (a lot) more than once his own retreat experience suffered so that ours would not.

## Thanks, Jack!

Shirley Chase will be picking up the reins, starting with the Spring Retreat at the Benedictine Monastery, and we’re confident she’ll do a great job. If you have not replied to her initial email contact, PLEASE DO SO! Let’s not make her first days at this (volunteer) job more difficult than necessary.



## Hungry for Pie (Charts)?

If you missed the Center's annual financial pie chart in the last (Winter 2013) newsletter, it's because we've moved our financial reports, building fund status, etc. to the our website. Those wanting to keep abreast of the progress we've made raising money through the CSS BUILDING FUND, what's being applied towards the mortgage payments, and much more excitement for the numerically-inclined, can find it all at:

<http://www.CenterForSacredSciences.org/index.php/about/finances.html>

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## Poem for a Brother Passed

by Mike Barkhuff (read at Jim's funeral)

Oh maple tree, oh maple tree  
you are growing very dear to me

Each day as I look out at you  
I feel a bond becoming true

Your fresh green is gone and turned to gold  
now you look so very old

Your roots have been here oh so long  
centuries before the coming of the gong

And every year in the fall  
you gently drop your leaves below the dining hall

Back to our Mother Earth  
who with you gave them their noble birth

Ah, but some leaves so desperately cling  
waiting for rain and wind to fiercely fling  
them madly through the air  
'til you become completely bare

The birds now land only for a rest  
they have no place to hide or nest

Your leaves will turn to what? I don't know  
perhaps they will become a doe

Your giant neighbor across the way  
has succumbed to death, rot, and decay

As you and I will surely do  
just as your leaves now do so too.

*Love & peace*

## Meinrad Craighead: Praying with Images

a film by Donna Campbell  
& Georgann Eubanks (60 min.)

Review by Peggy Prentice

This film, about the artistic life of a nun, will interest many CSS Members. In-depth interviews and scenes of her drawing in her studio illumine Meinrad Craighead's creative process and symbolic, spiritual imagery.

She moved to Albuquerque, NM, after living in Italy and other parts of Europe, and much of her imagery is influenced by southwestern plants, animals and the Native American mythology of bird and coyote connecting heaven and earth. Through charcoal, paint and printmaking, her figurative artwork also tells symbolic stories about the divine feminine. Craighead discusses her experience of life and creative process as ritual.

I think anyone curious about the creative process an artist lives will enjoy this film and see Meinrad Craighead's life as an example of that.

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## Other New DVDs with a Sacred Creativity Theme

### Ansel Adams: American Experience

a film by Rick Burns, WGBH Boston, 2002. 100 min.

### Coming To Light: The Edward S. Curtis and the North American Indians

directed by Anne Makepeace, Makepeace Productions, 2000. 85 minutes.

### Abida Parveen Sings Songs of the Mystics

Live Concert at the Royal Festival, London, May 2000.

### Sacred Music

directed by Andy King-Dabbs with Simon Russell Beale, featuring Harry Christophers & The Sixteen, CORO / BBC, 2010. 2-dvd set, 4-Episodes, 298 min.

### Ajanta: The History and the Mystery

directed by B.R. Ram Kumar, narrated by P.C. Ramakrishna Kulter, West Long Beach, New Jersey, 2010. 56 min.

### Islamic Art: Mirror of the Invisible World

a film by Robert Gardner, narrated by Susan Sarandon, features: Ruba Kana'an, Afshan Bokhari, D. Fairchild Ruggles, Sheila S. Blair, Jonathan M. Bloom. 90 min.

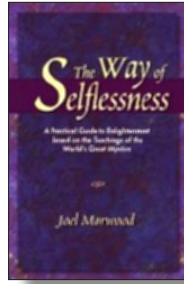
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## Center Publications

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### **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](http://www.Lulu.com))

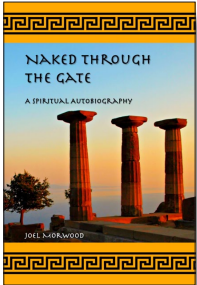


A distillation of Joel's teachings on the path of selflessness, drawn from his extensive study of the world's mystical classics. This book will help seekers of any (or no) tradition understand and take to heart the teachings of the mystics of the great traditions.

### **Naked Through the Gate: A Spiritual Autobiography**

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

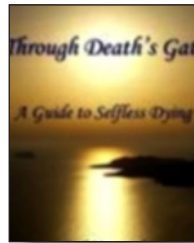
This is the new 2nd edition of Joel's personal account of his remarkable spiritual path, ending with a Gnostic Awakening. With a beautiful new cover and nicer font, one might say it's the 30<sup>th</sup> anniversary (of Gnosis) edition, published a bit early.



### **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.

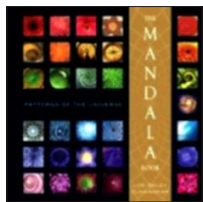
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## Book Publications by Members

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### **The Mandala Book: Patterns of the Universe**

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

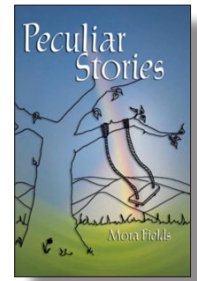


The Mandala Book is a visual symphony, filled with 500 stunning mandalic images from nature and civilization. Drawing from history, science, religion, and art. Lori Bailey Cunningham leads a journey that spans from prehistoric petroglyphs to Carl Jung, from tiny particles of matter to entire galaxies.

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**

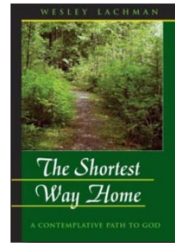
By Mora Fields  
O Street Publishing, 2010. Paper, 94 pages. Youth Fiction, age 6-10 & up,  
[www.ostreetpublishing.com](http://www.ostreetpublishing.com)



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](http://www.ostreetpublishing.com))

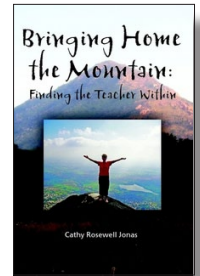


An introduction to the contemplative mystical path for those seeking a radically new and deeper way to God. A step-by-step presentation of the path of spiritual realization. Each chapter ends with a *You Find Out* exercise so the reader can test what has been read against his or her own experience.

### **Bringing Home the Mountain: Finding the Teacher Within**

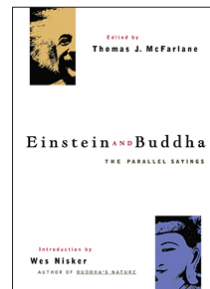
By Cathy Rosewell Jonas  
Free Heart Press, 2010. Paper, 224 pages. (Available at [www.lulu.com](http://www.lulu.com) and [www.amazon.com](http://www.amazon.com))

"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](http://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.

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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](http://www.centerforsacredsciences.org/index.php/audios.htm)

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# Aphorisms from U.G. Krishnamurti

*If you have the courage to touch life for the first time, you will never know what hit you. Everything man has thought, felt and experienced is gone, and nothing is put in its place.*

*Whether you are interested in Moksha, Liberation, Freedom, Transformation, you name it, you are interested in happiness without one moment of unhappiness, pleasure without pain, it is the same thing.*

*We don't want to be free from fear. All that we want to do is to play games with it and talk about freeing ourselves from fear.*

*Your constant utilization of thought to give continuity to your separate self is you. There is nothing there inside you other than that.*

*When the movement in the direction of becoming something other than what you are isn't there anymore, you are not in conflict with yourself.*

## 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](mailto: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: May – September 2014

Please check the website for the most updated schedule information:

<http://centerforsacredsciences.org/calendar.htm>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Talk 11 am-1 pm  Video on 1 <sup>st</sup> Sundays  Library open 1-3:30 pm 2 <sup>nd</sup> & 4 <sup>th</sup> Sundays	Foundation Studies Group (Matt) 7-8:30 pm	Practitioner's Group (Todd) 3:00 pm  (Fred) 7-8:30 pm  Library open 7:00-9:00 pm	Practitioner's Group (Todd) 7-8:30 pm  Community Nights May 28 July 30	Qigong led by Luke Weiss 6-8:00 pm		Full-day Meditation 10 am-4 pm  May 10 June 7 July 5 August 2

## Schedule Notes

- Community nights will be on May 28 and July 30. Regular classes will not meet these weeks.
- All CSS activities will be suspended for the Spring Retreat from April 27–May 2 and for the summer break from August 11-September 22.

## Sunday Videos planned for this calendar period are:

### May 4 — *Being Born as the Earth: 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. (Library DVD #0655)

### June 1 — *Changing From the Inside: Meditation for Women Inmates*

This is a compelling account of an intense pilot meditation program for inmates at a minimum security jail near Seattle, Washington. Seven women practice an ancient meditation technique called Vipassana for ten hours each day, delving ever deeper into themselves to understand and ultimately master the nature of their behaviors and compulsions. In the end, they are transformed by their inward journey and come away with new tools to maintain that transformation. (Library DVD #0366)

### July 6 — *Abide as the Self: The Essential Teachings of Ramana Maharshi*

Comprehensive film footage of the great 20th century mystic Ramana Maharshi with emphasis on his teaching of Self-Inquiry and its practical application. A special collection of rare photographs enhances Ramana's presence and captures the compassion and grace of one of the most respected sages of our time. The inspired narration by Ram Dass provides an overview of Ramana's teachings. Also included are interviews with H.W.L. Poonja, Douglas Harding, Allan W. Anderson, and others. (Library DVD #0261)

### August 3 — *The Tibetan Book of the Dead: A Way of Life*

Death is real, it comes without warning and it cannot be escaped. This stunning film explores an ancient source of strength and guidance, The Tibetan Book of the Dead, which remains an essential teaching in the Buddhist cultures of the Himalayas. Featured are commentaries by H.H. the Dalai Lama, Ram Dass, and Nagap Togden Rinpoche. (Library DVD #0056)

# May 2014

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

# June 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 AM Video - Changing From the Inside: Meditation for Women Inmates (dvd #0366)	2 7:00 PM Matt's Foundation Studies Class	3 3:00 PM Todd's Practitioners 7:00 PM Library 7:00 PM Fred's Practitioners Group	4 7:00 PM Todd's Practitioners Group	5 6:00 PM Qigong	6 10:00 AM Day Meditation (Rich)	7 10:00 AM Day Meditation (Rich)
8 11:00 AM Public Talk 1:00 PM Library	9 7:00 PM Matt's Foundation Studies Class	10 3:00 PM Todd's Practitioners 7:00 PM Library 7:00 PM Fred's Practitioners Group	11 7:00 PM Todd's Practitioners Group	12 6:00 PM Qigong	13 Flag Day	14 Flag Day
15 Father's Day 11:00 AM Public Talk	16 7:00 PM Matt's Foundation Studies Class	17 3:00 PM Todd's Practitioners 7:00 PM Library 7:00 PM Fred's Practitioners Group	18 7:00 PM Todd's Practitioners Group	19 6:00 PM Qigong	20	21
22 11:00 AM Public Talk 1:00 PM Library	23 7:00 PM Matt's Foundation Studies Class	24 3:00 PM Todd's Practitioners 7:00 PM Library 7:00 PM Fred's Practitioners Group	25 7:00 PM Todd's Practitioners Group	26 6:00 PM Qigong	27	28
29 11:00 AM Public Talk	30 7:00 PM Matt's Foundation Studies Class	1 3:00 PM Todd's Practitioners 7:00 PM Fred's Practitioners Group 7:00 PM Library	2 7:00 PM Todd's Practitioners Group	3 6:00 PM Qigong	4 Independence Day	5 10:00 AM Day Meditation (Annie)

# July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29</p> <ul style="list-style-type: none"> <li>11:00 AM Public Talk</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>7:00 PM Matt's Foundation Studies Class</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>3:00 PM Todd's Practitioners</li> <li>7:00 PM Fred's Practitioners Group</li> <li>7:00 PM Library</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>7:00 PM Todd's Practitioners Group</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>6:00 PM Qigong</li> </ul>	<p>4</p> <p>Independence Day</p>	<p>5</p> <ul style="list-style-type: none"> <li>10:00 AM Day Meditation (Annie)</li> </ul>
<p>6</p> <ul style="list-style-type: none"> <li>11:00 AM Video - Abide as the Self: The Essential Teachings of Ramana Maharshi (dvd # 0261)</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>7:00 PM Matt's Foundation Studies Class</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>3:00 PM Todd's Practitioners</li> <li>7:00 PM Fred's Practitioners Group</li> <li>7:00 PM Library</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>7:00 PM Todd's Practitioners Group</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>6:00 PM Qigong</li> </ul>	<p>11</p>	<p>12</p>
<p>13</p> <ul style="list-style-type: none"> <li>11:00 AM Public Talk</li> <li>1:00 PM Library</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>7:00 PM Matt's Foundation Studies Class</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>3:00 PM Todd's Practitioners</li> <li>7:00 PM Fred's Practitioners Group</li> <li>7:00 PM Library</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>7:00 PM Todd's Practitioners Group</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>6:00 PM Qigong</li> </ul>	<p>18</p>	<p>19</p>
<p>20</p> <ul style="list-style-type: none"> <li>11:00 AM Public Talk</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>7:00 PM Matt's Foundation Studies Class</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>3:00 PM Todd's Practitioners</li> <li>7:00 PM Fred's Practitioners Group</li> <li>7:00 PM Library</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>7:00 PM Todd's Practitioners Group</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>6:00 PM Qigong</li> </ul>	<p>25</p>	<p>26</p>
<p>27</p> <ul style="list-style-type: none"> <li>11:00 AM Public Talk</li> <li>1:00 PM Library</li> </ul>	<p>28</p>	<p>29</p> <ul style="list-style-type: none"> <li>7:00 PM Library</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>7:00 PM Community Night</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>6:00 PM Qigong</li> </ul>	<p>1</p>	<p>2</p> <ul style="list-style-type: none"> <li>10:00 AM Day Meditation</li> </ul>

# August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 11:00 AM Public Talk 1:00 PM Library	28 7:00 PM Matt's Foundation Studies Class	29 7:00 PM Library	30 7:00 PM Community Night	31 6:00 PM Qigong	1	2 10:00 AM Day Meditation
3 11:00 AM Video - The Tibetan Book of the Dead: A Way of Life (dvd # 056)	4 7:00 PM Matt's Foundation Studies Class	5 3:00 PM Todd's Practitioners 7:00 PM Fred's Practitioners Group 7:00 PM Library	6 7:00 PM Todd's Practitioners Group	7 6:00 PM Qigong	8	9
10 11:00 AM Public Talk 1:00 PM Library	11 CLOSED	12	13	14	15	16
17	18	19	20	21	22	23
24 CLOSED	25	26	27	28	29	30
31 CLOSED	1 Labor Day	2	3	4	5	6

# September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 CLOSED	1 Labor Day	2	3	4	5	6
7 CLOSED	8	9	10	11	12	13
14 CLOSED	15	16	17	18	19	20
21 CLOSED	22 7:00 PM Library CLEANING PARTY	23	24 6:00 PM Qigong	25	26	27
28 11:00 AM Public Talk 1:00 PM Library CLOSED for Staff Training	29 7:00 PM Library CLOSED for Staff Training	30	1 6:00 PM Qigong	2	3 10:00 AM Day Medi- tation	4