Winter 2007 Vol. 20, No. 1



The Newsletter of the Center for Sacred Sciences

Just WHO Do You Think You Are?

Fall Retreat Looks into Self-inquiry

This year's fall retreat was titled "Know Thyself: The Practice of Inquiry," and was led by Joel at the usual location, Cloud Mountain Retreat Center. Thirty of us took up the *jnana* path for this retreat, which took place October 13-22. Under Joel's guidance we traversed the stages of self-inquiry that *jnana* seekers might encounter on the quest for Truth/Source/Reality/God. This was, of course, a condensed version of what often takes many years to discover (or not, as in the case of Ramana Maharshi's 15-minute journey to Gnosis), but it provided an excellent overview of what a *jnani* might be signing up for in choosing this path.

Very briefly, the stages we examined were these:

Review of concentration and choiceless awareness meditation practices;

Contemplation of impermanence: Arisings and passings away, and emptiness of objects (is the teacup objectively real?);

Phenomenal inquiries: "Am I this body/these sensations?" ("And is this fork different from this hand?") "Am I these desires/aversions? These emotions?" "Am I these thoughts?" "Am I an agent of self-will?" "Are these phenomena components of who *I* am? They pass away, but *I* am still here." We looked at these phenomena to find that they self-liberate when noticed;

Self-inquiry: "Who am I?" — following this thought directly to its source; alternatively, expressing intent to look directly at the source;

Looking directly at nothing: This slippery practice involves finding oneself in a state of pure unknowing (akin to the "senior moment" experience), whereupon "oneself" falls into a "black hole" which turns out to be the clear light of Source. The catch is that no one, especially "oneself," knows it's happening;

"Doing nothing" and "effortless contemplation," the highest teachings of all, where many seekers prematurely attempt to begin.

There were many precious opportunities for spiritual practice — in fact, ongoing 24/7 as it turned out — once Joel introduced the night/sleep practices that supplemented daytime sitting, eating, walking, working, and even peeing meditations.

The closing circle gave us an opportunity to recap, laugh, hear a few songs, and enjoy one retreatant's state of "ensparklement." Along with the various insights and difficulties shared, many expressed an intention to recommit to our practices. The crystal clarity of Joel's descriptions of how and why to practice seemed widely appreciated. As a newer member of this *sangha*, I felt great respect for each participant's honest sharing of the small corners and crevices of our paths — very refreshing in contrast to some of the cosmic-revelation type reports found in some other *sanghas*!

-Mora Thistle Dewey



RETREATANTS: (bottom row from left) Judith Garrison, Mary Moffat, Bill Hamann, Rich Marlatt, Steve Jonas, (middle row) Susan Colson, Megan Greiner, Robin Bundy, Lewis Bogan, Joel Morwood, Clivonne Corbett, Tom McFarlane, Bill Carter, Jack Yousey, (standing) Alan Mishchenko, Vip Short, Gail Marshall, Mora Dewey, Wesley Lachman, Cathy Jonas, Mike Strasburger, Camilla Bayliss, David Cunningham, Paul Flashenberg, Laurina Peters, Fred Chambers, Maggie Free, Jim Patterson, Sharry Lachman (not pictured: Cathryn Cardellino, Ellen Finneran, Miriam Reinhart)

(photo credit: Jack Yousey)

Homage to Dr. Wolff



Homage to Dr. Wolff, our dear Yogi Exemplar of the *jnana* way Whose profound integrity of intellect Makes no claims beyond its own Whose passionate devotion to Truth Surrenders all else Whose razor-sharp clarity Brings light to what was formerly obscure And whose great compassion Tirelessly teaches for so many long years

Homage to Dr. Wolff, our dear Yogi Whose words inspire and instruct us in the *jnana* way

To isolate the subjective pole of consciousness While allowing thoughts to arise in the periphery of awareness

To remember that it is the relative Nothingness That may be Realized as the Absolute Fullness To notice the error of thinking Realization is A change in the contents of consciousness To finally know that we already are that which we seek

Therefore, give up the search

Homage to Dr. Wolff, our dear Yogi Whose words directly point to the ineffable Reality beyond the *jnana* way

To Knowledge-Through-Identity, to Recognition of the Great Space

That is Consciousness-Without-An-Object-And-Without-A-Subject

Homage to Dr. Wolff, our dear Yogi May all beings Realize that, indeed, It's just like he said!

-Tom McFarlane, October 21, 2006

[Editor's note: the above piece was presented by Tom in Diamond Hall at Cloud Mountain, during the sharing which culminated the Fall retreat on self-inquiry.]

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New Foundation Laid

The newest edition of the Foundation Studies class has formed for the 2006-07 year. There are twelve members at the present time. We will be taking a whistle-stop tour of the great religious traditions, from a mystical perspective, as we read nine very informative books. We will learn how to become good sacred scientists as we look within during our meditation practice. And we will see what we can learn about ourselves as we practice The Ten Selfless Precepts. We look forward to building a firm foundation for our spiritual paths.

-Fred Chambers

HOLOS: Forum for a New Worldview

The Center for Sacred Sciences is pleased to announce the publication of vol. 2, no. 2 of our online journal, Holos: Forum for a New Worldview. This issue of Holos features an article by Thomas McFarlane, with an introduction by Joel Morwood. Tom demonstrates in this unique article how the primordial act of distinction provides a foundation for a universal language that unites all mystical traditions and links them to the mathematical language of science. Joel's introduction discusses the relevance of this to the creation of a new sacred worldview in which science and mysticism can be seen as compatible ways of describing the same underlying Reality. The direct link to this issue of Holos is

http://www.holosforum.org/v2n2/mcfarlane.html

Policy Regarding Spiritual Teachers/Mentors

As Adopted May 25, 2006 by the CSS Board of Directors

- 1. **Spiritual teacher/mentor:** For the purposes of this policy, a spiritual teacher (or mentor) is someone who a) offers educational information to the public about mystical traditions, mystical teachings, and mystical practices, and/or b) offers to spiritual practitioners spiritual teachings and guidance whose sole function and purpose is to help them follow a mystical path.
- 2. Appointment: A CSS spiritual teacher is a person who has been appointed by the CSS spiritual director, with the approval of the board, to serve and represent CSS as a spiritual teacher. An appointment as a CSS spiritual teacher may be withdrawn at any time for any reason by the CSS spiritual director, or by the CSS board of directors.
- 3. Stay true to tradition: To maintain coherence of teachings given by CSS teachers, the teachings and guidance given by a CSS spiritual teacher, in their capacity as a CSS spiritual teacher, must be consistent with the principles and practices of teachings at CSS as well as with the teachings of the mystics of the great religious traditions, as outlined in the CSS Mission Statement contained in the CSS Articles of Incorporation.
- 4. Keep it spiritual: To preserve a clear context for spiritual teachings, a CSS spiritual teacher may not provide, in their capacity as a CSS spiritual teacher, any psychological counseling or therapy, medical treatment or advice, or any other form of professional service or advice outside of the scope of spiritual guidance and teaching.
- Admit ignorance: A CSS spiritual teacher shall openly confess ignorance when he or she does not know the answer to a question or does not have the competence to address an issue or question.
- 6. **Honor your sources:** To preserve the integrity of teachings, when giving teachings a CSS teacher shall strive to acknowledge the source or sources of the teachings being given, whether it be a book, another teacher, or direct experience.
- 7. Check your facts: To preserve students' confidence in the teachings, a CSS spiritual teacher should be prepared to provide evidence to back up any statements of fact, and should appropriately qualify or restrict statements that would otherwise be too general.

- 8. Give teachings freely: As an outward sign of selflessness, a CSS spiritual teacher, in their capacity as a CSS spiritual teacher, should not ask for nor receive from students any substantial personal compensation for giving spiritual teachings or guidance, except that a) a portion of donations from students attending a teaching event may be accepted by the teacher as reimbursement for travel and other expenses directly related to that teaching event, and b) if a CSS spiritual teacher is in personal financial need, compensation from students or from CSS may be accepted, provided a complete disclosure of the compensation is promptly made to the CSS community.
- 9. Respect privacy: Out of respect for the privacy of students, a CSS spiritual teacher shall keep in strict confidence everything discussed in private spiritual consultations with a student, with the exception that a) some matters may be discussed with the CSS spiritual director (unless the student explicitly requests otherwise), and b) some information may be disclosed to appropriate civil authorities if there is reasonable suspicion that the student plans actions that would result in physical harm being done to the student or others.
- 10. Fair treatment: A CSS spiritual teacher shall treat every student with respect, free of discrimination based on the student's race, ethnicity, religion, gender, age, sexual orientation, or nationality, as long as the student does not disrupt the teachings.
- 11. **Sexual candor:** CSS practitioners and teachers are lay persons who are not expected or required to be celibate. However, spiritual teachers must exercise great caution and clear judgment before engaging in a sexual relationship with someone who is also a student. In the event that a CSS spiritual teacher is or becomes engaged in a sexual relationship with a student, the CSS spiritual teacher must inform the CSS community of the relationship in a timely manner.
- 12. Walk your talk: To help preserve respect for the teachings and for CSS, a CSS spiritual teacher shall strive meticulously to keep the ten selfless precepts, and should promptly and openly admit transgressions.

This policy, and any updates to it, is maintained on the Center's website: www.centerforsacredsciences.org/teacherpolicy.html

Summer Party Features Music, Acknowledgments

This past summer marked the 23rd anniversary of Joel's Gnostic Awakening, and the Center held its annual Enlightenment Day Party on Saturday, August 12. The new and quite delightful venue was the country hillside home of CSS member Mora Dewey and her husband Kent Koester. The annual Enlightenment Day Party celebrates not just one person's awakening, but the very real fact of this realization for all of humanity. We gather to express joy at this ever-present probability for each and every one of us. (And, to kick back and have a great time!)



MIND-STOPPING LYRICS: G Gibby and Freddy C assail listeners' sensibilities at the party.

(photo: Jack Yousey)

The partygoers were witness to the graduation of last year's Foundation Studies Course students, as well as a recognition of CSS practitioner Paul Flashenberg for completing the Way of Selflessness Distance Studies Course. But no doubt the showstopper this year was an astonishing rendition of a new song by Fred Chambers, entitled "Mushroom Buyer." (As Fred explained later in an exclusive to the CCN, "For me it is about someone with enlightened awareness. Why he's a mushroom buyer I'm not sure; maybe it just makes a good rhyme.")

Herewith, a one-verse sample of Fred's song:

Mushroom Buyer, he's on fire! Mushroom Buyer, he's no liar. Mushroom Buyer jumps the fences, Mushroom Buyer never winces.

Continuing the tradition of live music at these parties, we are once again grateful to Vinnie and Lou Principe for showing up with their voices, equipment, repertoire and, of course, talent.

The food was divine, and conversation was flyin'. See you there next year, Mushroom Buyer ain't lyin'!

LIBRARY CORNER

Recently some new books were sitting on my desk that seemed to have more to do with each other than the sections of the various traditions they represented. The idea for a section on peace, love, charity, metta, etc. had been floating around for a while, but these books were just the push needed to start a new section: "Compassion and Loving-kindness." Following is a selection of new books and old favorites from this juicy section.

—Jennifer

Start Where You Are: A Guide to Compassionate Living

by Pema Chodron. Shambhala, 1994.

"The slogan 'Begin the sequence of sending and taking with yourself' is getting at the point that compassion starts with making friends with ourselves, and particularly with our poisons: the messy areas."

Training the Mind and Cultivating Loving-Kindness by Chogyam Trungpa. Shambhala, 1993.

"Drive all blames into one: this slogan is about dealing with conventional reality. No matter what appears in our ordinary experience, whatever interesting and powerful situations—we do not have any expectations in return for our kindness. 'Drive all blames into one' means that all the problems and complications that exist around our practice, realization, and understanding are not somebody else's fault."

Peace Pilgrim: Her Life and Work in Her Own Words

compiled by some of her friends. Ocean Tree Books, 1982.

"Evil cannot be overcome by more evil. Evil can only be overcome by good. It is the lesson of the way of love."

Charity: The Practice of Neighborliness

by Emanuel Swedenborg. Swedenborg Foundation, 1995.

"The good and true in people are, therefore, the neighbor to be loved."

Waiting for God

by Simone Weil. Harper and Row, 1951.

"The implicit love of God can have only three immediate objects, the only three things here below in which God is really though secretly present. These are religious ceremonies, the beauty of the world, and our neighbor. Accordingly there are three loves."

On the Duties of Brotherhood

by al-Ghazali. Overlook Press, 1976.

"Each time two people are in the company together, the dearer to God is he who is kinder to his companion."

An Open Heart: The Mystic Path of Loving People

by Yitzhak Buxbaum. Jewish Spirit Press, 1997.

"A famous story about Hillel, the greatest rabbi of ancient times, tells that a gentile once came to him and said, 'Rabbi, I would like to convert to Judaism, but only if you can teach me the whole Torah while I am standing on one leg.' Hillel taught him the Golden Rule, saying, 'The essence of the Torah is: Do not do to others what you would not like done to you. The rest is commentary; but go home and study it.'"

"This story of Hillel is so familiar to Jews that they may neglect to see how radical it is. What happened to love of God? How can love of neighbor be 'the whole Torah'? The answer is that Hillel so closely associated love of God by loving people—that the former did not even have to be explicitly mentioned."

Thank You! Thank You! Thank You! Thank You!

The Center relies entirely on donations to support its services. On behalf of all those who benefit from these services, we would like to thank everyone who has contributed to the Center. Without the support of these individuals, the Center could not exist as we know it. We wish to acknowledge everyone who has expressed their generosity through membership pledges, Sunday offerings, volunteer labor, and other gifts.

For donations to the library of books, tapes, CDs, computer components, and/or money, we thank: Sheila and Mike Craven, Bonnie Donahue, Leigh Files, Sylvia Hawley, Jennifer Knight, Dawn Kurzka, Cathy and Steve Jonas, Jim Marr, Miriam Reinhart, John Russell, David Skinner, Michael Taylor, and Blu Wagner. We are grateful to Robert Bushman, who bought the Center a new coffee urn for heating our tea water.

For contributions to the Retreat Scholarship Fund,

we thank: Camilla Bayliss, Lewis Bogan, Robin Bundy, Susan Colson, Todd Corbett, David Cunningham, Barbara Dewey, Ann Everitt, Maggie Free, Cathy and Steve Jonas, Sharry Lachman, Kiva Michels, Alan Mishchenko, Mary Moffat, Diana Morris, Miriam Reinhart, Vip Short, Michael Strasburger, Jack Yousey, and Jim Zajac.

For other special monetary gifts we thank: Donald Blackburn, Bob Cowart, Alan Mishchenko, Mo Moscovitz, Della Perry, and Rexius Forest By-Products Inc.

Special thanks go to Bill Carter, Mike Barkhuff, Tom McFarlane and Miriam Reinhart for assisting George Mottur. Thanks to Mora Dewy for assistance editing the web edition of Fred's talk, and Janet Black for transcribing an entire **Holos** interview. We would also like to thank Wesley Lachman, Vip Short, and others for many tasks great and small, too numerous to mention.

SUMMARY OF OPERATING PROGRAMS

Fiscal Year September 1, 2005 to August 31, 2006

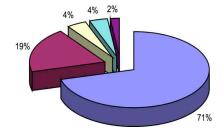
From its inception, the Center has been run almost entirely as a labor of love by volunteers. Our spiritual director, Joel, receives no compensation and, aside from small stipends for our treasurer, audio engineer, and newsletter editor, the Center has no paid staff. We rely entirely on the continuing financial support of our members to defray expenses as we continue providing services to increasing numbers of seekers. Any donation to help support Center programs and services is greatly appreciated. The Center for Sacred Sciences is a 501(c)3 tax-exempt organization, and any contribution is tax-deductible to the full extent of the law.

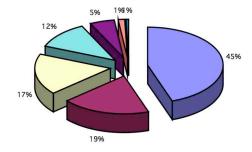
Income

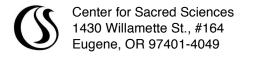
Membership Dues	20,123	71%
Special Gifts/Memorials	5,515	19%
Sunday Offerings	1,150	4%
Interest Earned	1,100	4%
Other:	576	2%
Library User Fee — 456		
Newsletter Donations — 120		
Total Income	\$28,464	100%



Meeting Facilities	8,426	45%
Organizational/Admin.	3,574	19%
Library Exp & Acquisitions	3,296	17%
Center Community News	2,243	12%
Program/Meeting Expenses	958	5%
Digitizing A/V Recordings	276	1%
Web Site & Holos	116	1%
Total Expenses	\$18,889	100%



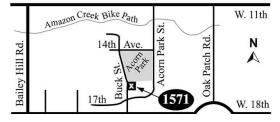




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MISSION AND PROGRAMS

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 that 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 by the Center's spiritual director, monthly video presentations, and—for committed spiritual seekers—a weekly practitioners' group

and regular meditation retreats. The Center also maintains an extensive lending library of books, audios, videos, and periodicals covering spiritual, psychological, and scientific subjects. In addition, the Center provides a website containing teachings, information, and other 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 a newsletter containing community news, upcoming programs, book reviews, and other information and resources related to the Center's mission.

The Center for Sacred Sciences is a non-profit, taxexempt 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 director gives his teachings freely as a labor of love and receives no financial compensation from the Center.

Center Community News is published three times a year by the Center for Sacred Sciences. Submissions, comments, and inquiries should be sent to:

Publications Director, Center for Sacred Sciences 1430 Willamette St., #164, Eugene, OR 97401-4049

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CSS CALENDAR

JANUARY 2007 - MAY 2007

JANUARY 2007

Sunday	Monday	Tuesday	Wednesday
	1	2 CLOSED	3 Practitioner 7:30
7 Video* 11 am	8	9 Library 6:00-8:30	10 Practitioner 7:30
14 Talk 11 am	15	16 Library 6:00-8:30	17 Practitioner 7:30
21 Talk 11 am	22	23 Library 6:00-8:30	24 Practitioner 7:30
28 Talk 11 am	29	30 Library 6:00-8:30	31 Practitioner 7:30 (ALL)

* Mahatma Gandhi: Pilgrim of Peace

Using actual historical footage, this video biography tells the inspiring story of the world's most famous peace activist, Mahatma Gandhi.

FEBRUARY 2007

Sunday	Monday	Tuesday	Wednesday
4	5	6	7
Video*		Library	Practitioner
11 am		6:00-8:30	7:30
11	12	13	14
Talk		Library	Practitioner
11 am		6:00-8:30	7:30
18	19	20	21
Talk		Library	Practitioner
11 am		6:00-8:30	7:30
25	26	27	28
Talk		Library	Practitioner
11 am		6:00-8:30	7:30 (ALL)

* Father Keating: The Contemplative Life

This beautifully filmed documentary gives us a peek into the contemplative life of Father Thomas Keating and the Cistercian monks at St. Benedict's Monastery in Snowmass, Colorado

MARCH 2007

Sunday	Monday	Tuesday	Wednesday
4	5	6	7
Video*		Library	Practitioner
11 am		6:00-8:30	7:30
11	12	13	14
Talk		Library	Practitioner
11 am		6:00-8:30	7:30
18	19	20	21
Talk		Library	Practitioner
11 am		6:00-8:30	7:30
25 Talk 11 am	26	27 CLOSED	28 CLOSED

* The Quiet Revolution

This inspiring video documents how a group of Western women traveled to India to teach Tibetan refugee women sacred dances.

APRIL 2007

Sunday	Monday	Tuesday	Wednesday
1 CLOSED	2	3 Library 6:00-8:30	4 Practitioner 7:30
8	9	10	11
Video*		Library	Practitioner
11 am		6:00-8:30	7:30
15	16	17	18
Talk		Library	Practitioner
11 am		6:00-8:30	7:30
22	23	24	25
CLOSED		CLOSED	CLOSED
29 Talk 11 am			

* God is Everywhere...and Nowhere

In this video, Hindu Swami Chitanand Saraswati and American Buddhist teacher Wes Nisker share insights from their respective traditions over lunch, with hostess Bokara Legendre.

MAY 2007

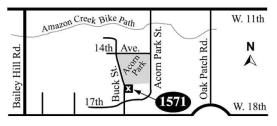
Sunday	Monday	Tuesday	Wednesday
		1	2
		Library	Practitioner
		6:00-8:30	7:30
6	7	8	9
Video*		Library	Practitioner
11 am		6:00-8:30	7:30
13	14	15	16
Talk		Library	Practitioner
11 am		6:00-8:30	7:30
20	21	22	23
Talk		Library	Practitioner
11 am		6:00-8:30	7:30
27	28	29	30
Talk		Library	Practitioner
11 am		6:00-8:30	7:30 (ALL)

* Dharma River

This lushly filmed documentary takes us on a timeless journey up the rivers of Laos and Burma to explore ancient Buddhist temples and the lost civilizations that built them.

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Center Publications

For a complete catalog of our current publications and for pricing and ordering information, please visit our website at www.centerforsacredsciences.org

Book Publications



Naked Through the Gate: A Spiritual Autobiography

by Joel, Center for Sacred Sciences, 1985. Paperback, 262 pages, \$11.95 Joel's personal account of his remarkable spiritual path, ending with a Gnostic Awakening.

Through Death's Gate: A Guide to Selfless Dying

by Joel, Center for Sacred Sciences, 1996. Paperback, 83 pages, \$6.95.

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

Audio Publications

Enlightenment

Consciousness Unveiled: Fred's Awakening

Fred Chambers, March 29, 2006 Tape# 1915; CD# cd450; 61 minutes

Foundational Teachings

Four Kinds of Practice

Joel, June 26, 2005 Tape# 1898; CD# cd400; 59 minutes

Mysticism and Society

The Feminine Face of Mysticism

Joel, July 31, 2005

Tape# 1903; CD# cd413; 45 minutes

Aspects of Practice

Take Up Your Cross

Todd Corbett, June 11, 2006 Tape# 1919; CD# cd462; 68 minutes

Drop the Story

Joel, July 9, 2006

Tape# 1920; CD# cd465; 58 minutes

Aspects of Practice—Devotion Series

Devotion #1: Verbal Prayer

Joel, October 16, 2005

Tape# 1908; CD# cd416; 60 minutes

Devotion #2: Prayer-in-the-Heart

Joel, October 17, 2005

Tape# 1909; CD# cd417; 62 minutes

New MP3 Audio CDs

Meditation Series

5 Talks by Joel on an MP3 CD, from the Fall 2003 Retreat:

#1: Concentration Practice; #2: Choiceless Awareness;

#3: Liberating Thoughts, Desires, and Aversions;

#4: Returning to the Source; #5: Doing Nothing

Joel, October 2003, \$20.

Devotion Series

7 Talks by Joel on an MP3 CD, from the Fall 2005 Retreat:

#1: Verbal Prayer; #2: Prayer-in-the-Heart; #3: Purifying the Heart; #4: Entering the Spiritual Heart; #5: Unceasing Prayer; #6: Silent Prayer; #7: Doing Nothing

Joel, October 2005, \$28.

DVD Publications

Shifting the Base of Reference

Joel, August 8, 1992; Great Space Center, Lone Pine, CA # DVD-32; 67 minutes Cost \$17.95* (DVD only)

Joel discusses two of Dr. Wolff's most important concepts: *shifting the base of reference*, and *substantiality is inversely proportional to ponderability*. These ideas served as steps to Dr. Wolff's own Recognition of that Truth which transcends all concepts and ideas, and Joel shows how they can be used as the basis for a meditative inquiry by anyone following a *jnana* path.

* Please note that while the quality of the audio is fine, some portions of the video display sharp contrast fluctuations.

Here and Now News Service: Joel Interviews Franklin Merrell-Wolff

Joel, June 21, 1983; Great Space Center, Lone Pine, CA #DVD-30; 70 minutes Cost \$17.95 DVD or Video

Readers of *Naked Through the Gate* know that during the final months of Joel's path, he took to the road, visiting spiritual communities and teachers to record the video magazine "The Here and Now News Service."

Meeting Franklin Merrell-Wolff, Joel recognized he was someone special and dropped the 15-minute "Here and Now" format for a longer interview. Today Joel says of this recording, "I didn't know the right questions to ask Dr. Wolff. I wish I'd thought to redo this video after my awakening." This film also has some spots of snow and segments of hand-held camera work. Even so, it's a fascinating document for those familiar with Dr. Wolff's work, or interested in the formation of Joel's teachings.

Quan Yin Vow:

Never shall I seek nor receive Private individual Salvation; Never shall I enter the final Peace alone; But forever and everywhere shall I Live and strive for the Redemption Of every creature throughout the world.