



# Center Community News

*The Newsletter of the Center for Sacred Sciences*

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### Fall 2010 Retreat at Cloud Mountain

I have a tradition of breakfast with my partner before I leave on retreat. During this breakfast I commented I was “going to pop into work to tidy up loose ends before I head off home”. “You mean the retreat; you’re heading to the retreat after work” my girlfriend replied. A Freudian slip?

“Generating Bliss” was the theme of this year’s fall retreat at Cloud Mountain. We picked a meditation object (usually breath or mantra) and, concentrating on the object, we discovered a state of calm abiding. From here, a state of physical bliss might arise which in turn could lead to deeper and more subtle forms of bliss: mental bliss, bliss of contentment, bliss of equanimity, and then to stages of awareness of limitless space, consciousness, and nothingness. Finally, the opportunity could arise to reach a state characterized by neither perception nor non-perception. Because these bliss states are enjoyable, it is easier to remain free from distractions and experience exceptional clarity of mind. This could bring us to realize the emptiness of mind.

As usual, Joel taught with patience and clarity, giving clear instruction, guidance, and perspective on meditative techniques and different states of bliss. By mid-week a minor theme emerged regarding the expectations and efforts of the meditators, many of whom seemed frustrated and agitated with our progress (I certainly was). Joel then gave some timely and encouraging comments regarding effort and expectations in meditation. He explained how some of us would find bliss, some of us would find calm abiding, others would find the breath, and some might find nothing but frustration. But it didn’t matter which state arose; there is no need to compare with others. The nature of retreats is that some sessions seem clear, some frustrating. You start by sitting—“you turn Dharma, then Dharma turns you”. We simply let Dharma turn us once we start, trust that our meditation is what it should be at this moment.

For me and many others it was a godsend to hear these words. I’ve been meditating for over 15 years and I’ve heard

all this before, but at this particular retreat Joel’s words managed to penetrate and relax my attitude. It was a relief to understand that there was no judge, no celestial accounting of my meditation state. I got a glimpse of a life-long habit of carrying expectations about what my meditations should be like. I clearly saw that I simply need to follow instructions and pay attention. Period. I was also reminded of a simple statement Tom McFarlane once made—that when you sit down to meditate you never know what will happen. This Forrest Gumpian box of meditative chocolates still continues to strike a chord with me.

For the rest of the retreat my mind stopped expecting anything profound to happen, and I found sitting with my breath very “friendly.” From this point on, concentration was on the breath and hardly wavered. Even though I failed to obtain bliss and a subsequent deepening of concentration, I didn’t feel this was a problem. Everything was simply what it was—why should I expect it to be any different?

During the last few days of the retreat I felt a bit ‘giddy’ with strong loving emotions. Everything seemed wonderful: my mind kept on generating loving thoughts of my family, friends, work, and the compost/slop bin. My body acquired a



*Photo: Jack Yousey*

**Top row:** Fred Chambers, Alan Mishchenko, Shannon Wylie, Laurina Peters, Jim Patterson, Bob Carnes, David Cunningham, Wesley Lachman, Sharry Lachman, Sophia Malkasian, Michael Strasburger

**Middle row:** Jack Yousey, Clivonne Corbett, Shirley Chase, Mark Hurwit, Joel, Jerry Daly, Mora Fields

**Front row:** Steve Pologe, Sally Snyder, Megan Greiner, Robin Bundy, Tom Rundle

(Not pictured: Deanna Cordes, Pat Munden, Ellie Parsons)

*(Continued on page 2)*

*(Retreat – continued from page 1)*

strong influx of energy which, while feeling good, kept me up at night. Ultimately it kept me too excited to deepen my practice.

On the last day of retreat we had the customary sharing of experiences. All offered sincere and unique experiences to reflect upon. Megan gave us all a treat by sharing her vision of a full-scale Dharmic Broadway show featuring the song “I’ve Got Dharma . . . No more Drama”, as sung by Liza Minnelli, no less.

After the closing, walking through Cloud Mountain one last time, I reflected on the oddity of all this . . . nine days staring at the floor . . . what am I to make of this? Yet I always feel the time is well-spent. Whether I’m depressed, scared and miserable, or my meditations are clear, deep, and inspiring, I still find great value in the inward, naked, honest, and quiet meditative space of retreat—like going Home.

—Jim Patterson

### Website 2.0 Launched

After dedicated work by Per Kielland-Lund, the new Center website was launched in August 2010. (Check it out at <http://centerforsacredsciences.org>.) This sophisticated state-of-the-art version of the website was created by Per using Joomla, an open source content management system. (The name "Joomla" is a Romanized spelling of the Swahili word "jumla" which means "all together" or "as a whole.") The first official CSS website was created back in 2003 using text editors to manually write HTML code. As the website grew over the years, it became more laborious to maintain and somewhat antiquated. Joomla not only provides sophisticated new features, but also provides a powerful graphical user interface to easily edit web content.



Per Kielland-Lund

Per, who became a CSS member in 2006, provided both technical know-how and artistic design and organization of the website. He also transferred over all the content from the old website, debugged the new implementation, and added new features. On behalf of the entire CSS community, we wish to congratulate Per for a job well done and extend our

sincere gratitude for the countless hours of service that he selflessly devoted to this project. Thanks, Per!

### Short, Simple, and very Sweet

Last summer Joel performed a marriage ceremony for Center members Laurina Peters and Bill Hammon. The happy event was held at their home in Creswell, Oregon, and attended by a small circle of family members. We wish them all the happiness and blessings of married life.



## CENTER FOR SACRED SCIENCES STAFF

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Jennifer W. Knight  
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Joel Morwood  
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### Summer Party

Fantastic weather, great food, and a companionable crowd converged for the summer Enlightenment-Day Celebration in Cottage Grove on August 14. Partyers arrived at Mora and Kent’s home laden with lawn chairs to relax in the sun and feast on the now-favorite cedar-plank-barbecued salmon and a smorgasbord of other treats.

Todd’s Foundation Studies class received “diplomas,” becoming eligible to participate in the September Practitioner’s Groups. Graduates were: Mel Bankoff, Carol Bates, Camilla Bayliss, Deanna Cordes, Mark Hurwit, Randy Kent, Mark Levy, Winston Maxwell, Nancy Miller, Kristy Murray, Steve Pologe, Nicci Richards, Michael Rolph, Tom Rundle, and Llew Wells.

Once again Lou and Vinnie Principe generously provided live music, sprinkling some new compositions in with our favorite oldies. Many thanks.

Somehow nobody was on photo assignment this year, so we can’t show you the rapt faces of Daishin and Mina (Matt and Hiromi Sieradski’s children) as they watched Todd Corbett conjure form from emptiness in his oft-requested magic show. Todd manifested silk scarves and other delights and then disappeared them into primordial space—entertainment and spiritual teachings all rolled into one.

Thanks to all who participated in setting up, cooking, cleaning, and celebrating our path together.

# 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 all local, Bishop, and distance studies contributors, and supporting sangha members who have made ongoing contributions 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 Sunday offerings, newsletter donations, volunteer labor, and other gifts.

We thank everyone who donated books to our annual Bookdrive. We also thank Todd Corbett, Sita deLeeuw, Mora Fields, Cathy Jonas, Stefan King, Sharry and Wesley Lachman, Jana Latham, Merry Song, and Ken Paul for their recent donation of books and DVDs for the library collection.

For contributions to the Scholarship Fund, we thank: Lewis Bogan, James and Kimberly Carson, Clivonne Corbett, Todd Corbett, Mike and Sheila Craven, Steve Cummings, Lori Cunningham, Barbara Dewey, Mora Fields, Mark and Oriana Hurwit, Marleen Marshall, Nancy Miller, Pat Munden, Jim Patterson, Laurina Peters, Jack Yousey, and Jim Zajac.

For other special monetary gifts we thank: Bob Carnes, Lori Cunningham, Mo Moscovitz and Andrea Pucci.

Special thanks go to Mike Barkhuff, Mora Fields, and Marleen Marshall for assisting George Mottur. We would also like to thank Barbara Dewey, Gene Gibbs, Jane Harrison, Mark Hurwit, Ken Paul, Jack Yousey and others for many tasks great and small, too numerous to mention.

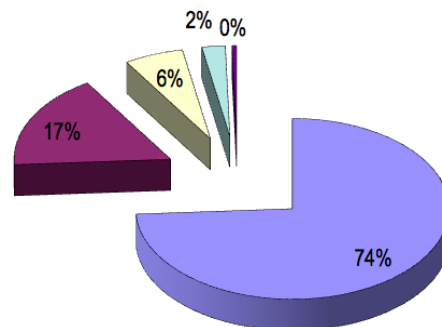
## SUMMARY OF OPERATING PROGRAMS

Fiscal Year September 1, 2009 to August 31, 2010

From its inception, the Center has been run almost entirely as a labor of love by volunteers. None of the CSS teachers or board members receives 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.

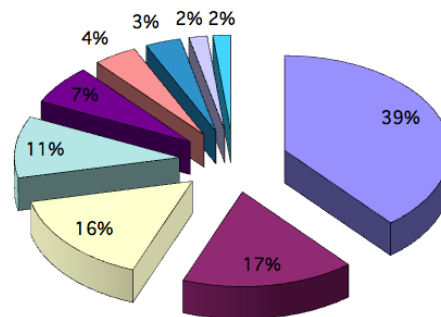
### Income

Membership Dues	19,328.32	74%
Special Gifts / Memorials	4,435.00	17%
Sunday Offerings	1,589.80	6%
Interest Earned	627.93	2%
Other:	120.00	1%
Library User Fee — \$100		
Newsletter Donations — \$20		
* Total Income	\$26,101.05	100%



### Expense

Meeting Facilities	13,197.45	39%
Organizational/Admin.	5,749.37	17%
Library Exp & Acquisitions	5,318.60	16%
"Way of Selflessness" Publication/Ads	3,567.35	11%
Center Community News	2,289.28	7%
Retreat Scholarships covered by General Fund	1,445.63	4%
Program/Meeting Expenses	1,182.01	3%
Outreach Gifts: to TWC Scholarship Fund / S.A.R.A.	600.00	2%
CSS Audio/Video Production	576.58	2%
* Total Expenses	\$33,926.27	100%



\*Of note: for the second year in a row expenses have exceeded income. Please see page 7, *A Letter from our Treasurer*, for further information on this subject.

# STRIVING AND DISCOURAGEMENT ON THE PATH

By Todd Corbett

On our path, we strive for abiding happiness. The irony is that to abide in happiness is to be free from striving for it. It's a peculiar irony since even though striving can never reach non-striving, it is necessary to strive nonetheless. Our path is an inspired striving which arises through an awakening of faith that such happiness is possible. This inspiration illumines the fact that abiding happiness is not available through worldly attainments and ambitions. Whether we have been frustrated in all our attempts to achieve our worldly goals, or we have achieved our goals and discovered that we remain unfulfilled, it is in *not finding* that our search has been narrowed, and our path illumined. By showing us where happiness is not to be found, the spiritual path becomes our opening and a deepening into the field in which happiness *is* to be found.

It is an impossible journey, however, since the happiness we intuit is actually our very nature, and thereby is present prior to any seeking that may take place. As we discover ultimately, it is seeking that veils this happiness from us. The Hindu sage Ramana Maharshi tells us in this regard to "Make no effort . . . your effort is the bondage . . . All that is required to realize the Self is to Be Still." Nevertheless, because of our false identity as seeker, we have no choice but to seek. In striving to be still, we find our very effort is a continuation of the seeking. In this regard, Ramana's call to stillness is a teaching that comes to life when we are ready to hear it. So, as we discover, seeking is a necessary part of our path, since it cannot be avoided. It is in reference to this point that the Sufi, Hafiz, tells us: "Although Union with the Beloved is never given as a reward for one's efforts, strive, O heart, as much as you are able."

This paradox calls out for us to clearly and continually recognize the value of seeking, while remaining aware, just as Hafiz tells us, that final union with the beloved is never given as a reward for it. So, instead of trying to get away from seeking, we remain aware of its nuances, responsive rather than reactive. It is through enhanced awareness that our scattered seeking becomes more unified and clarified into our path to Truth. This process unfolds within deepening attention, well supported through practices of meditation, precepts, and contemplation. It is through this enhanced awareness of the self-centered movements of seeking that we begin to lose our fascination with attainments and begin to experience a deepening appreciation for what is already Here.

The more we see this, the more we discover the mechanisms of distraction. As we abide in non-grasping, we see how fascination and self-centered striving close our heart. It is like a dark cloud moving in on a sunny day. In a

moment of seeing this unfold, without becoming caught in the desire to cling to a pleasant state, we may be astounded to discover that it is the desire to hold onto happiness that obstructs it. We see first-hand how striving and expectation veil the joy that we are! Seeing this is a great revelation, but transformation of these deeply conditioned habits usually requires repeated practice and observation. We may feel perplexed as we discover that despite our clear seeing, our self-grasping and striving continue to arise, and may even appear to increase. However this goes, the call to practice is simply to return attention to, and to abide within, what is arising just now.

Forgetting this may lead us to a point of profound discouragement and even irritation with practice. Of course, even these feelings of discouragement are calling for deepened attention. If we can remain aware of the mood, this energy of discouragement is harnessed and our awareness heightened. The clarity that ensues directs attention towards recognizing the endless nature of the suffering of self-grasping, and to sincerely grasping the impossibility of a self ever becoming enlightened. This deepened humility brings insights and surrender into all facets of our habits of self-centered grasping. With greater humility, we discover greater concern for the suffering of other beings. We now have enough clarity to realize the all-encompassing nature of suffering and delusion, and compassion deepens within us. Charity and empathy naturally seek expression.

If, however, we are unable to infuse our feelings of discouragement with a deepened attention, it may well be that we need to go back and examine our motivation for practice. If we discover that our practice is all about self-centered attainment or release from our own suffering, we would do well to examine what we have seen in our own practice regarding self-striving. It would be of great value to recollect how such striving is destined to fail.

There are many practices that can serve to open our heart, such as practices of charity, practices of sending and taking or loving kindness, practices of devotion, and practices surrounding the mystery of death, to name but a few. In Zen Buddhism we find much reference to the Bodhisattva vow as a means for cutting through the habituation of self-striving in practice. This is a vow that may be recited in conjunction with other practices. Here, the practitioner relinquishes expectations of attainment from practices while proclaiming that he or she does these practices to free all sentient beings from the suffering of

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samsara. One version of this vow goes like this: “May all the sentient beings as vast as the sky possess happiness and be free of suffering. So that they may attain complete and perfect enlightenment, I will practice this profound path of meditation.”

Though the vow may be of great help initially, a formal recitation may not be needed for long. Once we have reached genuine conviction that there is nowhere left to go on a path of attainment for an imaginary self, we may discover an organic shift of the heart. This exhaustion of self-centered striving may spontaneously give way to an underlying intention for the benefit of all. This is the nature of selfless love and compassion, which arises organically as our seeking exhausts itself. It is the power of Love and compassion that transforms all of our delusions. As children we often have the opportunity to experience the frustration and impossibility of striving to be loved. It is through such experience that we discover that Love is only available through loving. And so, on our path, striving for self-centered attainment is transformed into a striving to Love—to express that which we already are.

This becomes selfless practice. In fact, as we practice in this way, we discover that there is nothing to attain, that striving for self-attainment is clearly the veil to the Love that we manifest. Yet still, emotional conditioning may arise from time to time giving rise to a “me” that appears to suffer. Through self-less practices and daily vigilance, such grasping can be recognized as radiant, energetic displays rather than “my discouragement.”



Todd Corbett

If states of grasping continue to arise, despite clear seeing, we can recognize this wanting, itself, as a suffering being. In recognizing it in this way, rather than striving to resolve it, compassion embraces it fully, allowing attention to infuse it and to rest within it—allowing it to be freed. This gesture is not some subtle self-centered expectation that it change or resolve, but an appreciation for it as it is, and an allowing of it to

express itself just as it is. When we no longer struggle against it, we no longer embellish it and give it a reality that it does not have, and it is freed. Here, we effortlessly discover the abiding happiness that has always eluded us in striving. We discover that there is no distinction between Love and this long-sought abiding happiness. It is not an attainment, but rather what is already here when we cease to struggle.

*Todd Corbett is a Center teacher and on the Board of Directors.*

## Venue and format changes for CSS meetings

The Center’s 2010-11 meeting year opened on September 19th with significant format changes. Sunday public talks and videos are now held at the Green Phoenix Institute, a Chinese medical clinic and taiji (tai chi) academy which also offers massage, yoga and other classes and workshops. In addition to a spacious and light-filled ambiance, the new venue offers ample parking, is centrally located, and is easily accessible via public transportation.

This year Matt Sieradski is teaching the Foundation Studies class, which has enabled the larger Practitioner’s Group to divide into two smaller groups led by Fred Chambers and Todd Corbett. Fred’s group continues to meet at Tamarack Wellness Center. Todd’s group convenes at the Green Phoenix Institute. All groups meet on Wednesdays at 7:30 p.m. Vip Short is assisting Matt this year in teaching Foundation Studies.

Both Practitioner’s groups continue to work with Center precepts and practices, but are reading and discussing different books: Eckhart Tolle’s *A New Earth* in Fred’s class, and *Self-Liberation Through Seeing with Naked Awareness*, an early Dzogchen text with contemporary commentary, in Todd’s.

The Green Phoenix Institute is located at 352 West 12th Ave. in downtown Eugene (between Lincoln and Lawrence Streets). The Center library remains at its old location at 1571 Buck Street (see Calendar page for library hours).

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## Open Letter from Marleen Marshall

November 22, 2010

Dear Precious Friend,

I have delightful news to share with you. On Thanksgiving Day, I will be taking my preliminary vows towards becoming a Tibetan Buddhist Bhikhuni/nun. Dzogchen Khenpo Choga Rinpoche, the thirty-third holder of the Dzogchen Longchen Ningthig Lineage ([www.dzogchenlineage.org](http://www.dzogchenlineage.org)) will be ordaining me. This feels like the fulfillment of my life’s purpose and dream. Another step towards becoming Buddha, in this very life, in order to help decrease suffering, and for the true happiness of all beings.

Please hold me in your heart and prayers and know you are always in mine. I am so very grateful that you have walked with me and been a part of this Buddha Path.

I will continue to work two days a week at Planned Parenthood, house-sit here in Eugene, be a part of the Practitioners Group, and very little of my outer life will change. Fortunately, the Dzogchen Retreat Center, where Khenpo Choga is residing, is only 45 minutes from Eugene.

Wishing you love and happiness always,  
Marleen

*Marleen completed the Foundations Studies course in 2008 and has been an active member of the Practitioners Group since that time.*

# Sangha – One of the Three Jewels

## How do you cope with discouragement on the spiritual path?

**MEGAN GREINER**, who conducted these interviews, reports: “Personally, when discouragement appears, I usually freak out and call my dharma brother. Sometimes, though, I re-read **THE WAY OF SELFLESSNESS** (especially helpful are chapter 24, *Liberating Thoughts*, and chapter 25, *Liberating Emotions*). Or I listen to a Pema Chodron tape. Once in a while I give in to discouragement and eat chocolate. Or take a bubble bath. Or watch a made-for-TV movie. Or all of the above.”

**BILL CARTER**, has been at the Center since 2004. He lives in an apartment with his cat, Dzogchen, and lots of plants.



For me, discouragement has to do with discontent, non-acceptance, or resistance to what is.

The simplest answer is to keep coming back to present moment awareness. Discouragement arises when I follow the wandering mind. It leads down a rabbit-hole and spins into a complex web of thought and feelings. If

engaged in, I can wander into despair.

The biggest factor in eliminating discouragement for me has been meditation practices, especially self-inquiry and prayer-in-the-heart. With prayer-in-the-heart, the sacred word is repeated in the mind, then allowed to drop into the heart and then into silence. Once silence is recognized, it is used as a focal point, giving the emotion lots of space, allowing the fire of love to dissolve it. This brings me to Now or present moment. It helps me remember that all there is Now.

Joel’s teaching of the four principles of any practice (attention, commitment, and detachment leading to surrender) has been helpful. I remember there is no “one” to be in control. What happens happens. Allow all thoughts and emotions to self-liberate without a trace. Awareness is doing it all. Everything is happening *now*.

In summary, ordinary awareness of the feeling dissolves it. As Joel says, everything is Consciousness. Remembering I AM awareness. Everything begins and ends in silence.

**JANE SANFORD HARRISON** has been at the Center for 5 years and lives in Eugene with *Qi the Wonder Dog*.



The “Harrison part” is an assumed name, which became my professional name along the way. I’m a 3rd generation Oregonian, stubborn, independent, and frequently irreverent. I cherish the earth, my friends and family. I have two sons, three grandsons, and I live with a male: Qi, the wonder dog. I have been an English teacher, school counselor, educational

researcher, and middle school administrator. Dr. Joe Arpaia

taught me to use meditation for stress management, and through it I discovered my connection to a Higher Power.

I’ve been coming to the Center for four or five years. I have a crazy-quilt religious background including evangelical Christian, Methodist, Episcopalian, and Unitarian Universalist. I don’t feel discouraged on the spiritual path any more – perhaps because it’s part of the 12-Step recovery process which I have practiced for 25 years. Working with others in recovery always renews my spiritual perspective, and making art feels spiritual to me, an act of appreciation and paying attention. I am now happily retired. I enjoy making art, traveling, and remembering to breathe.

**JERRY DALY** lives in Eugene with his wife and children. He has been attending the Center since 2007.



Discouragement on the spiritual path just means to me “discouragement in life.” Life is the spiritual path. As we are all spiritual beings, everyone is on the spiritual path, trying to discern the relationship between this spirit and the apparent phenomenal world we find ourselves in. As for

discouragement, it just exists alongside the getting out of bed in the morning and the putting of one foot in front of the other until the day you do not get out of bed in the morning.

I’ve had, several times in my life, what Joel calls “gnostic flashes.” In every instance the clarity of mind diminished in time. I had no way of understanding what was happening at those times and may have even tried to reestablish my familiar sense of self.

The memory of these experiences reminds me that there is something other than the usual fear-based, egocentric reference point from which to have this life experience. A rule I once learned often comes back to me, “Remember in the darkness what you learned in the Light.”

But until the peace and clarity come for a more extended visit, it is just one foot in front of the other.

As I ponder this, I see that perhaps discouragement is dealt with in life by just about everyone by not giving any more attention than is demanded (by what, I do not know) to thoughts that discourage. I have been, I suppose, rather poor at refusing those demands. But it is always the mind’s prerogative to generate hopeful thoughts to inspire itself.

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# Sangha – One of the Three Jewels

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**KENNETH PAUL** has been at the Center for five years. He is a retired UO art professor and resides in southeast Eugene with his wife Elizabeth.



Since coming to the Center, discouragement seems too strong a word for any minor unmet expectations. It's clear to me that these have mostly been made up by my own conditioned mind, which often seems bent on setting me up for disappointment (another term which isn't a very good fit). I can only report occasional "dry spells" in my practice. No big deal—everybody seems to have them—they always dissolve in

a relatively short time anyway, as our fine teachers keep pointing out.

One vitally important thing I have learned on the spiritual path is to suspend expectations. Just about everything we do here helps me set those aside. Meditation, classes, literature, sharings with other practitioners, etc.—all have provided an unprecedented level of inner peace.

Having finally become a senior, I notice that life's many vicissitudes have made it possible for me to just allow things to be as they are, and to experience the sheer wonder of it—even the less pleasant aspects. For that matter, my track record of judging "good" vs. "bad" is not very good. The context for everything keeps changing, and the universe seems to be able to regulate itself without my special assistance (well, maybe a little of my cooperation seems to help).

Discouragement? Nope. If I had gotten discouraged, I'd probably not be here now.

## Physicist Vic Mansfield Featured in Holos

The Holos online journal has recently published an insightful and entertaining article by physicist Vic Mansfield discussing time and impermanence in modern physics and Buddhism. In his personal and down-to-earth style, Mansfield explains how the emptiness of a carrot is related to its impermanence, how Einstein's theory of relativity can help us understand the Buddhist philosophy of time, and how the impermanence of our own lives has its roots in the origin of the cosmos. Professor Mansfield, who has published numerous scholarly articles and several books relating science and spirituality, was a physicist at Colgate University from 1973 until his death in 2008. To read the article, visit the Holos website at <http://holosforum.org/>.

## A Letter from our Treasurer

Last winter I received a question from a newsletter reader who wrote: "I noticed in the budget in the newsletter that the costs outweighed the income by quite a bit...CSS must owe somebody for making up the deficit. [signed] Worried for CSS (which I care deeply about)."

While we appreciate people's concern, we are not really suffering from a financial crisis. I'd like to take a moment to explain the reasons for our spending more than current incomes for two years in a row:

The Center's board is quite fiscally conservative. Most of the last twenty years we've put money away in a reserve fund. Some years, including the last two, we've spent from the same reserve fund.

In fiscal 2008-2009 we spent reserve funds on editing, indexing, and publishing Joel's new book, **THE WAY OF SELFLESSNESS**; we had the library bookcases re-worked and new ones built as part of moving the library into the old meeting hall and as a preparation to moving to a long-term home; and finally, we purchased some rather expensive audio/video equipment to improve the quality of our library and sale recordings. All of these expenditures were planned.

For the year ending August 2010, our planned expenditure from our reserves was the publicity expense for Joel's book. We also weathered some unplanned reductions in income, including lower-than-expected membership donations. Also, donations to our retreat scholarship fund fell below the community's need for scholarships.

While we are not in any financial crisis, the Center is in a period of growth and change. Please remember we depend entirely on your donations, especially during these economic hard times. Blessings,

**Jennifer Knight**

## CSS Presence at Science & Nonduality Conference

In October 2010, scientists and mystics from around the world gathered in San Rafael, California, for the second annual Science & Nonduality Conference to discuss the relationship between science and nondual wisdom traditions. Among the presenters at the conference was the Center's Tom McFarlane who spoke on the topic "Physical Science as a Way of Realization."

Based on collaborative work with Joel developing a new sacred worldview, Tom shared a vision of how science, including both its quantitative measurements and its theoretical laws, can be traced back through mathematics to the first primordial distinction. Once this distinction is recognized as imaginary, the whole of science is then revealed as an expression of nonduality. A video of the 22-minute talk is available now on the CSS website. For more information about the Science & Nonduality Conference, check out <http://scienceandnonduality.com>.



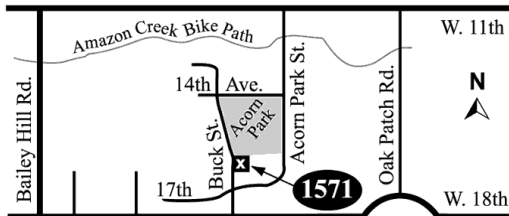


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Eugene, OR 97401-4049

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## CONTACT THE CENTER



Meeting address: 352 W. 12<sup>th</sup> Ave., Eugene, Oregon  
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Phone: (541) 345-0102  
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Eugene, OR 97401-4049

## 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 teachers, 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, 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 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  
[newsletter@centerforsacredsciences.org](mailto:newsletter@centerforsacredsciences.org)

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# CSS CALENDAR

JANUARY 2011 – MAY 2011

## JANUARY 2011

Sunday	Monday	Tuesday	Wednesday
2 Video* 11 am	3	4 CLOSED	5 Practitioners 7:30
9 Talk 11 am Library 2-4:30 pm	10	11 Library 6:00–8:30	12 Practitioners 7:30
16 Talk 11 am	17	18 Library 6:00–8:30	19 Practitioners 7:30
23 Talk 11 am Library 2-4:30 pm	24	25 Library 6:00–8:30	26 Practitioners 7:30 (ALL)
30 Talk 11 am	31		

### \* In Search of Self

This fascinating documentary follows two dozen Zen Buddhist nuns as they undertake a traditional Dong Ahn Geo (Winter Meditation Retreat) in order to discover their true nature.

## MARCH 2011

Sunday	Monday	Tuesday	Wednesday
		1 Library 6:00–8:30	2 Practitioners 7:30
6 Video* 11 am	7	8 Library 6:00–8:30	9 Practitioners 7:30
13 Talk 11 am Library 2-4:30 pm	14	15 Library 6:00–8:30	16 Practitioners 7:30
20 Talk 11 am	21	22 CLOSED	23 CLOSED
27 CLOSED	28	29 CLOSED	30 Practitioners 7:30 (ALL)

### \* LUNCH WITH BOKARA: Compassion in Action

Bokar Legendre hosts Buddhist author, Robert Thurman and Dr. Lawrence Brilliant, the founder of SEVA, for lunch and a profound and personal discussion of the value of practicing compassion.

## MAY 2011

Sunday	Monday	Tuesday	Wednesday
1 Video* 11 am	2	3 Library 6:00–8:30	4 Practitioners 7:30
8 Talk 11 am Library 2-4:30 pm	9	10 Library 6:00–8:30	11 Practitioners 7:30
15 Talk 11 am	16	17 Library 6:00–8:30	18 Practitioners 7:30
22 Talk 11 am Library 2-4:30 pm	23	24 Library 6:00–8:30	25 Practitioners 7:30 (ALL)
29 Talk 11 am	30	31 Library 6:00–8:30	

### \* JOSEPH CAMPBELL: Love and The Goddess

In this video, the fifth of a six-part series called The Power of Myth, renowned scholar Joseph Campbell discusses the archetypal Great Mother and the development of romantic love as an ideal in medieval Europe.

## FEBRUARY 2011

Sunday	Monday	Tuesday	Wednesday
		1 Library 6:00–8:30	2 Practitioners 7:30
6 Video* 11 am	7	8 Library 6:00–8:30	9 Practitioners 7:30
13 Talk 11 am Library 2-4:30 pm	14	15 Library 6:00–8:30	16 Practitioners 7:30
20 Talk 11 am	21	22 Library 6:00–8:30	23 Practitioners 7:30
27 Talk 11 am Library 2-4:30 pm	28		

### \* With One Voice

In this video, contemporary mystics from many different spiritual traditions give advice on how to reconnect to the one Infinite Source that binds us all together.

## APRIL 2011

Sunday	Monday	Tuesday	Wednesday
3 Video* 11 am	4	5 Library 6:00–8:30	6 Practitioners 7:30
10 Talk 11 am Library 2-4:30 pm	11	12 Library 6:00–8:30	13 Practitioners 7:30
17 Talk 11 am	18	19 Library 6:00–8:30	20 Practitioners 7:30
24 CLOSED	25	26 CLOSED	27 CLOSED

### \* ONE PRECEPT: Zen Buddhism in America

This beautifully shot documentary portrays the life and practice of a Western born Zen priest, Seiju, in a Los Angeles Zen monastery.

**MEETING ADDRESS:**  
**GREEN PHOENIX INSTITUTE,**  
**352 W. 12TH ST., EUGENE, OREGON**



**LIBRARY ADDRESS:**  
**1571 BUCK ST., EUGENE, OREGON**  
**Phone: (541) 345-0102**

*View the calendar on the web!*

[www.centerforsacredsciences.org/publiccalendar.htm](http://www.centerforsacredsciences.org/publiccalendar.htm)

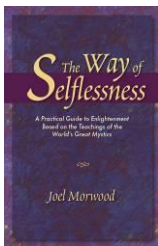
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## Center Publications

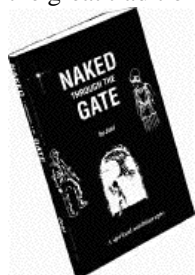
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### **The Way of Selflessness: A Practical Guide to Enlightenment Based on the Teachings of the World's Great Mystics**

By Joel Morwood, *Center for Sacred Sciences*, 2009, Paperback, 364 pages, \$27.95 (or from [www.Lulu.com](http://www.Lulu.com) for just \$18.00)



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



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

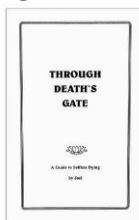
by Joel, *Center for Sacred Sciences*, 1985. Paperback, 262 pages, \$11.95

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 Morwood, *Center for Sacred Sciences*, 1996. Paperback, 83 pages, \$6.95

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.html>

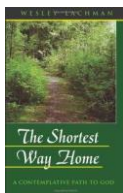
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## Book Publications by Members

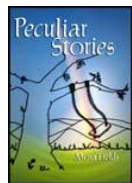
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### **The Shortest Way Home: A Contemplative Path to God**

by Wesley R. Lachman, *O Street Publishing*, 2008. Paperback, 136 pages, \$10.95  
[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.



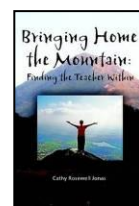
### **Peculiar Stories**

By Mora Fields, *O Street Publishing*, 2010. Paperback, 94 pages, \$6.95  
Youth fiction, ages 6-10 and 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 do thoughts come from, how do we deal with things like emotions, fear and peer pressure, how to experience spaciousness, and the meaning of life.

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

By Cathy Rosewell Jonas, *Free Heart Press*, 2010. Paperback, 224 pages, \$16.95  
[www.lulu.com](http://www.lulu.com) and [www.amazon.com](http://www.amazon.com)



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

### **Einstein and Buddha: The Parallel Sayings**

by Thomas J. McFarlane, *Ulysses Press*, 2002. Paperback, 176 pages, \$14.00

[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.

### **New Recordings**

<http://www.centerforsacredsciences.org/catalog.html>

#### **New CDs**

#### **Enlightenment: a twenty-six year perspective**

Joel, 8/9/2009, 47 minutes

#### **Treasure Hunt for God**

Fred Chambers, 5/17/2009, 35 minutes

#### **Sweet Little Babies**

Todd Corbett, 4/26/2009, 58 minutes

#### **Breaking Out of Prison**

Fred Chambers, 3/22/2009, 37 minutes

#### **Teachings, Practices, and Truth**

Todd Corbett, 2/15/2009, 55 minutes

#### **Atonement**

Joel, 1/25/2009, 60 minutes

#### **Post-Enlightenment Stories**

Joel, 8/10/2008, 51 minutes

#### **Liberating Emotions Series (Set of Seven)**

##### **Seven Talks from the Fall 2009 Retreat**

*Spacious Awareness*, Joel, 10/16/2009, 69 minutes

*Understanding Emotions*, Joel, 10/17/2009, 61 minutes

*Desire and Aversions*, Joel, 10/18/2009, 62 minutes

*Pride and Envy*, Joel, 10/19/2009, 60 minutes

*Ignorance*, Joel, 10/20/2009, 61 minutes

*True Nature, Part 1*, Joel, 10/21/2009, 62 minutes

*True Nature, Part 2*, Joel, 10/22/2009, 59 minutes

**Liberating Emotions Series (above) is also available as an MP3 AUDIO SET**

#### **New DVDs**

#### **The Path that Self Destructs: Part I and Part II**

Joel, 2007, 142 minutes – two-DVD set from the 2007 Non-Dual Wisdom and Psychotherapy Conference