



The Universal Flame

Free monthly publication

Issue 082011

August

New Events

Self Inquiry with the Work of Byron Katie

Friday, August 19
and 26

7:00 p.m.

Lady Ashtar

Tuesday, August 9

7:00 p.m.

What's Up

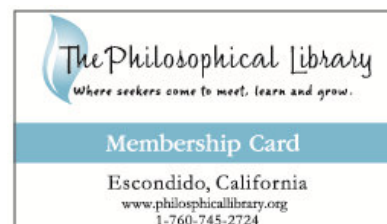
Thanks to all of you who support the Library in so many ways—attending classes, donations of time, money and used books, purchasing used books and gifts, telling others about the Library, keeping us in your prayers and meditations, volunteering, and sharing yourself and ideas in conversations. Our Library is definitely a community enterprise, supporting each of us in our individual spiritual search wherever it takes us. Thank you, thank you, thank you!

Because we began here in Escondido almost 50 years ago, there are many still around who were part of the community 10, 20, 30, and even 40 years ago who still hold the Library in their hearts. We recently received large donations of books and tapes from estates of past members.

A member who was active 20 years ago read of our need for storing some items that were in a rented storage space costing us \$85 per month. She called and offered space! When I think of all those through the years who have given their loving service so that those who are seeking truth have a community to support them, I stand in awe!

We are happy to report that our staff writer, Ron Porter is back home following surgery and is on the road to recovery. We are thankful that his gentle nature and his talent for writing are intact and we look forward to more of his very deep, yet simple articles about the Silence.

Remember that the new Membership Cards with bar codes are ready to distribute. For this month, anyone applying for a new membership or renewing a current membership will get up to ten \$1 and under books for a penny each. That's 10 cents for 10 books!



WANTED

A volunteer Librarian to fill the vacancy left by the resignation of our long-term Librarian Laura Bogunovich. A huge THANK YOU to Laura for her dedication and the many, many hours that she has given to the Library over the past 8 years.

People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think that what we're seeking is an experience of being alive.

Joseph Campbell

Other Than This.....

Joshua Tree in March *(continued from July issue)*

The sense of “me” shrank as the Knowledge of my “Self” grew. My feet became as the rock, no more a part of me than clothing—there, but not a part of me. I, too, swayed in the wind and it expanded and so did I. Finally, unable to support myself under the volume I let go and fell into the sky.

My hair became as the clouds—light, made up of light. Simply wisps of vapor. I breathed and the wind filled my lungs and then it became my breath. Eyes became useless, a vanity that saw nothing. There was no breath, and there was no hair, and there was no skin on which the breeze blew. For there became no “me” onto which these elements would act. There was only Being. And then it happened—no longer thirst and there was “desire-lessness”. And, for a moment, I thought, “There is no longer any “me”, only “what is” and then the thought that was a “me” no longer vanished. Even the vanishing ceased to exist as the fact that there was a thought became absurd. Left then with no thought but only the experience of what was in that moment lasted but a moment itself. The cognition, or the perception, that there was an experience was no longer valid. For to be an experience, there had to be one who experiences whatever there is and it was made abundantly clear there was no one, no person, to have an experience.

And then there was just the desert, whole and perfect, and all the world was contained within it and it within the world. This, too, became irrelevant and no longer applied as there was no boundary to the desert and the rock and the self and the wind and the sun. And with no boundary, there became unity and solace and bliss devoid of description other than Knowledge. Then there was not even bliss as that too was surpassed with Understanding. There was no story, no past, no future, nor the concept of these objects. Objects, with their separate attributes and qualities and names no longer existed.

Everything;—every grain of sand, every cloud, and every plant was as individual as the cells of a body, but like those cells, were a part of the wholeness. And it was right that each was individual and unique, and it was right that each was but an infinitely small bit of a whole not seen, but Known nonetheless. Each particle unique and different and all a reflection, an aspect, a degree of One. Existing at the same time, in the same moment, yet without time. Eternity was no longer linear, but was here and now tearing away, ripping from any moorings any and all previous references to cause and effect or consistency or morality, or sanity itself.

And then it happened that there was no longer thirst and though desire-less, I moved the wind and sand and planets about their suns as it amused and was natural and only made sense to do so. And there came the Understanding there was no choice; and there never had been.

Only the illusion of choice born of the thoughts and perceptions, and sensations, and a false sense of a “me”. There never had been a “me”. And the rain fell. And fell and fell. On this face and this sand and rock and that was only because it was. Since there was no “me”, there was no “me” to walk to the car. Walking to the car not born of choice, but simple movement as the tide pool shifts and eddies and the creatures therein flow about, unaware of this flow being anything but the motion of the universe in play.

There was only Living Being. Every "where" there was, was life. Every "there" there was, was life. And there is want for no thing. This was the way it was on that rock, on that day, in Joshua Tree National Park.

Blessings ~ ron

Volunteer Dan

Dan McMiller started his experience with the Philosophical Library by hauling bookshelves outside to be painted and put back into the Library in 2006. Five years later, Dan is our President—quite a rise in position! Committed to healing his body and recreating his childhood conditioning into a positive, life-giving system, he transformed into a healthy, vibrant, young man. He attributes his success in his career to this transformation and is willing to share his leadership skills with us. He has been a Board Member for five years, hosted the Saturday night Metaphysical Cinema and is chairing the Steering Committee. We are appreciative of his management and communication skills as well as his sense of humor. It is our good fortune that he found the Library and is committed to its growth and development.



Monday Events

Dream Exploration

Monday, August 1 and 15, 7:00 p.m.

Explore your dreams! Develop a relationship with your own “dream-maker” to help understand yourself. A variety of techniques will offer the opportunity to become more aware of your beliefs and inner conflicts. Info: Genny Carr: (760) 743-3849. Library Donation

Tuesday Events

Lady Ashtar

Tuesday, August 9, 7:00 p.m.

Terrie Symons, previously known as Terri Cunningham, will offer you an opportunity to receive a channeled teaching from the Ascended Master Ashtar in his loving voice. He will speak to a topic that will be appropriate to the group in attendance and give a message to each who sits in. Participant's questions will fill out the session. More Info: Terrie at (760) 728-8728 or e-mail her at terrie@ladyashtar.com. \$40, or Preregister before event at www.LadyAshtar.com for \$35.

Tone for Peace

Tuesday, August 23, 7:00 p.m.

There IS something we can do to cultivate peace on the planet. We believe the spirit of peace exists within each and every one of us. Toning is singing without words, a behavior commonly observed in babies and small children.



This non-verbal form of expression allows people from all walks of life to unite with a common intention. The gathering, led by Chanara Casey Richmond, is systematically structured around a 40-minute meditation CD that guides us to experience peace in our bodies, feelings, thoughts, families, community, nation, world and universe. Chanara is the Founder of TONE FOR PEACE, Inc.; member of the Dominican Univ. music faculty for 20 years. Info: toneforpeace@gmail.com; (760) 704-7793. Library Donation.

Wednesday Events

Yoga Classes with Chris Cravens, HHP

Gentle Yoga

Wednesdays, 10-11:00 a.m. (No class 8/24 or 8/31)



Are you intimidated to start taking a yoga class? In this hatha-based class, we will be outlining yoga basics, helping to take the fear out of starting a new practice. Alignment details and special needs will be addressed through use of props or gentle variations.

Perfect for beginners, seniors, or those working through the limits of injuries.

Yoga Foundations

Wednesdays, 11-12:00 p.m. (No class 8/24 or 8/31)

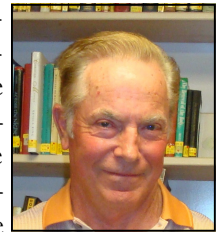
In this hatha-based class, foundational alignment details will be applied to allow more ease-full expansion in your practice. Optional expansive variations of poses will be offered with light-hearted playfulness, making this class appropriate for beginners as well as those looking to expand their existing practice.

Yoga mats limited; please bring your own if you can. Purchase available, but please let Chris know ahead of time. \$10 single session; \$36/4; \$64/8; \$112/16. Info: DangGoodYoga@gmail.com or (760) 755-7800.

Alexander Speaks

Wednesday, August 17, 7:00 p.m.

Alexander is now presenting the experience of discovering your energies and abilities from observable past overlays. Bring your unique talents and abilities and share in the process. Past lives and psychic messages as time permits. Interactive discussions and insights include:



- The Future
- Alternative Prophecy for 2012
- Conflict Resolution
- Individual and Mass Conscious Manifestations
- Elimination of the Need for Control
- The Art of Forgiving
- Spiritual Development, Evolvment and Expansion
- Traits of An Evolving Being and more

Suggested \$10 loving support to your library. For more information, contact Jim Buchanan (858) 486-8390. Alexander DVD's now available.

Why We Need Volunteers

Volunteers are the heart and soul of The Philosophical Library. Do you have office, library, or retail skills, or no skills at all? If you have a weekday afternoon or just an hour or two, drop by or give us a call. On occasion we do have events or activities on the weekend that we need help with. We are very flexible and will work with your skills. Volunteers are critical to the success of the Library, a Library who has served the community for many years. Come and join us in a wonderful opportunity to make a real difference in people's lives.

Thursday Events

Maitreya, UFO'S and their Spiritual Mission

Thursday, August 4, 6:30 p.m.

Maitreya has begun his open mission, together with his group of Masters and with the help of the Space Brothers. They come to guide us to complete the transformation of our planet. Come hear an introductory talk about their mission and what we can do to help, We will touch upon a different topic each month. Library Donation. Adrian 760-822-6294.

Friendship and Fun through Media

Thursday, August 18, 4-5:30 p.m.

We continue our lively discussions by selecting a subject submitted by individuals in the group. Come with a suggestion! Deep friendships can develop by sharing books, DVDs and presentations we have seen that have changed our lives. Each month on the third Thursday, join to share what we learn! Library Donation. Info: Jan: janieb@cox.net or (760) 579-2466.

Akashic Record Readings

Thursday, August 25, 5:00 p.m.

Akashic Records are the vibrational Library that holds the record of every soul and its journey. These records can give insights into any question, but more specifically, into past lives and their influences into our present incarnation. Izabelle offers Quick Pulse, a Jo Dunning's technique that transcends in a few minutes and clears energetically any limitation, belief or blockage that affects our life. 45 min. reading: \$75; reading plus 1 item cleared: \$100; 1 item cleared: \$40; 4 items cleared: \$100. For appt: Contact Izabella Joie Doucet (BA in Metaphysics, Minister) at (800) 363-4171.



Chairs for Sale

The Philosophical Library is selling 36 of our chairs. Perfect for conference room or church.

\$30 each

We would like to sell all 36 at one time. If this is not possible, can someone provide free, dry, long-term storage for the chairs?

Call Dan at 858-692-5552 for details.

Friday Events

Biological Anthropolgy: An Evolutionary Perspective

Fridays, 2:00 p.m

Our discussion will be focused on a portion of a DVD course taught by Professor Barbara J. King of William and Mary College. Beginning with Darwin's theory of evolution and the religious issues, the course will continue through the biological and cultural influences and close with an understanding of the interplay of the two in our long history of evolution. Join us for an interesting and surprising discussion. Library donation. Info: (760) 745-2724.

Adyashanti Gathering

1st Friday of the month, August 5, 7:00 p.m.

An open group of those seeking to experience the teachings of Adyashanti and the truth that he points to. We begin by watching a DVD of one of his Satsangs. Following is a sharing of how his teachings have benefited or affected us. Info: Genny (760) 743-3849.

Self Inquiry with the Work of Byron Katie

Friday, August 12 and 26, 7:00 p.m

Deborah Waugh will facilitate this workshop Her words: "All my life, I was trying to find happiness and failing miserably. I was always seeking something that would end the search itself. I was seeking absolute TRUTH. After being disillusioned with every method I could find, the truth found me in self inquiry with the Work of Byron Katie in 2006. I have attended two Schools for the Work as participant and staff, and the New Year's Cleanse. I have been in the certification program for over four years, keeping the Work alive in my life and my experience only deepens with time. Please come and share with me this incredible method of self-inquiry. When we do the work together, we are of one heart. Namaste." Library donation. Info: (760) 945-8450.



Do you have any questions about the Library, the newsletter, or our website? Perhaps you are considering an ad. Please feel free to call any of our volunteer staff at :

(760) 745-2724 or e-mail us at info@philosophicallibrary.org

Saturday Events

Joel Goldsmith's "The Infinite Way" Tape Study

All Saturdays, 11:00 a.m.

Hear Joel Goldsmith's direct teachings of The Infinite Way principles, mysticism and meditation

- Learn how to practice and attain conscious union with God.
- Meditation before and after tape.

Info: Waddy Wells (760) 271-4187. Library donation.

Nothing is Incurable

Saturday, August 6 and 20, 5 p.m.

The Bruno Groening Circle of Friends hosts a free introductory lecture on help and healing on the spiritual path.

- Learn the teachings of Bruno Groening, the "Miracle Healer".
- Learn to connect to God's "Healing Stream"
- Learn to recharge your battery and bring health, finances and relationships into divine order.

Please RSVP. Donations. Info: Diane Wilson (858) 672-4376. diane_lene_wilson@hotmail.com

Pranic Healing

Saturday, August 27, 2:00 p.m.

Pranic Healing® is a simple yet powerful and effective system of no-touch energy healing originated and developed by Master Choa Kok Sui. It is based on the fundamental principle that the body is a *self-repairing*

living entity that possesses the innate ability to heal itself. Simply put, Pranic Healing® accelerates the healing process by increasing the life force or vital energy on the affected part of the physical body.

During the introduction workshop, you will:

- Learn what Prana is
- Learn how to feel/see Prana
- Learn the principles of Pranic healing©
- Experience how your actions and thought affect energy
- Learn a healing technique you can use now

For more information: pranichealingsd.com or (858)449-1749

Sunday Events

EFT (Emotional Freedom Technique) Training

Sundays, 6:00 p.m

Offered by Izabelle Joie Doucet, EFT practitioner who also has a background as a yoga instructor, past life therapist, pranic healer and spiritual counselor. Come and learn this powerful technique that is based on the same energy meridians as Chinese acupuncture but without the invasiveness of the needles. Seek a change in your life? Info:(760) 737-3515. \$5 Library donation.

Volunteers Needed

We are in need of a volunteer to work one of our daily shifts in the store from 1 to 5 PM on a weekly basis. Do you know of anyone looking to help make the world a better place by increasing the consciousness of others? Why not start at the Philosophical Library?

This would be perfect for someone who is retired or has free time on their hands. Duties include: working the cash register, checking out books, book returns, answering questions, enrolling new members and greeting those that come in. No experience is necessary. We also have many other volunteer positions available in marketing, grant writing, volunteer coordinating, library operations, book filing, graphic arts, IT, business administration, etc. Contact Genny at the Library (760) 745-2724 if you can help.

Newsletter Submissions/ Scheduling

In order to serve our members, giving enough prior advance notice for events, classes, etc. we **MUST** have the newsletter ready to be mailed early enough in the month. This means that items for the newsletter need to be submitted by the **10th of the preceding month**, allowing for creating, proofreading, revisions, printing, processing, etc.

Once your date and time has been established, you need to write a description of the event. This "blurb" should be kept to a reasonable length (75 words or less—see current items) and include a contact person and number and/or e-mail address for further information. Please indicate whether you will be charging a fee, or if it will be on a donation basis to the Library. Send blurbs to Jan at janieb@cox.net.

Meeting rooms are available for those looking for a facility to hold a class, workshop, speaker, etc. Contact Genny (760) 743-3849 for more info.



At the Philosophical Library:

Rev. Leslie Saunders—Kaballah Readings and Spirit Circles

Fridays, 2:00 to 5:00 p.m.

Rev. Leslie Saunders, president of National City Spiritualist Church, is a medium, teacher and Kaballah reader with many years of experience. Phone for an appointment at (760) 429-3854.

Seeking to share your Light with the world?

We invite you to join the I.S.F.....

Founded in 1923, the International Spiritualist Association upholds world peace, environmentalism, and communication between different levels of life.

Please visit our Website at:

<http://www.theisf.com> OR

E-mail: **isfgensec@aol.com.uk**



Grace Spiritualist Church
Living in Light



Reverend Grace Wynands
Pastor

Church services are on Sunday at 10:30 am

East Valley Community Center
Community Room (entrance from outside)

2245 E. Valley Parkway
Escondido, CA 92027

760 749 3625

gracespiritualistchurch@gmail.com



Lance Blake Design
"Creative Florals"

hummingbirdlive@sbcglobal.net

(760) 212-9549

lanceblakedesign.com

Visit our **AMAZON** store, Ibis Books, at
www.amazon.com/shops/ibis_books


See our interesting selection of used books for sale online—**spiritual—metaphysical—holistic—philosophical—alternative healing—paranormal—movement arts—some rare & out-of-print**—and, coming soon, gifts! All proceeds from your purchases from our Amazon store help keep the Library alive!

Check out our gift shop.....

We now have a nice selection of semi-precious stone and metal pendants. Nag Champa, sandalwood, pine, cedar and balsam incense is available as well as incense holders.

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dream Exploration 7 pm	2	3 Gentle Yoga 10 am Yoga—Foundations 11 am	4 Maitreya 6:30	5 Anthropological Biology 2 pm Adyashanti 7 pm	6 Goldsmith 11 am Nothing is Incurable 5 pm
7 EFT 6 pm	8	9 Lady Ashtar 7 pm	10 Gentle Yoga 10 am Yoga—Foundations 11 am	11	12 Anthropological Biology 2 pm Self Inquiry with the work of Byron Katie 7 pm	13 Goldsmith 11
14 EFT 6 pm	15 Dream Exploration 7 pm	16	17 Gentle Yoga 10am Yoga—Foundations 11 am Alexander Speaks 7 pm	18 Friendship & Fun Thru Media 4 pm	19 Anthropological Biology 2 pm Board Meeting 7:30 pm	20 Goldsmith 11 am
21 EFT 6 pm	22	23 Tone for Peace 7 pm	24	25 Akashic Record Readings 5 pm	26 Anthropological Biology 2 pm Self Inquiry with the work of Byron Katie 7 pm	27 Goldsmith 11 Pranic Healing 2 pm Nothing is Incurable 5 pm
28 EFT 6 pm	29	30	31	Change your thoughts and you change your world. <i>Norman Vincent Peale</i>		

 The Philosophical Library
1330 E. Valley Parkway, Suite G
Escondido, CA 92027

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Return Service Requested

August

 The Philosophical Library
Where spiritual seekers meet, learn and grow.

The Philosophical Library is now located at 1330 E. Valley Pkwy, Escondido, behind the IHop restaurant. We are a non-profit organization operated entirely by dedicated volunteers and have been a community asset in Escondido since 1963. With over 10,000 books, audio, video and reference materials, it is the largest privately owned lending library open to the public in Southern California. Our selections cover an extremely wide range of spiritual topics – from Astrology to Zoroasterism - and everything in between! We have classes, seminars, special events and a Gift Shop with a large selection of gems, crystals, gifts, incense and used books. Our mission at the Philosophical Library is “to provide unique resources for those seeking meaning, wisdom and self-discovery”.

P.O. Box 300130

Escondido, CA 92030-1030

Phone: (760) 745-2724

Web Site: www.philosophicallibrary.org

E-mail: info@philosophicallibrary.org

Hours: Tues. thru Fri. 1 p.m. – 5 p.m.

Sat. 12-2 p.m.

Closed Sundays, Mondays and Holidays