



SpringSummer 2016 Newsletter Paul Brunton Philosophic Foundation

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Dear Friends of PBPF,

It's been a busy six months since we last communicated with you, with our team working on our new and continuing projects:

- ✎ Facebook.com/PaulBruntonPhilosophicFoundation offers beautifully illustrated daily PB quotes selected by Kira, Judy, and Jeff. 12,500 people are now signed up to our Facebook page.
- ✎ Barbara creates a new PB eTeaching each month which includes PB's inspiring words and news. Sign up for email delivery—paulbrunton.org/eteachings.php (where you can also read her previous excellent posts).
- ✎ Tim and the diligent archiving staff are making good progress in preparing PB's originals and finding a safe haven (that is also internet accessible) for the PB archive.

New Definitive Paperback Edition Available Now!

The Inner Reality: Jesus, Krishna, and the Way of Awakening,
published by North Atlantic Books

A provocative and compelling work, *The Inner Reality* is an essential guide for spiritual seekers. First published in the 1930s, this remarkable book interweaves the teachings of two great religious figures: Jesus and Krishna. Identifying a common current running through both Christianity and Hinduism, Paul Brunton describes how an "inner reality" or "kingdom of heaven" can be found within each of us. Defining religion as simply the practice of binding oneself with divinity, he encourages readers to embark on the quest for self-knowledge and spiritual communion through a commitment to the contemplative path. With his profound interpretations of the world's sacred texts, from the Gospel of St. John to the Bhagavad Gita, PB bridges East and West to guide the reader into the living heart of these ancient traditions.

When "Superman" actor Christopher Reeve was asked in a BBC interview which book he would want if stranded on a desert island, he replied, "*The Inner Reality* [also titled *Discover Yourself*] by the philosopher Paul Brunton." (You can listen to him reading from the book: paulbrunton.org/christopher-reeve.php)

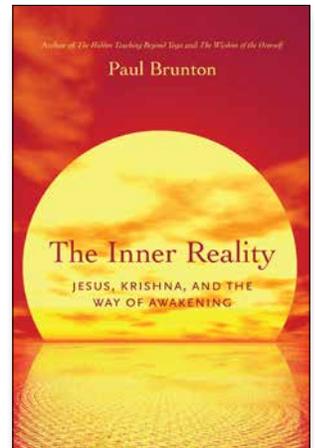
This new edition has been updated to incorporate the author's final revisions and includes a foreword by the PBPF. LarsonPublications.com (the publisher of *The Notebooks of Paul Brunton*) offers PB books at a discount.

Excerpt from *The Inner Reality*, chapter six "Practical Help in Yoga"

"Meditation, the art of mental quiet—yoga, as the Indians call it—is perhaps the fundamental practice of this inner quest. It is essential to whoever seeks to find his spiritual self. The basic principle behind it is simply this: throughout the day we are so busy attending to external things and external activities that we never become aware of who it is that is attending to these manifold activities. We just become so immersed in them that we do not even try to know who is being immersed.

"Meditation has as its primary aim the detachment of this entity or person who is acting, working, walking, moving, from the activities themselves, so that he might get a chance to be truly conscious, to know himself. Hence, the fundamental method of meditation is to direct attention deliberately away from these outward activities and to turn inwards in opposition.

continues...



“Therefore, if you wish to find this innermost being within you, you not only have to turn attention inwards towards the mind, away from action, but you must penetrate still further inwards away from intellect itself towards that which is behind. Unless we grasp the vital necessity for the practice of meditation, and attempt to do this, how can we ever hope to free ourselves from the surface life that enslaves us?”

...

Many of PB's books now have been translated into a dozen or more languages

If English is not your first language or if you would enjoy reading PB in another language, check out this recently posted, impressive list of translated titles: paulbrunton.org/translated_pb_books.php. Many of these books are available on Amazon.com or one of its foreign language sites.

PB's Books in Review

PB and his books became quickly popular all around the globe (read this short bio: paulbrunton.org/about-paul.php). He was considered the foremost Western authority on Eastern spirituality and during this period of his life, and constantly traveled to give lectures and meet with spiritual seekers, some of them public figures. PB kept hundreds of book review clippings in a large scrapbook that give some indication of just how influential he was. We have finally excerpted many of these reviews and posted them for a fun step into history: paulbrunton.org/reviews.php. You might scroll down to *A Search in Secret India* and begin there.

A Review Request

If you feel moved to write a short review of a favorite PB book or two on Amazon or other online book store, it would be greatly appreciated. These reviews help people decide if a book is for them.

PB in Portuguese

During the next few months the PBPF website will offer a Portuguese translation of much that is on our English site. It will be located at PaulBrunton.org/portuguese. Our friends in Brazil have been hard at work creating this translation.

Wisdom's Goldenrod—Summer Studies Program, July 7-11

“Time and PB” is the topic for this year's program at Wisdom's Goldenrod Center for Philosophic Studies in the Finger Lakes region. (WisdomsGoldenrod.com) Please join us for an immersion in PB's teachings about time. If you would like to be a presenter, or participate in any way, please contact Helen Perl at: hperl@icsd.k12.ny.us

“Do not confuse infinite time, which is duration, with timelessness, which is eternity. The first is just the lengthening of the ego's past, present, and future; the second is their dissolution in ecstatic smiling ego-free being.”

—paulbrunton.org/notebooks/19/4#83

Can you help us with our many projects?

PaulBrunton.org/donations.php offers information on a number of projects that you could help us accomplish:

- ➔ The Archive Project
- ➔ The Prison Project
- ➔ The publication of new books
- ➔ Keeping *The Notebooks of Paul Brunton* in print
- ➔ The Gift Book Project

The PBPF is registered as a 501-C-3 not-for-profit organization. All donations in the United States are tax exempt. You can read more about our projects here: paulbrunton.org/donations.php. Our Board Members and others volunteer their time to these projects. Thank you kindly for your support.

Your interest in the Foundation's work is deeply appreciated.



Cleta J. Rudolph,
Board Chair and President

