



Fall 2022 Newsletter Paul Brunton Philosophic Foundation

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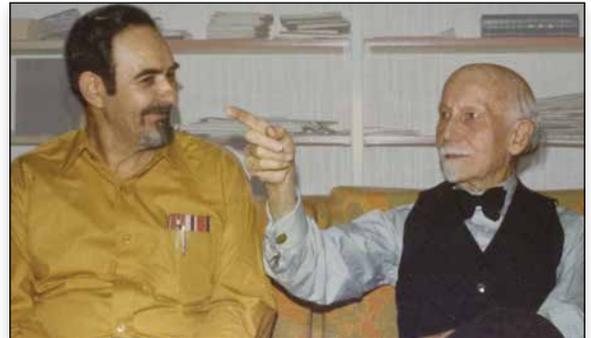
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Discussions with PB Recounted by Members of Wisdom's Goldenrod

Between 1971 and the end of PB's life in 1981, various members of WG Center for Philosophic Studies travelled to Switzerland to spend a few days or months with PB. This file of their notes of conversations and experiences with PB was organized by Micha-El (Alan) Berkowitz from a number of visits. Wide-ranging topics are touched upon—from practical matters to sublime inner explorations. The PBPF is pleased that this past year PB enthusiasts finally have access to the complete online archive to explore!



Anthony Damiani visiting PB in Switzerland

<https://www.pbarchives.org/archive/document/writing/94>

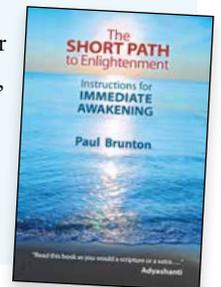
Starting the Inner Fire

P.B. ONCE SHARED WITH ME an analogy of starting a fire with two sticks to describe how the Long and Short Paths differ. He said that rubbing the two sticks together is like the Long Path: You rub and rub (and likely rub and rub more) until there's enough heat to get the fire started. Then, once the fire is started, you have to stop rubbing and let the fire do its work.

Learning how to let the fire do its work is the Short Path part of the analogy. If you keep rubbing when it's time to trust the fire, you'll put the fire out before it really gets going well—and have to start all over. So the trick is to know when you need to rub and when to stop rubbing.

I appreciated the analogy at the time (1981) as simple, direct, and even illuminating. Through the years, though, seeing how the process actually develops in our lives—not so simple.

Have you found your sticks yet? Do you need to bring more sustained intensity to your meditation, your study, your character development, deepening and refining your feelings, getting a perspective on your ego, cultivating devotion, reverence for the life within and around you, and so on, to bring some real heat to your quest work? Is there some fire in you yet that seems to have a life of its own—can you trust it and let go of what you've become so good at and proud of? A little of both maybe, by turns? —Paul Cash



Paul Brunton Video Teachings



Thanks to your generous donations, PBPF continues to increase PB's visibility on the internet by creating professionally-produced videos for Youtube. The first three of these have been enthusiastically received! You can watch them on the Paul Brunton Philosophic Foundation YouTube Channel:

<https://www.youtube.com/channel/UCUib-nHxf-kZzc6RB55b-pg>

Paul Brunton's Travels in India (recently completed and watched 14,000 times!)



Part 1: Meeting Sri Shankacharya | Part 2: Meeting Ramana Maharshi
Part 3: Ramana Maharshi (PB's mystical experiences)

continues...

Paul Brunton Video Teachings continued . . .

Coming soon! The Quest Series Parts 1 & 2—

11 videos that introduce viewers to some of PB's foundational ideas and practices:

Paul Brunton's Quest Questions Video Series 1

- 1 Quest for Self-Realization
- 2 On Seeking Guidance
- 3 Taking an Independent Path
- 4 Quest for Self-Spiritualization: Awakening
- 5 Practices for Transformation
- 6 Looking Within: Meditation

Paul Brunton's Quest Questions Video Series 2

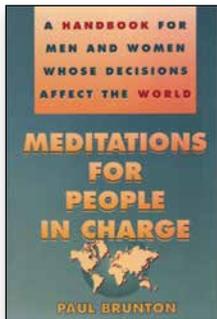
- 7 What is God?
- 8 What is a Sane Religion?
- 9 Why Are We Here?
- 10 Is There Life After Death?
- 11 Why is There Evil and Suffering?

And don't forget to explore the sister site: <https://youtube.com/c/PAULBRUNTONOFFICIAL>

Are You Someone in Charge?

If so, you know that what you do touches others' lives or influences minds. Whether you are a parent or a president, PB's *Meditations for People in Charge* encapsulates advice from Paul Brunton that inspires and helps us to maintain spiritual strength and integrity as we move through challenging situations. If you don't have this gem, you can find it here:

<https://www.larsonpublications.com/shop/product-detail.php?keyword=author&id=78>



"If those of higher ideals and unselfish character withdraw from society, leaving the world to be run by more materialistic and selfish persons, then society will certainly degenerate and thus bring karmic suffering upon itself. Wisdom, however, dictates the reverse policy."—PB

PBPF Prison Book Project

"Can you please send any books that are available? I am a prisoner here at Chowchilla Women's State Prison. I have 2 strikes and if I get another, I could be here for life. So I want to learn different things that may improve my behavior and thoughts."

—a request from one of our many correspondents



The PBPF Prison Project has sent out more than 35,000 books to prisoners throughout the United States, with the help of sympathetic donors. Currently, the following books, *What is Karma?*, *Meditations for People in Crisis*, and *The Gift of Grace* are available for FREE to prisoners who request them and are seeking a healthier way of life. And thank you Marie, Peggy, and Raina, Foundation volunteers who package and mail them each month!

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

Tom Marino,
Board Chair and President

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 Digital 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: <https://www.paulbrunton.org/donations.php>. Our Board Members and others volunteer their time to these projects. Thank you kindly for your support.