



# Spring 2019 Newsletter Paul Brunton Philosophic Foundation

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## NEW!

### **Instructions for Spiritual Living by Paul Brunton**

*“A truly comprehensive and authoritative work that should be read by sincere seekers and advanced adepts alike.”*

—Stephen D’Amico, author of  
*The Incredible State of Absolute Nothingness*

*“Mature seekers need mature advice and Paul Brunton provides this. I have often said one needs to be quite mature spiritually in order to use a true spiritual teacher or master wisely.”*

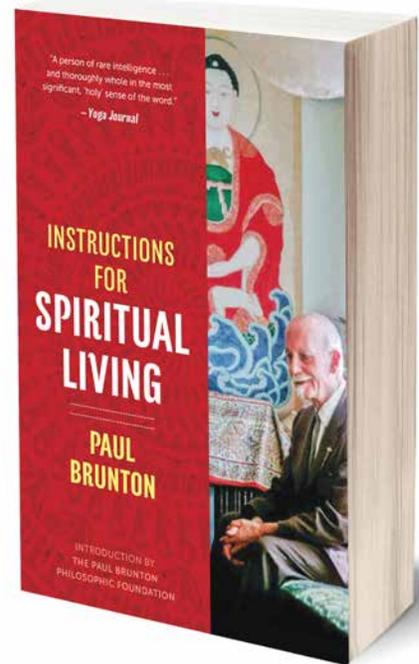
—Jacqueline Longstaff, author of *The Last Waltz*

PAUL BRUNTON provides instructions to guide one’s development in three fundamental areas of the spiritual path: meditation, self-examination, and the unfolding of full awakening. Guiding you with insight and care through each stage of meditation, including advanced states that deepen one’s inner life, he explains how meditation is the art and practice of introverting attention, of freeing oneself for a period of time from thoughts, sensations, and feelings and allowing the soul to reveal itself out of the quiet that one has created. He examines in depth the need for spiritual dependency on any particular guru, teaching, or practice, showing that following your intuition can bring spiritual success.

Exploring the process of self-examination and emotional purification, PB shows how life’s challenges are moments by which we can make real progress in our surrender to a higher life. He reveals how to break free from the ego, follow intuition to align with your ideals, and tap into the inspiration flowing from within. He also explains the development of transcendental insight, the cornerstone of compassionate wisdom in action, which allows us to become a source of inspiration to all we encounter.

Composed from writings received by the Paul Brunton Philosophic Foundation after his death, this guide offers transformative wisdom to aid our understanding of what the spiritual journey entails, helps to point the way when the way is uncertain, and shows how to grow from the challenges that arise as you develop spiritually.

This is a new and very transformed edition of *Essays on the Quest*, originally published in 1984.



<http://paulbrunton.org/store.php#instructions-for-spiritual-living>  
253 pp., \$16.99

## Archive Update

The archiving staff is working hard to finish the preparation of the digital archive, which is made up of almost 79,000 digitized pages. Our goal is to make the material as accessible as possible on the internet, with not just high-quality scans but also fully typed and searchable files, by the end of the year. (As you may remember, the physical archive was delivered to Cornell University last fall.)

*continues . . .*

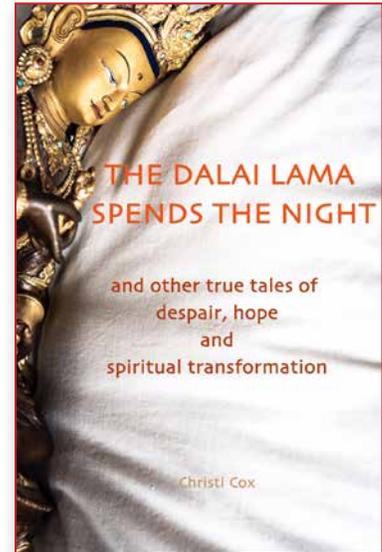
The majority of our effort is focused on PB's unpublished philosophic writings; however, we are typing and proofing other interesting parts of the collection as well. This includes the journals of Evangeline Glass (PB's wife), which contain dictations from PB and her reflections on his teachings. The other main section is letters from friends, colleagues, and admirers.

If anyone is interested in helping digitize the letters, we are seeking volunteers who are good at deciphering handwriting — an increasingly rare skill these days! (contact: [lydia.dempsey@gmail.com](mailto:lydia.dempsey@gmail.com))

### **The Dalai Lama Spends the Night**

Editor for many spiritual teachers, Christi Cox writes about her personal encounters with Paul Brunton, the Dalai Lama, Anthony Damiani, Mother Meera, Adyashanti, and others. She shares her challenges, joys, and transformation in this witty, no-holds-barred memoir. Available only on Amazon.

[https://www.amazon.com/Dalai-Lama-Spends-Night-Transformation/dp/1794077561/ref=tmm\\_pap\\_swatch\\_0?\\_encoding=UTF8&qid=&sr=](https://www.amazon.com/Dalai-Lama-Spends-Night-Transformation/dp/1794077561/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=)



### **“In Need of Help?”**

A long-time teacher of PB's wisdom, Barbara Ashbaugh, passed away, and one of her students, Jim Northern, wanted us to remember her by publishing this instruction that she offered to others who were in difficult situations.

“Drop all thoughts of the lower temporary conditions that make matters worse. Raise your thoughts to your Higher Self, the Everlasting Eternal Moment and then ask it to handle the problem. Don't go into the future or the past. You and the Eternal Moment are one with your Higher Self and you must stay high up on the ladder. Think of the Infinite Universe and the small part we play in it. Love is the true goal. My Love to you.”

—BARBARA



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

Cleta J. Rudolph,  
*Board Chair and President*

### **Can you help us with our many projects?**

**[PaulBrunton.org/donations.php](http://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 PBPFF 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](http://paulbrunton.org/donations.php). Our Board Members and others volunteer their time to these projects. Thank you kindly for your support.