Fall|Winter 2026 Newsletter
Paul Brunton Philosophic Foundation

4936 NYS ROUTE 414 | BURDETT, NEW YORK 14818

BOARD OF DIRECTORS

OFFICERS

chair & president
Tom Marino

1st vice chair
Beverly Bennett

2nd vice chair
Barbara Plaisted

secretary
Janet Selby

treasurer
Louis DeSarno

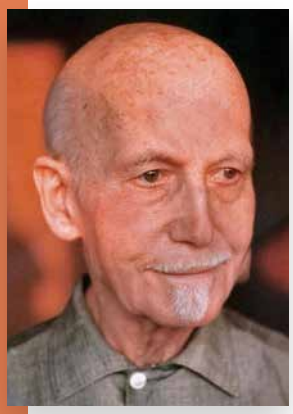
DIRECTORS

Lisa Berardino
Jeff Cox
Louis Damiani
Anne Kilgore
Maria Ochoa
Cleta Rudolph

Meeting Peace with PB

by Paul Cash

Here is an excerpt from Paul's new essay—a wonderful contribution to our understanding of this sage.



One of the first things I noticed on entering PB's apartment for the first time was how noisy I was. Not in the sense of talking loud or stomping or scuttling awkwardly about. Just as a way of being. The noise of my own thoughts in his apartment was a ruckus not to be unnoted. He and the whole space he lived in were by comparison so astonishingly quiet. Even while there was talking going on.

PB's apartment where I knew him in Switzerland was in a condo building, so it wasn't really quiet—not an idyllic peaceful or soundproofed setting by any means. But the whole space of it seemed to be pervaded throughout with some sort of an invisible inner lining, a silence that insulated it in some essential way from the ambient building- and people-noise on the outside. There's an expression that x or y or z has a silver lining. This lining felt to me more of a translucent gold or yellow, not visible but feelable, kind of like sunlight in alert deep peace. Untapped solar energy at rest maybe.

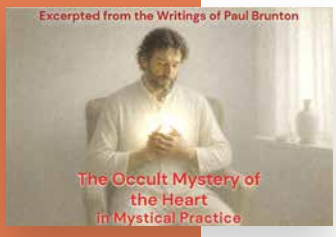
Something made me aware (as if pointing it out) that there was an option: I could keep noticing my noisy thoughts and be out of harmony with PB and that space, or I could tune to that seeming inner lining. When I did tune to that almost tangible something-not-a-thing, my thoughts lapsed at the door on entering the apartment. An exquisite sense of intimacy would draw me graciously into the space, and into more direct relation with the remarkable presence that was PB. To be honest, it wasn't so much that I tuned to it as that I learned to move slowly and let it tune me. And as it tuned me, I never felt more welcome anywhere than I felt when I was there.

You can read Paul's essay here: **Reflections**

New PB Video Teachings

Contemplation: The Door to Reality

"To become so lost in this world of appearances, as so many have become lost, is to shut the door to the world of Reality. There is a world of Real Being which humanity has yet to find and to love: this is the unwritten task set us by life; this is the meaning of earthly existence for all."



The Occult Mystery of the Heart in Mystical Practice

According to Paul Brunton, mystical practice focusing on a very specific point in the heart can bring about full enlightenment. He gives a step-by-step guide through the practice and describes the stages.

Visit the Paul Brunton Philosophic Foundation YouTube Channel to watch many more PB videos.

"The Writer Who Listened to Silence"

This well-written magazine article about the life of Paul Brunton is also an excellent overview of his teachings on mentalism. Reproduced here with permission of *Hinduism Today,* it was published July 2026.

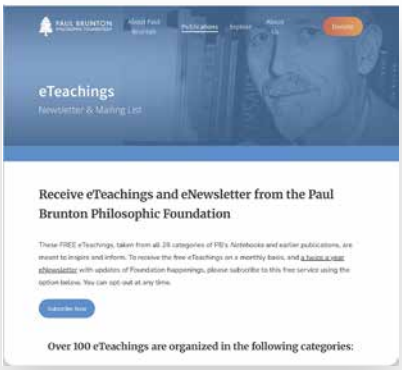
Three Investigations into PB's Early Associates

by Joscelyn Godwin

Brother M was an important teacher for PB; Frederick "Bud" Fletcher travelled with PB in India and became a Buddhist monk; and the mysterious Mongolian Buddhist mentioned in *The Wisdom of the Overself* gave PB some important keys to mentalism—Joscelyn has uncovered wonderful details about these three influential people.

New PB eTeachings Every Month

Sign up to receive inspiring monthly eTeachings on key topics from PB's writings. (We respect your privacy and never share our mail list.)



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

Tom Marino,
Board Chair and President

Jeff Cox,
Outreach Committee

Can you help us with our many projects?

PaulBrunton.org/donate/ 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: **paulbrunton.org/donate/.** Our Board Members and others volunteer their time to these projects. Please consider a PBPF legacy donation. Thank you kindly for your support.

Check out the PBPF Projects page for more information