

CHOICE- FEBRUARY 1985

Brunton, Paul. The notebooks of Paul Brunton: perspectives (posthumous). Larson (dist. by Kampmann), 1984. 392 p. 84-47753 \$22.50 ISBN 0-943914-09-4)

A distillation of the voluminous unpublished later writings of Paul Brunton (1898-1981), English popularizer of yoga and meditation. The 28 chapters are built from short notebook excerpts and presents Brunton's mature vision of the spiritual quest -- a vision he claims supersedes that of such early works as *A Search in Secret India* (1934) and *The Wisdom of the Overself* (1943) and is his own synthesis, not that of any particular tradition. Brunton often criticizes Indian doctrines and practices, and he respects Western science and pragmatism; but his approach his broadly Theosophical--exposing the "true" teaching hidden behind all religions, and Vedantin--grounding the individual in an unchanging ultimate reality best characterized as "Mind." Brunton's philosophical and interpretive passages sometimes are problematic or idiosyncratic, but his vision of a "mentalistic" universe is fascinating, and his espousal of an ethically based spirituality combining meditation and philosophy, contemplation and action, wisdom and compassion, is sensible and compelling. His work can stand beside that of such East-West "bridges" as Merton, Huxley, Suzuki, Watts, and Radhakrishnan. It should appeal to anyone concerned personally or academically with issues of spirituality and is appropriate for both graduate and undergraduate collections.

--R. Jackson, University of Michigan

LIBRARY JOURNAL -NOVEMBER 1, 1986

Brunton, Paul. The Notebooks of Paul Brunton.

Vol. 4 Pt. 1 : Meditation. Pt. 2: The Body.

pub. for Paul Brunton Philosophical Foundation by Larson
pap. Pt. 1 ISBN 0-943914-19-1. Pt. 2: ISBN 0-943914-20-5.
Pt. 1 \$10.95, pt.2 \$9.95. Rel

The first volume of the *Notebooks* (projected to total 14 volumes in hardcover when completed by mid-1988) was described as "rich" (LJ 10/1/84), and there is no reason now to change that assessment. The fruit of almost 30 years of teaching and reflection, they present Brunton's synthesis of Eastern mysticism and Western rationality. This volume, consisting mostly of short expository statements, covers both meditation and bodily control in terms of diet, exercise, sex, and meditative postures. Though there are some internal inconsistencies and some controversial ideas, the work as a whole is a rich vein of wisdom to be mined by the interested and the spiritually concerned.

--Donald J. Pearce, Univ. of Minnesota Lib., Duluth

THE NOTEBOOKS OF PAUL BRUNTON-- REVIEWS

LIBRARY JOURNAL -OCTOBER 1, 1984

Brunton. Paul. The Notebooks of Paul Brunton: Perspectives.

Larson Publications, Distr. by Kampmann & Co.
9 East 40th St., New York, NY 10016 1984 384p.
LC 84-047752. ISBN 0-943914-09-4 \$22.50:

deluxe ed. ISBN 0-943914-10-8. \$50 REL/PHIL
During the 1930s, British journalist Brunton (1898-1981) traveled extensively in the East and wrote a series of popular books in which he presented to the West the exotic spiritual teachers he encountered: the most popular was *A Search in Secret India* (1934). After his retirement to Switzerland in 1965 to devote himself entirely to meditation, Brunton began a series of notebooks which eventually ran to some 7000 pages), recording his thoughts and observations relating to the spiritual life.

In a vigorous, clear-minded, and independent fashion he expounded a synthesis of Eastern mysticism and Western rationality. Now these notes have been culled and organized under topic headings by his students. A rich volume for persevering readers

--Paul E. Muller-Ortega. Religious Studies Dept., Univ. of California, Santa Barbara

PUBLISHERS WEEKLY -JUNE 8,1984

THE NOTEBOOKS OF PAUL BRUNTON: Perspectives

Paul Brunton. Larson (Kampmann. dist.), \$22.50 ISBN 0-943914-09-4

Brunton's 10 books on Eastern philosophy, yoga and mysticism (*Quest of the Overself*, *A Search in Secret India*) flowed out of his travels in the Orient and his experience with gurus. But during the 30 years until his death in 1981 he retreated into seclusion, setting down his thoughts in voluminous notebooks.

His privacy was in keeping with his belief that "complete extroverts" are spiritually sick but think they are well. In this selection of jottings, aphorisms and mini-essays Brunton hones his view that the thinker needs the mystic as much as the mystic needs the undeveloped thinker within oneself. His diagnosis of illnesses as being due to wrong living and wrong thinking is attuned to today's holistic health movement. Healing of the self is the guiding principle behind these writings. Brunton offers guidelines for meditation along with thoughts on fasting, diet, rebirth, metaphysics, Jesus, Freemasonry, the self-deluded ego and the one Universal Mind.

CHOICE - JANUARY 1987

Brunton, Paul. The Notebooks of Paul Brunton, V.4: Meditation: The Body. Larson Publications. 384 PP. Index 86-81949. \$22.50 ISBN 0-943914-18-3. BL 624X

There are two dominant types of Western literature about India. The first is by those who go there to find wisdom; the second is by those who go there to dispense it. Brunton's account of his search for spiritual direction in India remain important examples of the first type. They continue to rank with such works as Romain Rolland's influential *Prophets of the New India* (1930) and John Yale's delightful *A Yankee and the Swamis* (1961). Yet, when the 14 projected volumes of this series are available, *The Notebooks* will reveal the relatively greater extent and depth of the work that Brunton (1898-1981) sustained over his lifetime. In this latest installment, Part 1 offers instruction in the practice of basic meditation techniques (where and how to begin, dangers, use of symbols and sounds, and development of sustained mindfulness); and Part 2 advises how to generate energy sufficient to support one's practices by regulation of the body (control of desire, correct diet, exercise, and use of traditional postures). While this well-edited series will be particularly useful for upper-level students, it will be accessible to anyone who has read an introductory treatment of traditional India--e.g., David Kingsley's *Hinduism* (CH, Feb. '82) of John Koller's *The Indian Way* (1982). Index. --G.R. Thursby, University of Florida

from a single perspective). This volume contains 50 of those intriguing studies which make clear the psychological and physical costs of pervasive mind-body illness (narrow self-image, loss of concerned helplessness, stunted growth) and the benefits of mindfulness. The book shows how and why mindlessness develops and how we can become more mindful and oriented in the present. It covers widely differing parts of our lives: learning, creativity, work, attitudes toward others, and health. Langer states she is working from a "Western scientific perspective" and purposely does not give prescriptions for how to be more mindful, preferring instead to let the implications of her findings generate their own ways in the reader's mind.

Health: The Complete Body Guide

By Deepak Chopra, M.D.
 HarperCollins Books, \$19.95

This handbook, by the best-selling author of *Quantum Healing*, outlines the principles and treatments of "Maharishi Transcendental Health," a healing philosophy that combines traditional Indian ayurveda, Western science, and Maharishi Transcendental Meditation. The book explains the three *doshas* ("metabolism" - connecting the mind and body) and provides tests to determine one's dominant *dasha* (*pitta*, *vata*, or *kapha*), and outlines a variety of healing techniques including pulse diagnosis, aromatherapy, acupuncture, diet, hatha yoga and pranayama, and massage). Though the author is overly optimistic, the fascinating details documented by Dr. Chopra make a strong case for the effectiveness of the

Healing Waters Meet: Mind and Emotion in the Body

By W. Ford Hill, \$19.95

Author and actor Clyde Ford has developed a healing process he calls "water synthesis," bringing psychological and spiritual therapies together with the principles and practices of therapeutic water. The method emerged spontaneously when Ford unintentionally forgot his memory of incest in a session he was treating. It involves minimal physical intervention to "enhance the healing response" while the client is guided from soma to psy-

che and then to "center," or the point of synthesis of body and mind. Personal case studies are interwoven with chapters on the language of touch in history, across cultures, in healing, and in science, with Ford guiding us gently on a mysterious journey through the confluences of mind and body.

Sri Ramakrishna: A Prophet for the New Age

By Richard Schiffman
 Paragon House, \$22.95

The life of the great 19th-century Bengali saint Ramakrishna is the subject of this recent biography, subtitled "A Prophet for the New Age." Certainly this is a life story with prophetic overtones, as the six-year-old Gadadhar (Ramakrishna's given name) swoons in transcendent ecstasy at the sight of white cranes against black monsoon clouds. The boy soon becomes the young priest Ramakrishna, ecstatic devotee of Kali, the Holy Mother. Of particular interest to Western readers is the account of Ramakrishna's work with his foremost disciple, Swami Vivekananda, one of the first teachers of yoga in the West.

Paul Brunton: A Personal View

By Kenneth Thurston Hurst
 Larson, \$14.95

Paul Brunton (1898-1981) is probably most widely known as the author of the 1934 best-seller, *A Search in Secret India*, his first book, in which he helped introduce the terms "yoga" and "meditation" to the general public in the West. Brunton's story of his visits with yogis, mystics, and realized masters such as Ramana Maharshi is indeed a tale of high spiritual adventure. Before it became popular to do so, he sought out and learned from the most credible representatives of all major religions and philosophies throughout the world. In this book, his son, Kenneth Thurston Hurst, provides a first-person account of a unique father-son relationship. Of particular interest is a previously unpublished account by Brunton of his own "illumination."

Choosing Reality: A Contemplative View of Physics and the World

By B. Alan Wallace
 Shambhala, \$15.95

As with many other books in Shambhala's New Science Library series, B. Alan Wallace seeks to reconcile the theoretical claims of modern science and

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Even as a story-book, it makes fascinating reading.

5. **A Classical Dictionary of Hindu Mythology and Religion:** by John Dowson. Pub.: Rupa & Co., Pp. 411. Price: Rs. 40/-.

It would be difficult to find a single book which covers such a comprehensive compilation of Hindu Mythology and Religion. This perfect reference book complements the earlier book beautifully.

✓ 6. **The Notebooks of Paul Brunton: Volume Four, Part 2: The Body:** Pp. 155. Price : \$ 9.95.

Volume Five: Emotions and Ethics: The Intellect. Pp. 321 + 168 Price: \$ 12.50.

Volume Six: The Ego: From Birth to Rebirth: Pp. 124 + 167. Price: \$ 12.50.

Published by Larson Publications, 4936 Route 414, Burdett, New York 14818 (USA).

These books compile the probing and exploring views of Paul Brunton the world-renowned author, on spiritual matters, in a language that everyone can understand.

Volume Four, Part 2, The Body, provides a balanced course in perceiving and perfecting the physical body so that it may become what it was meant to be,—an outward expression of the divine force within. It recommends the right diet and hygiene, exercises and breathing and postures for prayer, to "successfully transmute the sexual energy to its higher octave."

Volume Five consists of 2 parts: **Emotions and Ethics** tells us that our passions, emotions, feeling and beliefs must be guided by reason and that reason itself must be guided by intuition. **The Intellect** helps us to understand what reason and intuition are and how they contribute to our intelligence.

Volume Six also consists of 2 parts: **The Ego**, referring to the simple and single letter "I" which is the pivotal axis of all our activities, and has been exposed as the most fundamental problem obstructing our spiritual growth and advancement. **From Birth to Rebirth** is a collection of Paul Brunton's remarks on the cycle of birth and death, *karma*, fate, destiny and free-will.

These are books to be treasured, read and re-read: even the mere reading of them can become a profitable spiritual exercise.]

7. **Enfolded In Love: Daily Readings With Julian of Norwich:** Pub.: Darton, Longman & Todd Ltd., 89 Lillie Road, London SW 6 1UD (U.K.) Pp. 72. Price: £ 1.95.

This little book of brief selections in prose, intended for use as a daily companion and counsellor, has already gone into several editions. It provides an excellent basis for meditation and prayer.

8. **The Bloom of Inner Glory:** by N.N. Rajan, Pub.: T.N. Venkataram,

BOOKS



COMPASSION THE ULTIMATE ETHIC, An exploration of Veganism, by Victoria Moran. Published by Thorsons Publishers Ltd. 128 pages, £4.95.

After reading this book, most readers will realise there is more to the question of becoming a vegan than just changing to a healthy diet.

The difference between the various types of vegetarians and a vegan are made plain. A balanced vegan diet seems very wholesome if somewhat difficult to adopt at first, as they do not eat meat or any animal or dairy produce at all. This book is important because it shows you how to begin a vegan life and also helps you to understand why. There are some appetising recipes and also hints on alternative animal free foods. In the Appendix you will find numerous addresses of organisations concerned with veganism and books and periodicals on the subject.

The author, an American, puts her case clearly and in depth. She had made an intensive study of vegans in Britain, having stayed with and interviewed many prominent personalities such as Selena Coles and Kathleen Jannaway of the Vegan Society, Muriel the Lady Dowding and Eva Bait to name a few.

The book was printed in co-operation with the Vegetarian Society, which now seems to have accepted that veganism is the next step in a compassionate way of life. Mrs Moran discovered that vegans shared an inner knowledge of the rightness of their belief in veganism that on the whole has little to do with either upbringing, religion or philosophy.

The religions of the East and West and great humanitarians like Gandhi, who embraced all religions, are discussed in their relationship and understanding of the Law of Ahimsa, which is a Jainism spiritual value meaning broadly, not to hurt by thought, word or deed. This Law was also expressed by such enlightened Christians as Albert Schweitzer, Dr Martin Luther King and Victor Hugo who also held beliefs sympathetic to the vegan ideals.

The Chapters devoted to animal cruelty in food production are to the point and these alone may convince many that animal products, which include dairy produce (the calf has to die to give us our milk, butter and cheese), and eggs (especially battery) are *not* the true diet of a spiritually aware humane being. We realise that food which is produced by enslaving and then killing sensitive animals cannot be the nourishment for an enlightened age.

The same goes for animal experimentation and hunting. Products and clothes made from animal origin are examined and alternatives suggested.

Rearing vegan children is an enlightened chapter and may interest many with its good sense and understanding of a difficult problem.

Will there be Peace on Earth through a vegan world? The argument put to us does make sense if you have the courage to face it. Land released from animal production and food for farm animals could feed everyone on earth many times over if grain and proteins were grown instead.

It is a book which makes you think and is also a good reference book to have. It should appeal to animal lovers, health food enthusiasts and those who pursue a deep spiritual philosophy, alike.

Tessa Pickering

JESUS THE MAGICIAN by Morton Smith. Published by Aquarian Press. Paperback £5.95. 266 pages.

Research into the origins of Christianity reveal two opposing views of Jesus. His followers saw him as the Son of God; his opponents, as a magician. The gospels present the picture of the Son of God, but records of those who thought otherwise were mostly destroyed by the early Christians after they had gained control of the Roman Empire. Only a few preserved fragments and related material remain. Professor Morton Smith attempts to correct this bias by presenting, as far as possible, both points of view. Beginning with an account of the destruction of the opposing evidence and consequent problem, he sketches the historical framework of Jesus's life, the fact that can be established even from the gospels, with relative confidence. The view of Jesus as a magician is also taken from the gospels, as well as from Jewish and pagan sources, and the implications of these reports have far-reaching effects.

As with all the controversial 'Jesus' books, the reader is left to make up his own mind as to what he believes. Such books need not rob the Christian of his faith or peace of mind, but rather challenge him to question where his faith really lies, in the teacher or the teaching? In a person, or in a principle?

Marie Neale

SORCERY by J. Finley Hurley. Published by Routledge & Kegan Paul. Hardback. £14.00. 230 pages.

In our opinion the unfortunate thing about this book is its title, which could discourage many people from reading it. The dictionary defines sorcery as 'divination by the assistance of evil spirits; witchcraft', yet the book is mainly an exploration into the area of dreams, ESP, parapsychology, telepathy and psychosomatic reaction. Some aspects border on sorcery with its sinister overtones, such as mental manipulation and deliberate evil mind twisting, but most of the phenomena examined is as bereft of the 'assistance of evil spirits and witchcraft' as is the use of electricity and the realities of radio and TV, although these latter-day marvels could well have seemed to be sorcery by primitive men.

The ancient arts of mystery and magic which have been practiced for centuries, and the occurrence of unaccounted-for strange happenings, are examined in the light of modern scientific knowledge. All this makes gripping reading, although we are not always given satisfactory answers, even answers at all. We are indebted to the scholars and researchers who have done so much toward attempting to explain the unexplainable, and done their best to allay our fears regarding 'things that go bump in the night'. Full of interest and well worth reading.

M.N.

THE NOTEBOOKS OF PAUL BRUNTON: Perspectives. By Paul Brunton. Published by Larson Publications, New York. Distributed by Element Books Ltd. Hardback £14.95. 392 pages.

It is a task of magnitude to attempt to review this book in the space available. During his lifetime (1898-1981) Dr Paul Brunton travelled extensively to learn from the most spiritual teachers. He was highly respected for his character and intelligence, and his books on Yoga, Meditation and Mystical Philosophy were translated into many languages and sold in their millions. He kept voluminous notebooks which provide important new resources for seekers of a living, creative synthesis of East-West/Ancient-modern/spiritual-scientific teachings. They contain a comprehensive restatement of the primordial wisdom tradition in 20-21st century terms. The volume under review (and there are more to come) is a representative survey of more than 7000 pages of notes, along with 3000 pages of related research material, withheld by Dr Brunton for posthumous publication. The editors are to be congratulated on their choice of selections and manner of presentation and classification. There are gems of wisdom and succinct summings up of profound truths and deep philosophies on every page.

A good book to take on a desert island, to keep by one's bedside, yet not out of place on a business man's desk. Perfect for the young, the middle-aged and for those who are older and should be wiser. Highly recommended.

M.N.

The truth that makes men free is for the most part the truth which men prefer not to hear.

People will endure their tyrants for years, but they tear their deliverers to pieces if a millennium is not created immediately.

SSC booknews

P.O. Box 1104, ROCKVILLE, Md. 20850

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JANUARY 1985

THE NOTEBOOKS OF PAUL BRUNTON: Perspectives (Posthumous)
Larson Publications, Inc. \$ 25.00

Reviewed by Millard Nachtwey

During the years from 1934 to 1952 Paul Brunton published only eleven books on yoga, meditation and mystical philosophy, probably the most popular of which was his, *SEARCH IN SECRET INDIA* which introduced us to the teachings of Ramana Mararshi. After 1952 Brunton retired from public life to deepen and broaden his research. He continued to write daily, and over the next 29 years kept notes on twenty eight major themes relating to the central interests of his life: spiritual values as they relate to modern circumstances. He deliberately withheld publications of these notebooks until after his death.

This introductory volume gives us a representative selection from each of the themes covered in the Notebooks and is a good overview of the thinking of Paul Brunton during the last thirty years of his life. His quest was always in search of a "Universal truth . . . a doctrine which did not depend on individual opinion or peculiarities of a particular age or the level of culture of a particular land." Brunton feels that such a truth exists "buried under much metaphysical lumber, much ancient lore, and much Oriental superstition." He tells us, "Our work has been to rescue this doctrine from the dead past for the benefit of the living present."

Just how well Brunton succeeded in his quest can only be determined by each of us individually as we read and ponder this selection of jottings, aphorisms and mini-essays. He shows us clearly that the mystic needs the thinker within himself perhaps even more than the present day thinker needs the mystic to help him along the way as he faces the dailyness of living. If this overview is any example, the publication of the complete notebooks will be a most welcome addition to the philosophical and metaphysical literature of the New Age.
Highly Recommended!

Book Review

THE NOTEBOOKS OF PAUL BRUNTON: PERSPECTIVES (posthumous); Larson Publications; 1984; 392 pages; cloth; \$25.

With the possible exception of Alan Watts, Dr. Paul Brunton has probably been the most influential exponent and popularizer of Eastern philosophy and systems of self-realization during this century. He writes not only with insight but also with a certain authority, for he was not content merely to get his knowledge from books, but traveled extensively in the Orient for many years in order to learn personally from the most perceptive spiritual teachers. He is perhaps best known for his two books, *A Search in Secret India*—in which he introduced the great sage, Ramana Maharshi, to Western audiences—and *The Quest of the Overself*. These and the other eight books that he wrote from 1934 to 1952 on yoga, meditation and esoteric philosophy had a wide audience and established him firmly as one of the leaders in his field.

From 1952 until his death in 1981 Paul Brunton deepened and broadened his research and wrote daily, although all of the some 10,000 manuscript pages of the notebooks he compiled during this period of literary silence were deliberately withheld for posthumous publication. This first introductory volume is therefore an important event for those who appreciated and learned from his earlier works. *Perspectives* is a representative survey of over 7,000 pages from the notebooks, which serves as a preview of the topics covered and whets the reader's appetite for the complete series of notebooks scheduled to begin publication soon.

The notebook entries are in the form of aphorisms or mini-essays. The reason for this, as Brunton himself expresses it, is that he long ago outgrew the method of writing

books that sustain a single theme through three hundred pages, and finds it more in accordance with his own nature to write down a single idea without any reference to those which have come before it or which will follow later, and to write it in a concise and concentrated way. This, as he says, has the virtue of getting across to someone in a single page what might otherwise take a hundred pages.

Brunton also calls these condensed and terse entries "seed thoughts" and he gives some useful advice on how best to use the book. Thus he writes that one should not expect to understand everything at first reading but should carefully note those phrases or paragraphs that bring "an intuitive response in his heart's deep feeling (not to be confused with an intellectual acquiescence in the head's logical working)." When this happens one should put the book momentarily aside in order to let the words work upon one in their own way as one is quiet and receptive, until (if one is fortunate) a door opens to one's inner being and "a light shines where there was none before."

And, indeed, there is much to ponder and much that will bring intuitive response among these concentrated paragraphs, which contain significant commentaries on nearly every conceivable aspect of the spiritual quest. Here one will find remarks, suggestions, advice, warnings and admonitions on meditation, the body, emotions and ethics, the intellect, the ego, world crisis, the arts in culture, psychic experience, philosophy, the Overself, cosmology, the Absolute and much, much more.

The *Notebooks* can be unreservedly recommended as the final, eloquent statement and summing up by one of the West's most perceptive thinkers and deepest students of the Ancient Wisdom.



Book Reviews

By Prof. Miss Gulshan Gidwani

✕ **The Note-books of Paul Brunton : Perspectives** : by Paul Brunton, Pub. : Larson Publications, 4936 Route 414, Burdett, N. Y. 14818, U.S.A., Pp. 392.

This book mirrors the reflections, facts and events of a life devoted to the quest of Truth. The synthesis between the Eastern and Western philosophies has been developed from the world wide researches of the author, the secret traditions of the Oriental teachers, the personal experiences of Occidental adepts and the needs of modern aspirants. However, the book is not merely a beautiful synthesis of the two, but presents a universal outlook that transcends both. Written in an age when the opposition between the East and the West is throwing the world into strife and war, this personal testimony of one who lived the truth (not merely believed in it), fulfills the need of the time.

A book that will be welcomed by one and all.

✕ **Finding the Quiet Mind** : by Robert Ellwood. Pub. : The Theosophical Publishing House, 306 West Geneva Road, Wheaton, Illinois 60189. Pp. 1550 Price : \$ 4.50.

For many people, meditation means thinking beautiful, inspirational thoughts or thinking deeply on spiritual truths, an exercise indulged in by highly evolved souls. This book deals with meditation as something very natural. It provides a practical guide to meditation without mystification and makes the essence of meditation amazingly simple, for the benefit of the ordinary man.

If you are interested in calming your mind and reaching inner resources of joy and strength for daily living, this is just the book for you.

✕ **The Philosophical and Religious Lectures of Swami Vivekananda** : Condensed and retold by Swami Tapasyananda. Pub. : Shri Ramakrishna Math, Mylapore, Madras-600 004. Pp. 216. Price : Rs. 10.

What the world needs today, amidst the general disintegration of the modern era, is a rock, where it can lie at anchor, an authoritative utterance in which one might find one's true self. This is given to us in the utterances of Swami Vivekananda. Rooted in the past and full of pride of India's heritage, Vivekananda was yet modern in his approach

**THE NOTEBOOKS OF PAUL
BRUNTON: Volume 1,
Perspectives**

Compiled by the Paul Brunton Philosophic Foundation, Burdett, NY: Larson, 1985, \$22.50 (cloth), \$12.50 (paper)

Paul Brunton (1898–1981) was one of the early pioneers in translating Eastern mystical thought into Western terms. His 1934 book, *A Search in Secret India*, brought him to prominence with those who were seeking the higher Self, and his later books included such titles as *The Quest for the Overself* and *The Hidden Teaching Beyond Yoga*.

In the mid-1950s Brunton withdrew from public activity and writing to intensify his own spiritual practice. One result is the posthumously published series, *The Notebooks of Paul Brunton*, which I can only call a great gift to Westerners who are seeking the spiritual. I have never felt qualified to use terms like "a person of great spiritual attainment," but I want to use it in describing the Paul Brunton I am coming to know through these notebooks. I do feel qualified in using terms like "practical" and "sensible," though, and I am very pleased that Brunton is not only a person of great spiritual attainment, but his ideas are sensible and practical for Westerners. The everyday (and extraordinary) usefulness of his ideas are his gift to us.

Take the issue of material life, for example. Are possessions the root of all evil? Is poverty the only way to approach the spirit?

Brunton understands that it is our relationship to things, not things themselves, that has primary importance in our journey. For example,

"It is not the world that stands in our way and must be renounced but our mental and emotional relationship with the world; and this needs only to be corrected. We may remain just where we are without flight to ashram or convent, provided we make an inner shift."

"What happens to a man is important, but not quite so important as what he makes of it."

Brunton's old-fashioned sense of responsibility is also refreshing, especially as he understands how beliefs can increase or decrease our responsibility

"The Laws of Karma make each man responsible for his own life. The materialist who denies karma and places all the blame and burden upon the shoulders of environment and heredity denies responsibility. He begins and ends with illusion."

These notebooks are not intended for reading like an ordinary book. Chapters are organized by topics, such as meditation, the body, emotions and ethics, the intellect, the ego, world crisis, psychic experience, the Overself, etc., but within each chapter you have collections of gems, each standing independently rather than continuously. Some of these are a sentence long, some several pages long.

The way to read is to open the book, perhaps at random, read a few selections, and sit down and reflect on them. My wife and I frequently read a few selections aloud to each other and discuss them. It's a good way to start the day. I might add that the art of reading aloud, which has largely been lost in contemporary culture, is well worthwhile, and Brunton's notebooks are especially well suited for it.

The first six volumes of notebooks have been published, and eight more are to follow. Complete information is available from the Paul Brunton Philosophic Foundation, Box 89, Hector, NY 14841.

Charles Tart

Charles Tart is a professor of psychology at the University of California-Davis and is well known for his studies of altered states of consciousness and parapsychology.

January/February 1988

NEW REALITIES 55



In Perspectives, Volume 1 of THE NOTEBOOKS OF PAUL BRUNTON, you will be not only inspired but more importantly taught. Paul Brunton's words, written before his death in 1981, are on the most relevant topics for the spiritual searcher. For example, chapters include: Relax and Retreat, Healing of the Self, Inspiration and the Overself, Advanced Contemplation, The Peace Within You and World Mind.

Perspectives is filled with a challenging assortment of Paul Brunton's thoughts which will lead you toward understanding of yourself and your place within the spectrum of a greater whole. The book is remarkable in its clarity and depth and will be a powerful beacon for everyone in his or her own search.

Meredith Lady Young
Author of AGARTHA: A JOURNEY TO THE STARS
and LANGUAGE OF THE SOUL

THE NOTEBOOKS OF PAUL BRUNTON. VOLUME 1: PERSPECTIVES. Compiled by students at Wisdom's Goldenrod, Ltd. Burdett, NY: Larson Publications, 1984. Pp. xv + 392. \$21.95.

Paul Brunton is best known for his account of his visit with Ramana Maharshi which he first narrated in *A Search in Secret India* (1935). Over the next seventeen years, he wrote ten more books on Yoga and various theosophical topics. Then in 1952, he "went into silence" (i.e., stopped publishing). It now turns out that from then until his death in 1981, he compiled voluminous notebooks to be published posthumously. These are no mere journal jottings, but over seven thousand pages of "detached intellections" classifiable into twenty-eight categories on such topics as Meditation, The Body, The Ego, Mentalism, World-Mind, The Alone, etc. This first volume gives selections from all twenty-eight categories, none longer than a few paragraphs. Though the anonymous editors bill it as something more, the effect is like reading someone's journal; it is at its most interesting when it refers to other people—Ramana Maharshi, D. T. Suzuki, Ananda Mayee, etc. Beware, however, of getting hooked: ten, possibly eleven, more volumes are planned.

John Strong, Bates College
Lewiston ME 04240

PROPHET OF A NEW HINDU AGE: THE LIFE AND TIMES OF ACHARYA PRANAVANANDA. By Ninian Smart and Swami Purnananda. Winchester, MA: Allen & Unwin, 1985. Pp. xi + 171. Cloth, \$15.00; paper, \$9.50.

A popular biography of a little-known (in the West) Bengali *sadhu*-activist in whose life-story are refracted both classical Hindu themes of potent asceticism and guruship, and early 20th-century Indian concerns with national identity and independence. Pranavananda lived from 1896 until 1941, and even in his boyhood in a village 200 miles east of Calcutta he was obsessed with self-discipline and personal strength. This account of his life, until the final chapters virtually devoid of documentation, is an unusual mixture of hagiography and history. Swami Purnananda, a disciple of Acharya Pranavananda currently resident in London, gave Smart a manuscript he had written about his guru's life and teachings. This formed the basis for the book put into final form by Smart. Into the story of the holy man's life Smart has woven introductory description and comment about important Hindu phenomena (e.g., *tapas*, image worship, *brahmacharya*, monism/dualism, etc.). Though not analytical except for the last few pages, the book is accessible and merits adoption consideration by teachers of undergraduate courses on topics such as Hinduism and sacred biography.

Glenn Yocum, Whittier College
Whittier CA 90608

HINDUISM: A BEAUTIFUL MOSAIC. By Frank R. Podgorski. Bristol, IN: Wyndham Hall Press, 1985. Pp. v + 57. Paper, \$5.95.

Hinduism's laudable [although by no means ground-breaking] aim is to illustrate the rich variety and underlying continuities of Hinduism, and Podgorski has chosen three apt examples to support his theme: "The Vedantic Absolute," exemplified by an [*advaita*] interpretation of certain Upanishadic "great sayings" [*mahāvākyas*], "The Bhakti Absolute," exemplified by the Vaiṣṇava *avatāra* theory, and "The Yogic Absolute," exemplified by the Sāṃkhya description of the rarification of consciousness. The book, however, is not recommended as an introductory text. Its content successfully illustrates the theme, but is otherwise incomplete, even regarding the three examples. The discussions are general and ahistorical; little attention is paid to the context and history of the ideas involved. The work necessarily relies on simplifications, but often without indicating for the beginner their nature and justification. Interesting ideas appear, but are neither proved nor documented in a way that promotes further study. Some statements require defense: e.g., that Siva is an "incarnate deity," or that Śaṅkara is the "Thomas Aquinas of Hinduism." More-

over, the book is plagued by minor errors, particularly in transliteration. In sum, *Hinduism* dispels some simplistic preconceptions, but in its present form is inappropriate for classroom use.

Francis X. Clooney, Boston College
Chestnut Hill MA 02167

INDIAN RELIGION. Edited by Richard Burghart and Audrey Cantlie. Centre of South Asian Studies, School of Oriental and African Studies, University of London, Collected Papers on South Asia, 7. New York: St. Martin's Press, 1985. Pp. xi + 258. \$27.50.

A collection of seven anthropological essays framed by Burghart's useful introduction setting the contributions in theoretical perspective and indologist A. Piatigorsky's concluding, rather impenetrable "phenomenological observations" on the papers. This volume is reminiscent in general scope of the excellent set of essays published over twenty years ago under the title *Religion in South Asia* edited by Edward Harper (University of Washington Press, 1964). The contributors to the present book are mainly British (Ronald Inden and Veena Das are the exceptions), whereas the Harper book featured American anthropologists. And, of course, the papers collected here are sensitive to important theoretical developments in the study of Indian religions that have occurred in the last two decades. Itself clear evidence that religion in South Asia continues to excite the anthropological imagination, *Indian Religion* belongs in all libraries covering Hinduism and Buddhism.

Glenn Yocum, Whittier College
Whittier CA 90608

ADITI: THE LIVING ARTS OF INDIA. Edited by Patricia Gallagher. Washington, DC: Smithsonian Institution Press, 1985. Pp. 279; illustrations. Cloth, \$27.50; paper, \$14.95.

Compiled to accompany the exhibition "Aditi—A Celebration of Life," which brought forty artisans and performers from India to the Smithsonian Institution for a month as part of the "Festival of India" being staged across the U.S. in 1985-86, this volume is diverse, attractive, and elusive. *Aditi* (the book) claims to be both about the world of the Indian child and about life cycle rituals. It presents a plethora of images—both of artifacts in museums and photographs of traditional Indian life and ritual—loosely strung on eighteen chapters which discuss evocatively rather than analytically various moments in the life cycle of various people in India. The book concludes with four more substantial, more focused essays by such notable scholars as Wendy O'Flaherty, Sudhir Kakar, and Stella Kramrisch. *Aditi* has a Foreword, a Preface, and an Introduction, but no editor's name appears on the title page, though an editor is noted toward the end of four pages of acknowledgments (perhaps when grand-scale intergovernmental cooperation is needed to mount cultural extravaganzas, editors of extravagant publications must be relegated to perfunctory mention). A beautiful book for the coffee table but not the library.

Glenn Yocum, Whittier College
Whittier CA 90608

East Asia

CAHIERS D'EXTRÊME-ASIE, VOL. 1. Edited by Anna Seidel and Hubert Durt. Kyoto: Ecole Française d'Extrême-Orient, 1985. (Available from É.F.E.O., Rinkōin, Shōkokuji, Kamikyō-ku, Kyoto, Japan 602). 2,500 yen.

For several decades, scholars of the Ecole Française d'Extrême-Orient have been working in Japan, periodically publishing fascicles of the Buddhist encyclopedia *Hōbōgirin*, well-known to specialists for

■ Forecasts

in the lives of two dozen great men and women was the subject of Allman's 1985 volume of narrative verse, *Clio's Children: Dostoevsky at Semenov Square and Other Poems*. While historical consciousness is a major element in the success of this book of lyrics, Allman's new perspective owes more to the scientist than to the chronicler of events. Behind every poem in this collection is the questing mind of modern man, who sees the two great events of cosmic history as the big bang and the evolution of *Homo sapiens*, and is obsessed with discovering the connection between the two. Though many of the poems touch on scientific topics—"The Birth of Time," "On Fragments of a Boskop Skull," "Cloning," "Ode to the Standard Candle"—Allman's finest effects are achieved by poetic inferences from vivid and lifelike descriptions. Happily, while Allman seemed hamstrung and earthbound by the complex narrative framework of *Clio's Children*, the lyric mode proves him to be a poet of rare expansive and imaginative gifts. (September)

■ FICTION ORIGINALS

WOMAN IN A LAMPSHADE Elizabeth Jolley. Penguin, \$7.95 ISBN 0-14-008418-5
In this collection of short stories, as in her other work (*Mr Scobie's Riddle, Milk and Honey*), Australian writer Jolley presents characters who are displaced—either from their native countries or from the prosperity that never came their way. The domestics, door-to-door salesmen, immigrants, farmers and housewives who people this book may lead lives of quiet desperation, but they are touched by moments of grace. In "Pear Tree Dance," the last rays of sun reach the drab rented room of a gossip woman known as "the Newspaper of Claremont Street," or, for short, "Weekly": "Even the old linoleum could have a sudden richness at this time of evening. It was like the quick lighting up of a plain girl's face when she smiles because of some unexpected happiness." A biographical note states that the author "worked as a nurse, a door-to-door salesperson and as a flying domestic." Jolley's prose confirms her as a writer who lives in the everyday world and soars above it. (September)

MOHAWK Richard Russo. Vintage Contemporaries, \$6.95 ISBN 0-394-74910-3
In his compelling debut, Russo lays bare the foibles and tragedies of the human condition against the backdrop of a ficti-

tious small town in upstate New York. Particularly skillful is his vivid description of Mohawk, a loser of a place, whose tanneries, which have already poisoned the water with carcinogens, are closing, sending the town into economic recession. The narrative supports a few mysteries and more than a dozen characters, although some are better developed than others. Anne Grouse, who thinks she is "wild," but patiently pines for her beloved cousin Diana's husband for 20 years without breaking up their marriage, exemplifies the life-sustaining combination of self-delusion and intellectual despair. Wild Bill, a mentally retarded boy-man abandoned by his family, is Russo's best, and most heart-rending, creation. But Anne's relationship with her son and Diana's character are not fully realized, and old Mrs. Grouse and her doting sister Milly are caricatures. 35,000 first printing. (September)

■ FICTION REPRINTS

MEMORY AND DESIRE Inga Dean. Penguin, \$3.95
Raised by her wealthy, controlling grandmother, orphaned Tia Valenkova falls in love with a married man, Ivan MacLeod, but becomes the wife of an established psychiatrist, only to discover that her love for Ivan is too strong to forget. Although the ending falls short, this is an "engaging" work by a "talented new novelist," *PW* stated. (September)

SAN ANDREAS Alistair MacLean. Fawcett Crest, \$4.50
The *San Andreas*, a British hospital ship en route from the Soviet Union to the U.K. during World War II, is under continuing attack from Nazi submariners, bombers and on-board saboteurs. "The focus here is more on wartime life-under-strife than on strategic suspense, but MacLean's regular following won't be disappointed," *PW* found. (September)

THE BUS OF DREAMS Mary Morris. Penguin, \$6.95 ISBN 0-14-008971-3
These short stories are linked by a common tone that is understated, knowing, wistful, but not always without hope. In the briefest and best story, "Burning Issues," a recently widowed woman remembers the moment when Mars came close to the Earth, which happened at the same time she felt closest to her husband. *PW* recommended this collection's "fine writing and emotional resonance." (September)

■ NONFICTION REPRINTS

EMMA GOLDMAN IN AMERICA Alice Wexler. Beacon, \$9.95
Published in hardcover as *Emma Goldman: An Intimate Life*, this sympathetic yet critical biography of the great anarchist leader demonstrates that she was an inspiration for both her radical critique of American society and her powerful personality. *PW* called it "a sensitive, telling profile." (September)

THE MAKING OF A CONTINENT Ron Redfern. Times Books, \$16.95 ISBN 0-8129-117-4
Redfern, author of *Corridors of Time*, examines the geological history of the North American plate, taking the reader across successive geological provinces (active West to passive East). *PW* found that this book "has brought plate tectonics within the grasp of the lay reader without oversimplification." (September)st

THE WOODS HOLE CANTATA: Essays on Science and Society Gerald Weissman, foreword by Lewis Thomas. Houghton Mifflin, \$8.95 ISBN 0-395-42113-6
New York University Medical Center professor Weissman examines a range of subjects, from the case history of a "bag lady" at Bellevue Hospital to a tribute to W. H. Auden and William Carlos Williams. Overall the focus of these essays is "the discrepancy between technical expertise and social management," *PW* observed. (September)

HALAS: An Autobiography George Halas, foreword by Michael B. McCaskey. Bonus Books, \$8.95 ISBN 0-933893-22-1
Founder, owner and coach for many years of the Super Bowl-champion Chicago Bears, Halas tells about his financial struggles, the great players he has known, his philosophy of the game and of life. Accompanied by a new foreword by his grandson, president and CEO of the Bears, this book is "candid and informative and lots of fun besides," *PW* stated. (September)

THE NOTEBOOKS OF PAUL BRUNTON: The Quest Paul Brunton. Larson (Kampmann, dist.), \$12.95 ISBN 0-943914-14-0
In the last 30 years of his life, Brunton (1898-1981), who wrote many books on Eastern philosophy, yoga and mysticism, stayed in seclusion and kept notebooks. This is one of those 12 volumes, which are full of "jottings, aphorisms and mini-essays that hone Brunton's views," *PW* observed. (September) □



THE MIDWEST BOOK REVIEW

JAMES A. COX
Editor

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April 18, 1986

Amy Opperman
Publicity Department
Larson Publications
4936 Rte. 414
Burdett, NY 14818

Dear Ms. Opperman:

Our program featuring recommended titles on metaphysics included THE NOTEBOOKS OF PAUL BRUNTON. For your files I have enclosed a copy of the show outline.

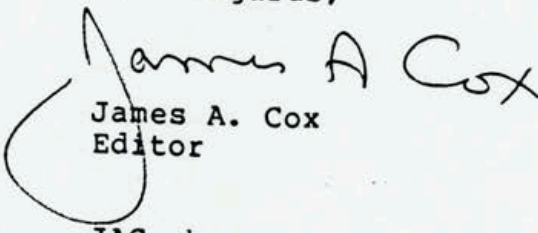
It's always one of reviewing's major pleasures to bring to the attention of the reading public a title of outstanding merit. THE NOTEBOOKS OF PAUL BRUNTON: THE QUEST has created just such a contribution for the metaphysical studies bookshelf.

Please send me your 1986 catalog.

Review copies and publicity releases of your April/May titles for inclusion into our May/June radio & television programming would also be appreciated.

Incidentally, I have enrolled a complimentary subscription of our library newsletter for you. THE BOOKWATCH is now distributed to the community library systems of California, as well as Wisconsin, Illinois & Minnesota.

Best Regards,


James A. Cox
Editor

JAC:cbm

LIBRARY JOURNAL

Brunton, Paul. The Notebooks of Paul Brunton. Vol. 4. Pt. 1: Meditation. Pt. 2: The Body.

pub. for Paul Brunton Philosophic Foundation by Larson Pubns. 1986. c.400p. index. ISBN 0-943914-18-3. \$22.50; pap. Pt. 1: ISBN 0-943914-19-1. Pt. 2: ISBN 0-943914-20-5. ea. vol: \$10.95.

REL
The first volume of these *Notebooks* (projected to total 14 volumes in hardcover when completed by mid-1988) was described as "rich" (*LJ* 10/1/84), and there is no reason now to change that assessment. The fruit of almost 30 years of teaching and reflection, they present Brunton's synthesis of Eastern mysticism and Western rationality. This volume, consisting mostly of short expository statements, covers both meditation and bodily control in terms of diet, exercise, sex, and meditative postures. Though there are some internal inconsistencies and some controversial ideas, the work as a whole is a rich vein of wisdom to be mined by the interested and the spiritually concerned.—*Donald J. Pearce, Univ. of Minnesota Lib., Duluth*

THE NOTEBOOKS OF PAUL BRUNTON Vol. 4, Part I Meditation, Part II The Body
Larson Publications, Inc., 22.50
Parts I and II are available separately in paperback at \$ 10.95 each

As each volume of these Notebooks appears, I am more and more impressed with Paul Brunton's depth of understanding. This is probably the best to date inasmuch as it includes his notes on Meditation. Brunton's approach to meditation is eclectic to say the least. Here he presents his non-sectarian, rational and extremely practical approach to the subject. He incorporates all of the best of the techniques from the major traditions without evangelizing or limiting them in any way. Add to this Brunton's broad experience in the subject since the early 1930's and you can readily see why this portion of his Notebooks will become another classic in the field.

Part II is Brunton's approach to perceiving and perfecting the physical body in order that it may be the perfect expression of the divine forces within, that it may be an expression of divinity being our humanity. Highly recommended.

TELEVANGELISM: The Marketing of Popular Religion by Razelle Frankl
Southern Illinois University Press \$ 19.95

Revivalism has come a long way since the days of Billy Sunday and Dwight Moody to say nothing of the Wesley's who traveled the length and breadth of the British Isles on horseback. Even the old time radio ministry bears little or no resemblance to the present day television marketing techniques used by Jerry Falwell, Pat Robinson and others.

The slick, smoothly packaged and commercially successful programming using Madison Avenue advertising hype has changed simple evangelism into a sales pitch using fundamental religion as a front to promote ideas that have little or nothing to do with religion. Falwell's foreign policy statements and his promotion to have "all textbooks used in the public schools based on Bible teachings" are cases in point.

Frankl does an excellent job in tracing the history of this new form of evangelism from the beginnings she calls "urban revivalism". She finds that "The revivalist's role was more akin to that of an entrepreneur than to that of a minister or churchman". She highlights both the commercial and political implications of the electronic church as she describes the programs of forty-eight of the most prominent so-called "Christian" broadcasters. Recommended

THE BOOK OF JEWISH BOOKS by Ruth S Frank and William Wollheim
Harper & Row, San Francisco, \$ 10.95

This excellent annotated bibliography is a welcome addition to the library of anyone interested in the Judaic-Christian tradition. Most of the books and periodicals listed are currently available and if not are in most specialized libraries. Included is a glossary and a very useful index. Highly recommended.

REVIEWS

BOOKS

"*The Ego, From Birth to Rebirth*", (Larson Publications, 4936 Rt. 414, Burdett, NY 14818) is number six in a series of books taken from the vast information contained in the notebooks of journalist and truth-seeker Paul Brunton.

This volume deals with the birth and development of the ego, detachment from the ego, death and dying, and ultimately, rebirth and reincarnation.

Brunton is a wise and traveled man who mainly writes from experience. This reviewer found particular significance in Chapter three, "Laws and Patterns of Experience." The following quotes leave deep impressions on both the subconscious and conscious mind. They are universal laws, simply stated.

"Those who understand the principle of karma, who do not misunderstand it as being an external, independent fate, but see it as a force originally set in motion by our actions, understand also the significant part played by suffering in the lives of men. It is educative rather than retributive. Merited punishment is really a crude form of education."

"If men complain that life brings them its worst, they ought to pause and consider whether they have prepared themselves inwardly to receive anything better than the worst."

This is a book to be read slowly, reflectively.

Arkana Press (a division of Methuen, 29 West 35th Street, NY, NY 10001) has now begun publishing fiction along with its usual metaphysical line. Arkana says its fiction will deal with the same esoteric ideas as the nonfiction and will be differentiated by attractive magenta spines. (The nonfiction books have gold spines.)

The first two books on Arkana's fiction list are: *The Anointed* by Z'ev Ben Shimon Halevi and *The Puppet Master* by Liz Greene. Both uphold the promise of the new Arkana banner.

The Anointed centers around main character Don Immanuel, a member of the Spanish Court, who is also a metaphysician and prophet.

Immanuel succeeds in establishing a spiritual formation between Jews, Christians and a Moor. This group, working outside the rigid outline of orthodox religion, unites in order to proceed with a spiritual and self-developmental quest. However, this union occurs at the time of the Spanish Inquisition and soon Don Immanuel finds himself the main target of this Inquisition.

Halevi, a renowned expert on Kabbalah, interjects the spiritual essence of Kabbalah into his characters and theme. The reader will be particularly mesmerized with the articulate ending, which although imminent, is insightful and extremely reverent. (Sorry, we don't like to give away endings ...)

An absolute spiritual treat.

The second Arkana fiction listing, *The Puppet Master*, is by Liz Greene. She holds a Ph.D. in Psychology.

One of her two main characters, King Louis XI, is portrayed as a manipulative practitioner of espionage as well as with the lives of others. His universe is one of rigid mechanization, power and extreme greed.

D'Anjou, his opponent and opposite personality, is a painter and musician who uses his creative powers to work for good.

Using a period of medieval French history (early 1400's) as a backdrop, Greene's writing exposes the reader to healthy self-examination. The almost stream-of-consciousness writing — long paragraphs of conversation seemingly taking place in one of the character's minds — is very appropriate to the otherworldliness of this novel. (Especially forceful are the final chapters describing the King's upsetting and painful death transition.)

Greene is an articulate, creative writer.

His skill is evident in such descriptive sentences as "She bubbled and frothed like a stream among rushes."

And: "The pale gilded hair and pale

sapphire eyes and pale creamy skin that the bloodline bore had avoided her; as though the lineage had been confident enough to brush each of them with gold and azure and ivory and had then withdrawn, baffled, from this one child."

Expansive and thought-invoking.

The title of the next book, *Wilderness Sojourn*, (Harper & Row, 151 Union Street, San Francisco, CA 94111) by David Douglas, accurately describes what is to be expected from this small book.

From the first sentence — "It is late afternoon in the desert, and I am following the curves of a shallow gully through the sand." — to this from one of the last paragraphs — "The morning is still young when I begin to leave the canyon behind." — the reader is led on a seven day solo desert sojourn which becomes his or her own.

The writing is conversational, the black and white illustrations delicate, and the message clear. Man may seek to change the wilderness but the wilderness will always change man.

As Douglas writes, "It is precisely the uncertainty, the possibility of peril, the distance walked away from electric lights and hospitals that is the value of wilderness. We do become apprehensive. Our well-being is precarious. We briefly enter an arena where illusions of self-sufficiency come unraveled. And it is in this state that we are inclined to turn to prayer, to listen to someone beyond ourselves." Inspiring.

VIDEOS

Visionary Video has created a series of metaphysical instructional videos.

In "*Beginning Tarot - Secrets of the Tarot Revealed*", (Visionary Video, Box 50865, Dallas, TX 75250) Laura Clarson presents an intelligent, organized and dynamic explanation of the structure of the tarot deck, in-depth interpretations of the 22 Major Arcana cards, and key concepts for memorizing the Minor Arcana cards using the meanings of the four suits and their numerical sequence. The Celtic Cross spread is demonstrated and an innovative expansion of this spread, personally designed by Laura Clarson, is generously included. A printed set of instructions for easy reference accompanies the video-cassette.

Another in the Visionary Video Series titled "*Basic Palmistry*" covers the beginning

aspects of palmistry. It gives detailed interpretation of the various hand, finger and fingernail shapes found in the human population, as well as the head, heart and life lines. Carol Williams provides the instruction with both charts and an obliging assistant's hands in easy-to-understand demonstrations.

"*Basic Numerology*", narrated by Laura Clarson, presents the formulas needed to determine your own important numbers, the influences and characteristics of each number (1-9) and a demonstration of a comprehensive interpretation. This Visionary Video production is great for beginners who want to learn the value of numbers in their lives.

There are 10 titles available in addition to the ones listed here including Astrology and Handwriting Analysis.

THE NOTEBOOKS OF PAUL BRUNTON Vol 7, Healing of the Self / The Negatives
THE NOTEBOOKS OF PAUL BRUNTON Vol 8, Reflections on My Life and Writings
Larson Publications, Inc. \$ 22.50 (hb) or \$ 12.50 (pb)

With the appearance of each of these volumes of the Notebooks of Paul Brunton, we are more and more Impressed with the depth of his insight and the broad scope of his wisdom. "Healing of the Self" should be of particular interest to all those engaged in the healing arts, medical and non-medical alike. Brunton states, "It comes to this -- that much of human disease and sickness is traceable to the faulty functioning of the human self. Learn how to use that self correctly in its physical, emotional, intellectual, and spiritual aspects and you learn how to prevent or cure part, or most, or even all of your ill health". And in "The Origins of Illness", he tells us, "Illness carries with it a message which must be learned and actively taken to heart while at the same time, every available means -- physical, mental, and spiritual -- within reason should also be applied in the hope of relieving the suffering and restoring normalcy.

Since Brunton's notes were written during a forty year period, many of them coincide with advances made in the healing arts during that same period. For this reason they are still clear and timely and offer sound advice both to the individual and the professional.

The second section of Volume 7, "The Negatives", is an excellent corollary to the first section. In this we have Brunton's notes focus on how our conscious thought processes may positively (or negatively) modify our physical, emotional and mental health. He also addresses the power of our negative thoughts have to produce adverse effects not only on ourselves but on our fellow human beings and our environment. We should take to heart his statement, "In every human difficulty there are two ways open to us. The common way is familiar enough: it consists in reacting egoistically and emotionally with self-centered complaint, irritability, fear, anger, despair, and so on. The uncommon way is taken by a spiritually minded few: it consists in making something good out of something bad, in reacting selflessly, calmly, constructively, and hopefully." Only as we follow the uncommon path will we create the peace we all seek.

Volume 8, "Reflections on My Life and Writings", bring us closer to Brunton than a straightforward autobiography possibly could. The notes that follow the first chapter, which consists of two essays, are extremely personal in nature and reveal the difficulties he experienced in his quest for Truth and his attempt to express what he found in this quest to others. He tells us, "My work is curiously compounded of a thinker's and an expositor's, a mystic's and an interpreter's, a researcher's and a teacher's". The notes in this volume reveal both the path within his own self and the outer path in the world Brunton followed to accomplish these tasks. Both of these volumes as well as those which have preceded them, are highly recommended to all seekers for Truth. MN

FEATURES

BOOKS

COLLECTED THOUGHTS
OF A SENSITIVE WRITER

"The Notebooks of Paul Brunton,
Volume 1: Perspectives"
By Paul Brunton.
Larson Publications.
\$22.50 hard/\$9.95-\$12.95 soft cover.

Reviewed by **ROBYN S. SELVIN**

London-born Paul Brunton was a journalist with a deeply spiritual bent. Born in 1896, he differed from other reporters of his day, shunning the usual topics of politics and current events. Instead, he spent years traveling through India, Egypt, the Americas and South-east Asia absorbing and reporting on the wisdom of the world's sages, philosophers and mystics.

In 1935 his first book, "In Search of Secret India," introduced the great Indian teacher Ramana Maharishi's

philosophy of yoga to the West. Until the early 1950s, Brunton published regularly on metaphysical and spiritual subjects, writing a total of 11 books, including "The Secret Path," "The Quest of the Overself" and "The Hidden Teaching Beyond Yoga." Like Alan Watts, Brunton frequently is cited as an early and influential bridge to the philosophy of the East. Brunton's early books sold more than 2 million copies in 17 languages.

In later years, his faithful readers requested that he establish journals or even found ashrams — spiritual centers that he himself would head. But Brunton had the true seeker's distaste for personality cults, modestly describing himself as "a writer and researcher, with some experience in spiritual matters . . . and that's all."

Then, in 1962, while at the top of his literary career, he dropped out of sight — a disappearance so complete that notices announcing his death appeared in major European newspapers. For the next 20 years Brunton lived mostly in Switzerland, where he devoted his life to study, research and meditation — the subjects he had written about for decades.

During this period Brunton lived a deeply spiritual personal life — he was celibate and he shunned the material trappings of success.

Until his death at 83, Brunton continued to write prodigiously, but withheld everything for posthumous publication. Now, those Brunton notebooks have begun to appear in print, their 7,000 manuscript pages organized and edited into a projected 12-volume opus. (To date, Volumes 1 through 5 have been published; subsequent books are scheduled to appear every three months through 1988.)

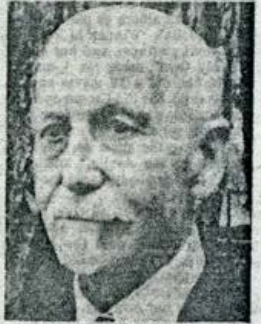
The first, "Perspectives," is an introduction to Brunton's non-sectarian, rational and practical approach to spirituality — an overview of his many-splendored interests and be-

liefs. Later volumes deal in depth with specific subjects such as meditation, yoga, spiritual healing and the dangers of some occult practices.

Ideas are presented just as Brunton recorded them in his notes: "seed thoughts" — evocative paragraphs and mini-essays to be used as a basis for study, reflection, meditation.

A sample of Brunton wise and compassionate teaching: "The kind of experience which man most dislikes to have is the very kind which forces him to seek out its cause, and thus begin unwittingly the search of life's meaning. The disappointments in his emotional life, the suffering in his physical body, and the misfortunes in his personal fate ought to teach him to discriminate more carefully, to examine more deeply, and in the end to feel more sympathy with the sorrowing."

For the curious, "Perspectives" will serve as an intriguing introduction to spiritual study. For the devoted seeker, the book could be the first step on an extraordinary path toward enlightenment. And I can't imagine a better traveling companion



Paul Brunton: a seeker

more than Paul Brunton.

Three stores in Philadelphia will sell all the Brunton notebooks as they are published: Garland of Letters, Meridian and Robin's Bookshops. Robyn Selvin is the Daily News "Sales and Bargains" columnist.

Book Reviews

of self, and blocked natural expression. She then provides positive steps aimed at helping the individual to touch the unhealed child at the core of these outer experiences, and to release the imprint of guilt into the healing forces of love, forgiveness and self-acceptance. Confession to self and other, honest and open communication with a higher self, forgiveness of self and others, and restitution all are concrete steps the individual can take to unblock the tie that binds.

This is not a medical book, nor a book of psychological theory. Rather it is a warm and human description of a common psychological companion and the way it sets limits on life's possibilities, and how to change its negative consequences to move into a higher level of self-expression and well-being.

Drawing The Light From Within

by Judith Cornell
Prentice Hall Press; 1990
210 pages; paperback
See page 42 to order.

Reviewed by Nola Lewis

Is creativity inherent, and if so, how can it be developed? Can anyone learn to draw or paint beautiful and meaningful works of art? Cornell's book, developed in part through a grant from the Institute of Noetic Sciences, answers these questions with an emphatic yes. Its thesis is that creativity lies untapped within us all and can be developed through choice and practice. Furthermore, consciously learning to create art provides a curriculum of growth and self-learning with carry-over value for other areas of life.

For many years Cornell has taught students techniques of meditation and visualization which are designed to enhance their ability to contact the inner realms from which imagery and its products are birthed as visible art. As the title implies, Cornell's outlook is that the inner artist already exists. We are *all* artists, and the task of the individual is to draw out this innate ability by *experiencing* the self through art.

Opening one's sense of art instills an appreciation of beauty and form, of color and line which have bearing in every endeavor in life. The focus, perception, will, and commitment which are brought to bear to connect with an inner

image and bring it into form provide a perfect arena for confronting the blocks which limit self-expression in other important areas of life.

The book's exercises provide step-by-step instruction in processes designed to build specific skills in drawing—and each is accompanied by supportive words to encourage acceptance of what emerges as good and meaningful. For example, after the "Procedures" are followed for "The Joy of Luminescent Color", the reader is given Cornell's very helpful thoughts on "Overcoming Fear of Failure" and another section to focus awareness on "What Have You Learned?"

The book is beautifully put together and written in a clear and direct way which makes it a joy to read. The illustrations by Cornell's students are compelling evidence that the process does, indeed, work. Certainly, *Drawing the Light From Within* encourages this exploration, and provides the tools to accomplish it successfully.

The Notebooks of Paul Brunton: Volume 11 The Sensitives: Dynamics and Dangers of Mysticism

by Paul Brunton
Larson Publications, 1987
330 pages; paperback
See page 42 to order.

Reviewed by Charles T. Tart, Institute Fellow

In the Summer 1987 issue of the *Noetic Sciences Review* I had the pleasure of reviewing the first volume of the posthumously published *Notebooks of Paul Brunton*. If time allows, I hope to review all of them as my way of inducing the reader to purchase them and start browsing. Browsing is the key word here, for each volume is a collection of largely short, pithy, and inspirational selections. As I said in the earlier review, my wife and I usually read a few selections aloud to each other in the morning to stimulate moments of inspiration and reflection.

Here are a few selections from Volume 11, *The Sensitives*, focusing on the personality of those who get involved in the mystic or psychic path. Brunton drew from his observations

of such people over several decades. Addressing the perennial question of our true identity, for example,

What am I? The formula is excellent for novices, who are naturally and legitimately interested more in themselves than in the world at large. But it will not do for the advanced seeker, who has outgrown this narrowness and has begun to vex his head as much with universal questions as with personal ones.

Brunton calls his approach to life *philosophy*, not in today's barren sense of academic word games, but in the old fashioned sense of wanting to understand all of reality. This is illustrated in his practical approach to mysticism:

Philosophic mystics are those who are not satisfied with the feeling of inner peace alone, although they enjoy it, and want to understand the world in which they live sufficiently to know how to live with more good health and less avoidable suffering. That is, they not only want to know God, as all mystics do, but also God's workings in the environment in which they find themselves. . . . They want to know the way the divine World-Idea is expressed outside and inside those bodies so that they can cooperate with it, obey its laws, and live in harmony with it.

IONS members are self-selected for wanting to understand the world as well as ourselves, for wanting the latest scientific understandings of the brain as well as the wisdom of the eternal. Thus we will share Brunton's desire to integrate the mystical and the scientific, to the enrichment of both.

The time has come in this twentieth century to bring into the daylight of scientific understanding all those occult matters which have hitherto been playthings of esoteric societies, and the hour is ripe to skim all useless verbiage from those explanations which have been handed down to us by Oriental tradition. We may then find only difficult symbolism or incomprehensible mystification . . .

Brunton speaks of the mystical from personal experience, but he also realizes it is and has always been "transmitted" or filtered through individual personalities.

It would be a blunder to accept all mystically derived messages as divinely given and specially revealed. They may be wholly so, but it is much more likely that they are only partially so, and even that they have no divine origin at all. It is wise and needful to examine them carefully, sympathetically if we wish, but critically thereafter. We should note where personal limitations have insidiously or blatantly crept in and where pure universality has let the divine stream flow clear.

In the course of his life Brunton was personally acquainted with hundreds of those called spiritual teachers, and thousands of seekers. While looking for the highest, he was often disappointed:

Those who cannot demonstrate by their achievements what they can do for themselves—whether spiritually or materially—will never be able to do anything worthwhile for humanity. Yet the irony is that so many visionary people who talk about service belong to this ineffective class.

Because his main writings were in previous decades, it is easy to think of Brunton as someone who is dated in his knowledge, but the above problem is demonstrated all the time. As to false teachers who exploit the gullible, we think we have had them in abundance recently, but Brunton observed many such false teachers, and his observations are quite relevant today:

Selfish hypnotists pose as spiritual teachers. They usually attempt to suborn their pupil's intellect, in order to make him their obedient slave. When the latter is frightened to use his reasoning and critical faculties upon the claims made, he readily becomes a mere puppet in the hand of his mental 'Master'. Intellect is not to be abandoned, but to be rightly understood. Its doubts of the divine are to be cast aside, its skepticism of the Ineffable may be discarded: but its powers of reason and logic are not therefore to be destroyed at the unscrupulous bidding of some pseudo-sage.

Brunton is hard on our failings, yet inspirational in constantly reminding us to continue to seek the truth. I highly recommend this and all the other volumes.



be such people over several decades. Addressing the points and questions of our first identity, for example.

What are the grounds for identifying teachers who are naturally and legitimately interested more in themselves than in the world at large, but it will not be for the advanced nation, who has outgrown the narrowness and has begun to see the need to reach with universal questions as well as personal ones.

Britain calls the approach to the philosophy, not in today's better sense of academic world, but in the old sense of world as a collection of countries. This is illustrated in the present approach to education.

Philosophic writers are those who are not satisfied with the feeling of their own ideas, although they enjoy it, and want to understand the world in which they live in order to know how to live with it. They are not only world and not world-abstract. But in their not only want to know, but in all aspects of life, they feel a world in the environment in which they live. They want to know the way the things themselves. . . . They want to know the way the things they feel to represent outside and inside their bodies so that they can cooperate with it, they can live and try to harmonize with it.

They members are all wanted for working to understand the world as well as ourselves, for working the same scientific understanding of the world as well as the wisdom of the world. They will study human nature to help the physical and the spiritual, to the enrichment of both.

The time has come in the twentieth century to bring into the dignity of scientific understanding all those exact sciences which have hitherto been privileged or scientific knowledge and the best is to give all human beings from their own experiments which have been hitherto given to us by Christ's teaching. We may then find only liberal education or unscientific education.

Britain speaks of the spiritual from personal experience, but he reflects it and has always been "transmitted" or filtered through traditional perspectives.

It would be a pleasure to accept all negatively defined messages as directly given and equally essential. They may be really so, but it is hard to think that they are only partially so, and even that they have no direct insight at all. It is wise and useful to examine them carefully, sympathetically if we can, but not callously. We should not regard personal limitations have naturally or naturally exist in and where pure universality has by the direct stream flow.

In the course of his life Britain was personally acquainted with hundreds of those called spiritual teachers and their methods of work. While looking for the future, he sometimes distinguished.

Those who cannot distinguish by their achievement what they can do for themselves—whether physically or mentally—will never be able to do anything worthwhile for humanity. For the world is full of many visionary people who talk about world better being in this instructive class.

Because his main writings were in previous decades, it is only to think of Britain as someone who is dated in his knowledge, but the above problem is demonstrated all the time. As to later teachers who exploit the gifts, we think we have had them in abundance recently, but Britain covered many such later teachers and his observations were relevant today.

British approaches from as spiritual teachers. They usually attempt to return their pupil's intellect in order to make him then obedient slave. When the latter is frightened to see his reasoning and critical faculties upon the altar, he needs be ready because a new puppet in the hand of his mental "owner," talked to not to be satisfied, but to be rightly understood. In order to the divine are to be cast aside, the education of the possible may be described, but in the present, reason and logic are the teacher to be distinguished at the moment of birth of some pseudo-egg.

Britain is hard on our culture, yet impartial to our unity reminding us to continue to seek the truth. I highly recommend this and all the other volumes.

**THE NOTEBOOKS OF PAUL BRUNTON:
PERSPECTIVES (POSTHUMOUS) (1898-1981)**

Paul Brunton

New York: Larson Publications, Inc., 1984.

In their introduction, the editors assert: "*Perspectives* is a representative survey of more than 7000 pages of notes withheld by Paul Brunton for posthumous publication. It introduces a much larger work that Dr. Brunton spoke of as his 'Summing up.'" The editors of this volume are the students of Paul Brunton who had planned to organize these notes into ten volumes. Since the proposed project would have required years to complete, they condensed 7000 pages into a very readable book of 392 pages.

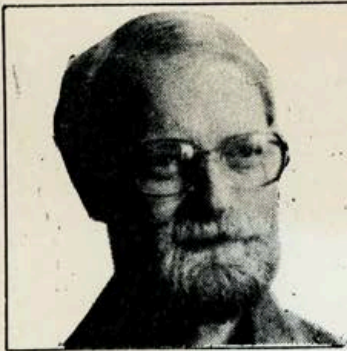
Perspectives consists of twenty-eight chapters which contain ideas composed by Brunton after April 1963. These chapters attempt to convey to the reader the major spiritual concerns of the sage of the twentieth century. The book journeys into the territory of the spirit presenting Brunton's views on subjects ranging from the goal of life, the nature of the body, the ego, emotions, intellect, birth, rebirth, ethics, philosophy, the religious urge, inner peace, the nature of worldly mind, the over-soul and finally to the nature of elementary and advanced meditation.

The book consists entirely of aphorisms and maxims which reveal the author's unorthodox writing style. Paul Brunton gives reasons for adopting this style: "A man must express himself in his own way, the way which follows the nature he is born with. I prefer to write down a single idea without reference to those which went before or which are to follow later, and to write down in a concentrated way. The only book I could prepare now would be a book of maxims of suggested ideas. I have not the patience to go on and on, telling someone in a hundred pages what I could have put into a single page" (pp. xiii-xiv).

The adages and aphorisms uncover stark truth about the nature of the human self, the meaning of life, spiritual quest and the over-soul, and clearly show the influence on Brunton of the mysticism of the Hindu, Buddhist, and Taoist sages, on one hand, and his uniquely personal realization of these truths on the other. The reader will be struck by the simplicity and forcefulness of Brunton's style. The adages clearly reveal to this reader that Paul Brunton is a rare individual for whom the title of sage is well deserved. The editors state: "The aphorisms and philosophical maxims which such [a sage presents] us, give us some dim reflection, at least of what is going on in the depths of the Mystery—depths of which we are aware, but which we are unable to penetrate (or fathom) without the help of superior wisdom" (p. xii). Scholars, teachers, students, and others interested in religious, philosophical, and practical questions relating to the subject of "a meaningful life here and now" will find, in this compact volume, fresh insights into the mystery of existence.

The editors should be praised for bringing out this volume and should be encouraged in their future attempts to publish other volumes on the spiritual philosophy of Paul Brunton. Those interested in the progress of this project may obtain further information by writing to: Paul Brunton Notebooks, Wisdom's Golenrod Ltd., 5801 Route 414, Valois, New York 14888.

Ashok Malhotra
State University College, Oneonta



BOOK REVIEWS

by Richard Myers

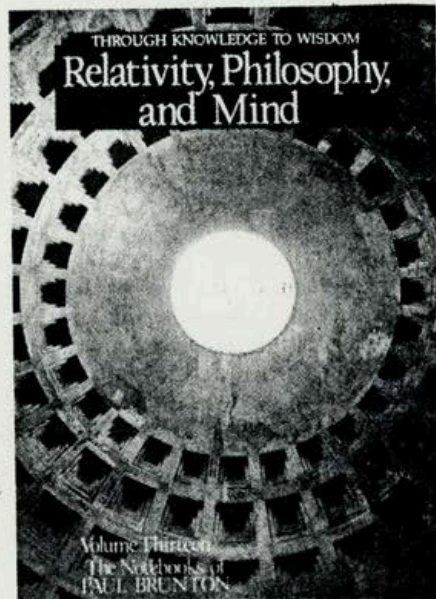
The Notebooks of Paul Brunton in 16 volumes, Larson Publications, 1984-1988, paper.

The publication of *Enlightened Mind, Divine Mind*, volume 16 in the series of *The Notebooks of Paul Brunton*, makes available the final volume in a remarkable series. While the publishing project is concluded, the door is only beginning to open for readers who can now wander and wonder in the rich world of one of this century's most perceptive and intelligent pioneers of East-West culture and the spiritual quest.

Paul Brunton's thirst for the spiritual quest led him from an early career as a journalist and editor to a life-long search for wisdom. During his search, which included extensive time in Asia and during his later retirement from public life, he kept detailed personal notebooks on the inner life in the modern world. From these notebooks he drew material for the eleven books he wrote before his death in 1981. Among those books are *A Search in Secret Egypt*, *A Hermit in the Himalayas*, and *The Spiritual Crisis of Man*. Although 2 million of these books have been sold in 17 languages, it is with the appearance of Brunton's actual notebooks, which were reserved for posthumous publication, that we can now gain insight into his original personal reflections.

The *Notebooks* are drawn from over 7,000 pages of personal writings divided into 28 categories of the spiritual quest, and contained in 16 volumes. Following the first volume, which surveys the 28 categories, each volume focuses on one or more of the categories. For example, volume 14, *Inspiration and the Overself*, concentrates on that one category, while volume 16, *Enlightened Mind, Divine Mind*, covers four categories—World-Mind in Individual Mind, World Idea, World Mind, and The Alone. As one example, from this last category Brunton states a succinct insight, "The Real stands alone. It is without any kind of support, and needs none. It is without any kind of dependence or dependent relationship." In this one example we find enfolded the insight which Brunton then unfolds throughout his comments on "The Alone." Other volumes

cover such categories as Practices for the Quest, The Body, From Birth to Rebirth, Elementary Meditation, Human Experience, The Arts in Culture, The Orient, The Reign of Relativity, and Mentalism. Each category is arranged in the form of the seed thought which Brunton originally wrote. Concisely articulated, these seed thoughts range from single sentences to several pages and include instructions, observations, explanations, intuitions, and insights.



The wisdom found in Paul Brunton's *Notebooks* is a welcome resource for spiritual seekers today. His articulation of the principles underlying spiritual traditions creates a clear understanding with which the reader can develop personal interactions. Furthermore, these concise seeds of thought which provide an insight into Brunton's life as a model of conscious pursuit should encourage this impulse in anyone who can appreciate the enthusiasm evident in these writings.

Even though Brunton's life-long pursuit of the spiritual quest brought him friendship, respect and recognition, he resisted others' efforts to make him into a spiritual focus. Following his journeys and the publication of eleven books, he withdrew from the public eye in order to follow his own

continued on next page
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BOOK REVIEWS

by Richard Meyer



The Experiment is Over
 by Paul G. Tovey



OM SYMBOL
 by Richard Meyer

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 is written in the form of a series of
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reviews

Advanced Contemplation: The Peace Within You

Volume 15 of the notebooks of Paul Brunton series (Larson, Burdett, NY). What makes this book especially valuable is the overview it offers by synthesizing the insights of the world's great traditions and clarifying the stages of the path. Also, the picture of Paul Brunton on the back of the book should be enough to convince anyone that the author attained peace of mind and, therefore, knows whereof he speaks.

He elaborates on the differences between the Short Path, e.g., Zen, and the Long Path, e.g., Yoga. While this is not an original observation, it is one very often neglected when schools are compared. His overview should be most welcome to those who find themselves confused by the contradictory claims and messages of equally respectable teaching sources.

Other aspects of advanced contemplation (meditation) that he explores include specific techniques for practice, entering the stillness and yielding to grace, the dark night of the soul, the experience of the void and the achievement of deep and lasting inner peace. Because his writings are so obviously based on direct experience, they are a great inspiration to read.

Advanced Contemplation is perhaps best described as a precious spiritual friend. There are books and there are Books. This is a Book. For anyone who has started on the meditative journey, this will be a most useful ally. Still, as Paul Brunton himself writes, "Truth may be written or spoken, preached or printed, but its most lasting expression and communication is transmitted through the deepest silence to the deepest nature in man."

Lilias! Alive With Yoga,

Vol. 2 Intermediate (Nityananda Institute, producer, Rudra Press, Cambridge, MA, distributor) was also at the top of our yoga video survey. A well-known public television yoga instructor, Liliya is graceful, caring and precise. There is a friendly, almost motherly ease that comes across and this mood adds much to the effectiveness. The production values are top-notch. It is a joy to watch.

The viewer is treated to an hour-long class that has a natural break at 30 minutes if you need to do yoga and run. Major poses include Tree Balance, Standing Pose Series, Dog/Cobra Series, Fish, Side Bow and Deep Relaxation. Liliya deals with the problem of teaching beginners by video by offering a Volume 1 which includes essential exercises to stretch and strengthen, relaxation instructions and important safety tips. All in all, this is a fine production that can be recommended without reservation. We personally found the Iyengar emphasis and outdoor settings of Bob and Linda's videos more appealing, but we have a feeling that there are plenty of viewers who will prefer the style and setting of the *Lilias!* video for equally compelling reasons.

Yoga For A New Age

(Smith Productions, Seattle, WA) by Bob and Linda Boudreau Smith is a guide to hatha yoga that offers an impressive spectrum of detailed, practical information that will interest yoga teachers and advanced students as well as eager beginners. All the major positions plus many variations are described. The specific health benefits are outlined with great precision, as are specific cautions and pointers to follow.

The wealth of detailed photographs and the unique anatomical drawings show that this is a book that was meant to be put to real use. This reviewer was able to quickly

SSC booknews

P.O. Box 1104, Rockville, Md. 20850

Vol 15 Nos 11, 12 *A Service of Spiritual Studies Center* MAR / APR 1989

ADVANCED CONTEMPLATION AND THE PEACE WITHIN YOU

The Notebooks of Paul Brunton, Vol. 15

ENLIGHTENED MIND, DIVINE MIND

The Notebooks of Paul Brunton, Vol. 16

Larson Publications, 22.50 each

In a very real way, these two final volumes of the Notebooks of Paul Brunton represent the culmination of his life and work. Brunton was one of very few persons living in the past 2500 years who understood and applied the teachings of Parmenides to his own life. This is particularly true when we hear Parmenides telling us, "You are here to be taught, both the still heart of Truth, unconcealed and committed, and human Opinion, on which there can be no reliance. But you shall also learn this: how the Interpreted World really does exist, all of it one throughout space and time." (Lomardo translation).

Throughout the sixteen volumes of these Notebooks we find Brunton seeking to learn both "the still heart of Truth" and "human Opinion". To learn the first, he knew he had to study the latter. And so, in these Notebooks, we have Brunton sifting through human Opinion to glean the directions he can find to learn Truth. And he does this concisely, yet eloquently, in every instance, recognizing that it is human Opinion he is studying. As Brunton approaches each subject in the Notebooks, he brings together all of these Opinions, points out their fallacies, and shows us how they have led him forward on his quest for Truth, in spite of those fallacies.

Along the way on his Quest, Brunton also learns that "the Interpreted World really does exist, all of it one throughout space and time." It is this paradox he studies in these two final volumes, the Oneness of all things throughout the Universe. Yet, throughout all sixteen volumes we find Brunton showing us this paradox in each of the subjects he covers. As I sift through them, using the indices in his Notebooks, I find not only the Opinions of others, but also Brunton's opinion about the subject. And he never fails to tell me that I must remember that what I glean from his notes are his opinions. I must find my own Truth.

In the final analysis, I must say that this series is perhaps the best available source we have today to guide us on our own quest for Truth. Only a few persons throughout our known history have taken the objective approach to Reality that Brunton has without getting caught up in their own importance. This is the genius that is Brunton. MN

The Filaments of Enlightenment

San Francisco Chronicle

THE NOTEBOOKS OF PAUL BRUNTON

By Paul Brunton
Larsen: Volumes 1-12; (each) \$12.50 paper, \$22.50 hardcover

REVIEWED BY JOHN BORING

The cultural bridge between the mysterious East and the pragmatic West is strong and well-traveled now, and many people have become famous by bringing us treasures of meditation and esoteric tradition.

Paul Brunton was one of the limited number of writers in that vanguard. His principle contributions in the 1930s and 1940s were books on meditation, self-discovery and his own rather romantic searches in India, Egypt and the Orient. Though largely forgotten now, Brunton was famous for modifying skills in yoga and mysticism to fit the Western world. His 10 books sold about 2 million copies.

All of Brunton's ensuing work was published after his death in 1981, and those who enjoyed that work may be refreshed by this set of posthumously published volumes, "The Notebooks of Paul Brunton," which probably doubles his previous output.

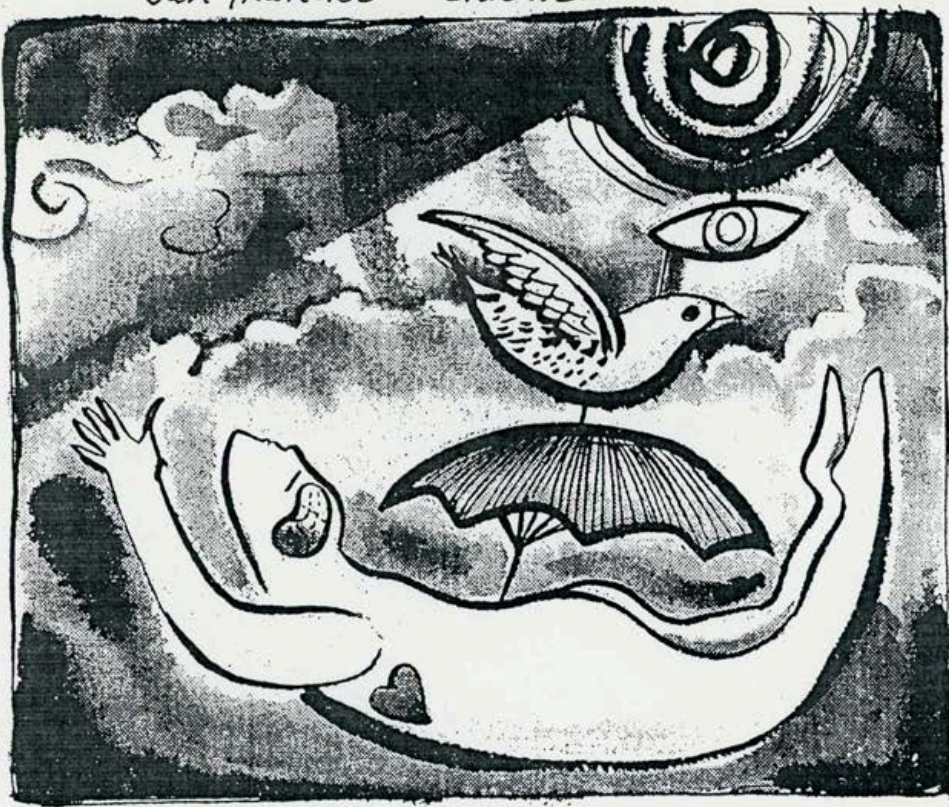
His style in the "Notebooks" is to write a single concept and to let it stand alone. The idea may be a page or two, but it is more often shorter, maybe only a sentence.

Each concept is set off with its own number. Usually there is no meaningful connection within a sequence of concepts except that all statements explore the same general topic. Some readers may find this style rambling and repetitious when some of the paragraphs overlap. Here, for example, is a sample, taken from "Reflections on My Life and Writings," Volume 8: the chapter is "Encounter With Destiny," subtitled, "The making of a messenger":

73

"I have embodied in these pages the matured wisdom and dearly bought experience of many lifetimes.

74



BY COURTESY LIVINGSTON/THE CHRONICLE

tions: between active service to others and solitary self-improvement. " 'Sensible' and 'balanced' are convertible terms," he wrote.

The sheer size of "The Notebooks of Paul Brunton," 12 volumes so far, defies the usual book review structure. Students and newcomers to Brunton may find it valuable to imagine a vast mobile as a metaphor for Brunton's work. The mobile represents life — and the strings that support the various parts are called the Quest. As Brunton said, "It is natural and inevitable that, when ripened by experience, men should yearn to be united with their divine source."

The strings, or lines on this mobile are almost invisible to others, yet are very strong, like a fishing line. As in fishing, much quiet waiting and watching for self knowledge is involved; the "catch" may be a

being, a man can find peace, strength, wisdom — but only if he brings his thoughts into obedience," Brunton writes in Volume 4, "Meditation."

In a well-constructed mobile, there must be room to swing freely so the strings and other parts don't get tangled up. In other words, time and place must be made for daily meditation, and for the mobile to make graceful, wide sweeps, an even greater space is required for special places of relaxation and retreat.

Brunton says the lowest entity on his mobile is one's Body — worthy of responsible care — to be fine-tuned to the highest dictates of intuition, reason and will. "Consider the body also as a symbol of the entire universe, reflecting in design and operation the same Infinite Intelligence there discern-

the rule of passion, self-interest, desire, custom and appearances, Brunton says. But a more purified intellect tries to see things as they really are. "True intelligence is the working union of three active faculties," he writes: "concrete thinking, abstract thinking, and mystical intuition."

Intellect itself does not reach into the higher reaches of the Quest because it can only approach reflective images of the truth, not the truth itself, says Brunton. However it can and should remain a tool of the Quest by building reason, and with this comes the growth of intelligence.

These all can skillfully be connected to intuition, which will be found to be a step up. "Thinking achieves its highest object when it leads to its own rest and the mind transcends all thoughts."

We see Intellect, Emotion, and Body in close proximity on this metaphoric mobile. The crossbar above, from which they hang, is balanced on the other end by big, gaudy Ego. This is heavy enough to hold up the other three easily. "The 'ego' is all that you know as yourself," he says in Volume 6, "The Ego." Everything we do or say, feel or think is related back to the Ego. Brunton writes, and in that sense the Ego shows itself as the support of Body, Emotion and Intellect in a single human identity.

However, the Ego is crafty and lies to all who identify with it. "Inside ourselves there is not one ego but several. We live in a condition of recurring feelings that successively contradict one another, deny each other, or shame each other. The 'I' is really torn into pieces, each claiming ascendancy but none holding it permanently. The animal, the human and the angel jostle elbows in our hearts. We are degraded today, elevated tomorrow. The quest seeks to integrate all these different egos."

He adds, "If [a person] could stop being in love with his ego and start being in love with his Overself, his progress would be rapid." When Ego is put into its proper place, Brunton shows us, we see it on the mobile as becoming transparent and reflecting the powers above.

"I learnt this wisdom not only in India but on the limitless sands of the Sahara Desert, on the canyon-sides of the mountain-girdled Yangtze River, in the steaming hot jungles of Siam and Malaya and on the snowy heights of Tibet."

"I am not deceived by all the beauty with which the hangings and paintings, the carved figures and the colourful rugs present me. The allotted years left to me will now pass more quickly than the earlier ones; and then they will finish and the beauty with them. But this is not to say I did not appreciate and enjoy it. Philosophy taught me that even when it warned me against the brevity. Best of all along with this balanced view came the knowledge of what I really was — essential silent ever-living infinitely calm MIND!"

Brunton called himself a philosopher. His writing may not show a dramatic creativity, but he had a gift for original research. The meticulousness of his reading and interviewing, as well as his personal, inward application of that knowledge, reveals a genius for balance.

Disliking blind overzealousness, he encourages readers to strike a balance between a meditative and a productive life; between a sharp intellect and loving emo-

much quiet waiting and watching for self-knowledge is involved; the "catch" may be a glimpse within oneself of life originating on a higher level. Brunton: "The preliminary self-training ordinarily covers a few years if the effort is continuous, more if it is not."

A number of spiritual disciplines exist in the world for this effort, but Brunton says that while there is no single uniform method, all methods lead in the same broad direction. He also explains the need for a teacher and how to recognize the genuine. Let's take a closer look at the strings.

Within the Quest, the string, are two fibers. One fiber stretches straight up the middle, and the other winds around and around it, like the outside wire on a piano string taking a longer route.

This latter string Brunton calls the Ant's Long Path. "It is the work of the Long Path to achieve a large measure of self-control but only the work of the Short Path can finish it," Brunton writes in Volume 3, "Practices for the Quest." The fiber that goes quickly up the middle is the Bird's Short Path, the mystical and direct union with God. Both fibers are necessary, and each requires its own form of meditation.

Meditation, essential to the Quest, is the way one learns to follow the strings to the various parts of the mobile, especially the higher reaches. "In the recesses of his own

consider the body also as a symbol of the entire universe, reflecting in design and operation the same Infinite Intelligence there discernable."

Grains, nuts, fruits and vegetables for a complete diet; a straight spine; a sex life above mere animal instinct that can serve one when redirected with enlightenment; fasts; exercises. These are covered in his writing about the Body in Volume 4.

Just a bit above the Body, yet companion with it, is what Brunton calls Emotions and Ethics (Volume 5). "To the extent that he purifies and ennoble himself, he qualifies himself for the reception of superior insight."

Since people have both higher and lower emotions, methods are explored for uplifting character, re-educating feelings, disciplining emotions, purifying passions and (as is typical of Brunton) avoiding fanaticism. "The only greatness he may rightfully seek is a secret one. It is not power over others that he should strive for, but power over himself."

The mirrorlike Intellect hangs slightly higher than Emotion and forms a triad of sorts with it and the Body. "Let us honour intelligence, and not insult it, for it is as much from God as piety," he writes in the volume on "The Intellect."

Human thought ordinarily submits to

place, Brunton shows us, we see it on the mobile as becoming transparent and reflecting the powers above.

Now we have traced the Quest up through a basic human being. This part of the mobile is grouped and balanced into a unit that swings around and comes near other parts of the mobile — subjects that Brunton believes are worth exploring on the Quest. They are "From Birth to Rebirth" (Volume 6), "Healing of the Self" and a work on understanding the powers of darkness: "The Negatives," Volume 7 (of particular interest in the latter category is a study of the rise and fall of Adolf Hitler).

"Reflections on My Life and Writings," Volume 8, is a frank and sometimes agonizing introspection. Daily life as spiritual opportunity is explored in "Human Experience" and "The Arts in Culture," Volume 9. In it, Brunton says, "Any creative art which opens up an entrancing world of beauty to us, if it refines and uplifts us, opens up a spiritual path at the same time."

After "The Orient — Its Legacy to the West," Volume 10, comes an evaluation of various cults, as well as the benefits and dangers of mysticism in "The Sensitives," Volume 11.

In "The Religious Urge/The Reverential Life," Volume 12, Brunton says, "A hu-

See Page 6

BRUNTON

Continued From Page 5

man being without the feeling of reverence for the higher power is an uncompleted being." The problem, however, is that most religions don't live up to their potential because they make an idol of their organization, they are often intolerant, and they keep looking backward while wandering far from their founder's ideals and example. This is the latest in the series in print.

The editors are compiling more books, and because the volumes have rather diligently followed the format of the chapters in "Perspectives," Volume 1, we may expect them to follow it through to the end. Consequently, other subjects for the basic human being to contact in the mobile will be "The Reign of Relativity," and "What is Philosophy?"

Very near Philosophy, and above Ego when it is near, hangs a key called Mentalism. This key will not be quickly grasped, but it is important for what will be above on the mobile, that this universe is not material as we have understood in the past. It is a mental

universe — made out of mind stuff.

Higher, we encounter the very personal yet elusive Overself — where man meets God. Intuition is what leads to and knows the Overself, and although the intuitive faculty can be developed, it only comes when appropriate. One should not try to manufacture it, Brunton says. Intuition will lead to Inspiration, and this is where the Ant's Long Path and the Bird's Short Path come to rest — in The Great Peace at the core of being. This peace is above the intellectual and ideation process — a state of pure intelligence.

This, then, is Brunton's World Mind, a light that shines into every part of the mobile. We perceive it first as World Idea in which we recognize that the universe is One, a universe of laws, truths and principles of cosmogony.

When the Ego below turns transparent, these truths are no longer ideas; instead, there is an actual union with World Mind. For Brunton, the World Mind and all of the mobile hangs on The Alone — the Godhead at the top, the Absolute, the One Reality. ■

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Human Experience and Spiritual Growth

(in the *Notebooks of Paul Brunton*)

PAUL CASH

Here the devoted student of a mystical philosopher explains the teacher's understanding of the complex purposes of suffering and gives advice for the development of a noble character. Brunton's outlook "includes Eastern and Western ideas," the author writes, "yet transcends both."

The same God who gives you the inner peace of profound meditation gives you also the storm of outer tribulation. Why?

Paul Brunton

Throughout his long career of spiritual service, philosopher Paul Brunton (1898-1981) stressed that every experience has meaning and is related to a universal purpose. He considered it "a paradox of the strongest irony that the place where we can best find the Overself (the individual link with God) is not in another world, but in this one, that the chance to grow enduringly out of darkness into light is better here."

Asked once how his own teaching differed from others he was aware of, he answered: "Most mystics, when they first realize that they really are the soul, much more than the body, react by trying to find some way to escape the body once and for all. Some of them," he smiled with wry amusement, "even go on for many, many lifetimes, concocting all sorts of elaborate techniques, using the will in every conceivable way, trying to bring this about. But sooner or later they realize that they just can't do it . . . and finally they are forced to ask: What does it mean to have a body and to be in the world? This is where the philosophical level of spiritual life begins." And it's in the way that this question is answered that P.B.'s teaching differs from others.

Through the early books he wrote from 1934-1952, Paul Brunton first became known to millions of readers in the West as a powerfully convincing advocate of what the West needed to learn from Oriental mystical

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techniques and philosophies. Yet, even in those early books, he was clearly not recommending a wholesale importation of Eastern religion to displace devitalized Western teachings. Though he had great respect for the religious devotion, intellectual capacity, mystical development, and ascetic hardihood he encountered on his extensive travels through the East, he came ultimately to the conviction that none of these possesses a value anything like that of noble character. In one of the late writings



Tom Dunham



Paul M. Schrock

published from his personal notebooks, he declares, "I no longer admire a man because he has spent twenty years in the practice of yoga or the study of metaphysics; I admire him because he has brought compassion, tolerance, rectitude, and dependability into his conduct."

The comprehensiveness of his approach to full human spiritual development matured into an outlook that includes Eastern and Western ideas yet transcends both in its universality and relevance to modern spiritual practitioners. Unlike the secular humanist, he does not extol the virtues of human character as a suitable *substitute* for consciously acknowledging the omnipresence of a greater God and seeking ecstatic mystical union with it. Unlike the majority of mystics, he does not return to us from his ecstatic raptures to declare that normal human experience is a worthless and useless illusion. And unlike many naive would-be mystics, he does not try to make either this world or our experience of it more lovely than God ever intended:

In youth we suffer from an unreflecting optimism or an unknowledgeable pessimism but the years correct that. After we have gone through enough experience, we know better how to be cheerful without permitting our optimism to obstruct our reasoning faculties and without permitting our pessimism to dominate during reaction to difficulties. We know we cannot afford the shallow optimism which thrusts the thorn aside and sees only the rose. We prefer to view the red beauty in all its brutality while enjoying the fragrance.

According to Paul Brunton, "We suffer primarily because we have isolated our conscious being from the universal being. Only when we renounce this isolation shall we be able to remove our suffering." He tells us that "pain and suffering belong to the worlds of limited being. If man has to endure them, it is because they serve to remind him of this, to warn him against self-deception and to arouse him to take the homeward path." But unlike many religious treatises that would simply have us bear such suffering as an act of patience and faith in a salvation in some hypothetical "Elsewhere," he points to a more complex purpose in it *right here*: "It is as if the higher law provides penalties for ignorance of it; as if the higher power, having given man intelligence and intuition, bids him find out the spiritual facts of the situation or take the consequences."

If we look deeper into the apparent callousness of this last statement, we find a key to forming a perspective on human experience that combines the best points of both the mystical and the humanistic views. This

key is that the higher power, God, has given us intelligence and intuition just as it has given us life and being and numerous other potential powers: "If I am asked why we can find no trace of God's presence in ourselves," we read in one of the notebooks, "I answer that we are full of evidence, not merely traces. God is present in us as consciousness, the state of being aware; as thought, the capacity to think; as activity, the power to move; and as stillness, the condition of ego, emotion, intellect, and body which finally reveals what these other things simply point to." In another section we find, "If we can bring ourselves to look upon events when they flow upon us as being intended to elicit our qualities and exercise our powers, we will learn to acknowledge and thus accept the responsibility of choosing whether those qualities be positive or negative, whether those powers be good or bad." Insofar as the qualities we react with and the powers we exercise are positive, we actualize the *godlike* within ourselves and our experience leads us into ever more intimate knowledge of, and conscious union with, the God who is the source of these powers and qualities, "for life itself is trying to develop that intelligence in us until it can make us aware of the highest meaning of all—the Soul." Insofar as the qualities we respond with are negative, we suffer and add to the suffering of those around us; we have chosen, albeit in most cases unconsciously, to isolate ourselves from the *godlike* within us. The presence of the suffering ultimately has a positive effect:

Suffering has a purgative effect in the scheme of things. If in the earlier stages of our growth it tempts us to seek relief in evil courses, in the later stages it presses us to seek out its real cause and final cure. Next it has an educative place, for it leads us to analyze experience and learn to understand its lessons. Last it has a redemptive place, for it drives us to confess our weakness and seek mercy, grace, and help.

This point of view acknowledges *choice* in the core of human personality. The inner qualities we choose to align ourselves with and express in our reactions to what life presents us with, indicate what is needed for the next step in our spiritual growth. In this sense life tests us, not to give us a grade, but to show us ourselves and the consequences of the self we have chosen. Through the consequences we learn the wisdom or lack of wisdom in our past choices and revise our future ones on the basis of what we have learned. It is a process of forming our own character, and in so doing, contributing to our collective destiny—that is, to what life can offer humanity as a world to live in *today*.

