



Spiritual Retreat Network

Fall/Winter 2011

Meeting Myself in the Blue Ridge Mountains

by Father Christopher Ross

Editor's Note: This article is in reference to the annual Heart of the Mountains Retreat held in August of this year at the Valle Crucis Conference Center in Banner Elk, NC.

“**Y**OU LOOKED JUST LIKE AN ALIEN!” J. exclaimed, showing me the drawing she had made of my aura and describing all the colors she had seen dancing around my head during my presentation. I had been sharing the story of how I found *The Urantia Book* and its impact on my life—see “The *What Book?*” in the spring / summer issue of this newsletter—while unbeknownst to me, my aura had been on overdrive, assuming more of an Aurora Borealis demeanor than the usual plain white light that J. told me she normally sees in such situations.

I was startled to learn that I even *had* an aura, let alone that it was visible to anyone else, and here it was showing off without my consent, as if I had walked through one of those airport scanners that allows the “security” guard to see through one’s clothes. Confident that my underwear was indeed presentable, I worried about my aura. Was it equally ready for public viewing?

“As I watched your face,” J. reported, “I suddenly began to ‘see’ your aura, and it was so different from any experience I’d ever had. I usually just see a white light all around the person which expands as I watch. But yours, well, that was a horse of a different color! Initially, the top of your head was a brilliant rose and your torso was edged first in blue, then aqua, then in pink one minute and in green the next. At times, there were patches of color here and there—lavender, green, pink, and blue, your heart center alternating between pink and green and your throat area changing from blue to green and back again. And as if that were not enough, the top of your head changed from yellow to white to pink to blue. The whole experience was like watching a beautiful light show!”

The real kicker was when J. added, “At one point, as you put your head forward and down, I couldn’t see your eyes. The whole top of your head was green and the lower part of your face, starting somewhere around your upper lip, was that beautiful, brilliant rose color.” That, J. confirmed, was when my inner alien showed himself. I was reminded of the scene in all those sci-fi movies when the new neighbors down the street—a

bit odd to begin with—suddenly rip off their human faces to reveal their extraterrestrial selves, tossing their rubbery masks aside. I also thought of the “being” on the cover of *Communion*, author Whitley Streiber’s story of his 1985 post-Christmas alien abduction. Is that what I looked like? Head shaped like an ice-cream cone? Giant black eyes, sloping up and out, with that tiny laser beam of light in them, as if from a distant star? Anyone here have a pocket mirror?

But it was time for my post-presentation workshop. Eager to hear about everyone else’s journey, I asked J. if we might continue our conversation after lunch and turned my attention to the people waiting for me. Out of the larger group who had come for the main presentation, seven people stayed behind, and for the next hour and a quarter or so, we bonded over our individual stories of how each of us had found *The Urantia Book*, some folks having discovered it decades ago and others, like myself, having come upon it relatively recently. Most evident to me—and most affirming—was how all of us brought to the discussion a sense of wonder and amazement that such a marvelous thing had come into our lives. Every story was different, of course, yet every story was also the same. Each of us in our own way inevitably concluded with an expression of tremendous gratitude for having been given this profound gift called *The Urantia Book*.

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All of this occurred, however, in the midst of my internal struggle as to whether I even wanted to stay for the remainder of the retreat, though it was now mid-day on Saturday and it would all be over in another twenty-four hours. Despite the magnificent view of the mountains, my heart had sunk the previous afternoon when I checked in. Not only was my room so dark that I could not see the rod in the closet on which to hang my clothes, but—horrors!—I would be sharing the room with someone else, and—doubly awful—the dormitory-style “facilities” were down the hall. Three sinks in the outer chamber and behind an interior door, a toilet, bathtub and shower. I was not

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a happy camper, as we say, the expression a grim reminder of the “never again” vow I made to myself after I was sent off to camp in fourth grade. But here I was, fifty-some years later, at camp, in a giant, very old log cabin, dubiously dubbed The Inn, which of course in my mind had conjured up images of five-star luxury, a thick terrycloth robe awaiting me in the private bath and a chocolate on the pillow.

I was also disappointed, as the weekend progressed, by the dearth of vegetarian options, learning only at our last meal—Sunday lunch—that one had to go into the kitchen proper and *ask* for the vegetarian entrée. How stupid and inconsiderate of them I thought, and how typical of me, just accepting whatever was offered, rather than opening my mouth, when I had clearly indicated my dietary requirement on my registration form. (Many of the salads, I am pleased to report, were excellent, reliable alternatives to the overcooked, extremely dead veggies.)

“What I brought back from the retreat in no uncertain terms—is that the gift of *The Urantia Book*, like all gifts, comes with a responsibility.”

G., my roommate, turned out to be an extremely nice man, a quiet and gentle soul whom I enjoyed getting to know. Nevertheless, he was sleeping in my room and the lack of a private space to which to retreat whenever I needed to exacerbated

my life-long, ever-present, just-below-the-surface feeling of homelessness, a sense of having dropped in from outer space, *sans* GPS, return ticket or operating manual for this strange place called Urantia, “number 606 in the planetary group, or system, of Satania.” (15:14.5)

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“Well, you’re not *from* here,” Carol explained the first time we met, in 1999. Recommended by a friend of a friend, I’d gone to see her for a “soul attunement,” whatever that was. All I knew was that I wanted to feel better, whether that meant a shrink with prescription pad at the ready or a tune-up for my soul. “You came from Sirius,” Carol elucidated, “the source of the Christ energy, and you volunteered to come here to help the planet evolve.” Right, I thought. Even though I knew she did not mean it literally, that it was my “essence” that Carol claimed had traveled from Sirius to Earth, how could I not be a tad skeptical? I had just complained that I have always felt homeless, so Carol needed only tell me what she supposed I wanted to hear. Yet her response resonated at such a deep level that I began to sob, able, finally, to exhale, after holding my breath my entire life. Someone actually understood.

And now, here in 2011, I had just been informed that lights were coming out of my head and my torso and that I looked like an alien, my own references to aliens in my presentation notwithstanding. For the rest of the retreat, therefore, I was in somewhat of a daze, just as I had been at The Monroe Institute

in 1989, after a particularly intense meditation-cum-out-of-body-experience during which a cow “told” me to stop whining about my carnivorous ways and either be vegetarian or not be vegetarian, but in either case to shut up about it and get on with my life one way or the other.

This time, however, I had been transformed into something a bit weirder than a vegetarian. And it gets weirder still. Not two weeks earlier, in the context of nothing in particular, I “saw” as clearly as J. “saw” my aura, a fully-developed and, to my relief, quite human-looking fetus inside my head, occupying perhaps the entire top half of my skull. A prophetic vision of some sort? A hallucination? A momentary lapse into a higher state of consciousness? I have no idea, but clearly, I thought, the two experiences were not unrelated. Did I, during my presentation, give birth to the creature I recently met in my head? *Something* happened, surely, and the genie was now out of the bottle.

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That evening, after dinner, I watched myself hang out on the periphery of the festivities that included not only live music but also cake and ice cream with which we celebrated the birthday of one of the participants. Not an unusual place for me, on the periphery, leaning against a wall in the back rather than seated amongst the throng. *In* the group but not *of* it, *on* Urantia but not *of* it. Much more at ease one-on-one than in a group, especially now, when I could no longer say for certain who—or what—I really was, I watched the party swirl around me.

My retreat experience, therefore, was spent primarily with individuals. More than once, I was either working with someone who had come to me for a Reiki treatment or so deep in conversation that a workshop came and went before I realized I had missed it, and there were several I’d wanted to attend. I missed the presentation about the Cosmic Café in Idaho, a model of how to get the word out about *The Urantia Book*. I missed some of the more scientific presentations about *The UB* and modern astronomy as well as reports on investigations into the connections between *The UB* and such phenomena as UFO’s and the Aztec calendar. So much to learn! A wonderful mix of the scientific, the spiritual and the experiential, the retreat was truly an opportunity to grasp the impact of *The UB* on every aspect of our lives. And my thanks and admiration go out to everyone who had anything at all to do with putting it together. Having arranged many residential training seminars in a former corporate life, I am well aware of what it takes.

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So ... what now? I ask, some four weeks after the retreat. I am in a weird space, my “otherness” having been affirmed, but I am also impatient to know what happens next, unwilling to again be on a plateau while I integrate all this, eager for the adventure to continue, in the express lane and in fifth gear, please.

Acceptance of the state in which I find myself now came through my weekly horoscope, surely a cosmic joke. Astrol-

Meeting Myself - continued

ogy, as we know, is pure superstition (150:3.3), and I do not disagree. I even said so in my last article. But the flesh is weak, and so I continue—in my defense, only once a week—to read my horoscope in *The Independent*, a weekly newspaper based in Durham, NC. And the entry for Virgo in the August 31 edition captured exactly what I am experiencing but could not articulate for myself.

Avant-garde author Gertrude Stein was renowned for her enigmatic word play and cryptic intuitions, which brought great pleasure to her long-time companion Alice B. Toklas. "This has been a most wonderful evening," Alice once remarked after an especially zesty night of socializing. "Gertrude has said things tonight it'll take her 10 years to understand." I expect that something similar could be said about you in the coming week, Virgo. It's as if you'll be glimpsing possibilities that won't fully ripen for a while; as if you'll be stumbling upon prophecies that will take months, maybe even years, to unveil their complete meaning.

That's it, I thought. Something has shifted, something has been transformed, and, like Gertrude, I will not fully understand what has happened for a long time. Yet I am teased by the horoscope's last line: "What is the obvious secret you can't quite see?" I rush to clean my glasses of their daily grime but even trifocals will not bring into focus whatever is out there, just beyond my current spiritual horizon, awaiting a more advanced set of perceptual skills.

* * * * *

What I *do* know—what I brought back from the retreat in no uncertain terms—is that the gift of *The Urantia Book*, like all gifts, comes with a responsibility. As Urantians rather than as Earthlings, we are in possession of the painful story of where we are and how we got here. Yet as Urantians rather than as Earthlings, we are also in possession of the far more joyful story of where we are going, or as Paper 170, Section 4, paragraph 1 puts it: "The kingdom in its fullness, the future spiritual age of light and life on earth." Anyone who believes that *The UB* is indeed what it purports to be, i.e., the Fifth Epochal Revelation of God to humanity, is charged, as Carol told me in 1999 that I am so charged, with accelerating the settling of the planet into light and life, "the apex of planetary evolution," "evolutionary utopia," and "the final planetary age." (49:5.20)

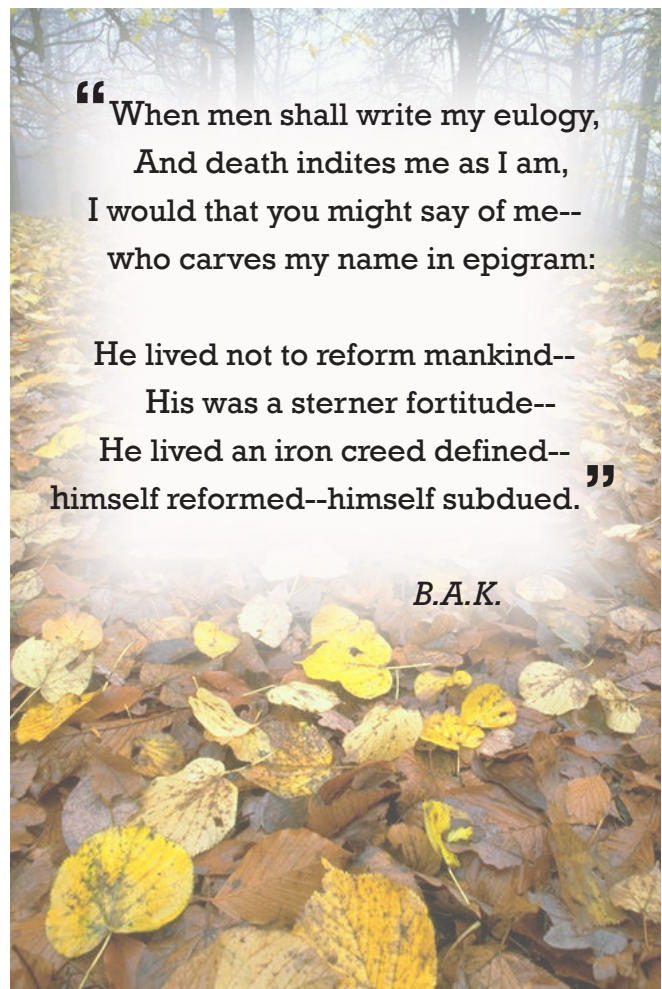
Above all, this means embarking upon and continually deepening the first phase of the kingdom: "The personal and inward experience of the spiritual life of the fellowship of the individual believer with God the Father." (170:4.1)

I am reminded of the bumper sticker from the 60's that said, "World Peace Begins with Me." Given where I was in my life in those days, my response, each time I saw the phrase, was something unprintable in a family newsletter such as this, but you get the idea. Over time, I came to understand the truth and the wisdom of this simple statement. Similarly, entry into the

spiritual age of light and life on earth begins with *me*. Each of us, in whatever quiet, private, holy places we can carve out for ourselves, must do the work, even though, as I turn 63, I will most likely hit the last of the Mansion Worlds before Urantia is settled in light and life.

Will I go back next year? Back to The Inn with all its physical discomforts and basic, unhealthy American food? Absolutely. Because entry into the spiritual age of light and life on earth also begins with *you*. And with *us*. Because I have a new "us" now, an ever-expanding "us," ideally, that I did not have before. Because collectively we are a stronger cosmic force than we are individually. Because there is nothing more important than the evolution of our individual and collective consciousness and the direct experience of God.

See y'all on Friday, August 17, 2012, for the opening gathering. I'll be the guy in the rubber mask. ■





Come join us at the next Easter Spirit Renewal Retreat 2012!

Date: **March 29 – April 1, 2012**

Place: **San Geronimo Lodge
Taos, New Mexico**



Cost: **\$265**

Theme: **‘Solid as a Rock’**



We are happy to invite you to participate at our next Easter Spirit Renewal Retreat, simply known as the Jesus Retreat, which will be held on March 29 – April 1, 2012 at the San Geronimo Lodge in Taos, New Mexico. Our hosts, Pam Tyler and Charles Montgomery, invite you to take a tour of their website www.sangeronimolodge.com. We feel confident that you will be inspired and delighted to join us for another spiritual experience of renewing our spirit in Jesus, personally and as a family. The price for the retreat is \$265 which includes everything—three night lodging, all nine meals and the retreat fee. You can call San Geronimo Lodge at 1-800-894-4119 or at 575-751-3776 in order to make your registration directly at their spiritual retreat center.

For those who will fly to Albuquerque, you will be able to take a shuttle which runs three times a day and stops at the front door of the retreat center at the cost of \$45 each way or you may be able to arrange to get a ride from/to the airport with a participant driving to the retreat.

Please let us know if you would like to propose a specific topic or exercise that you would like to share with the group for the betterment of all in the renewal of our spirit with Jesus Christ Michael.



Spiritual Resources

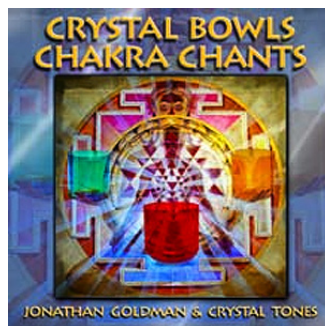
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"A WORK OF ART"

A HUMAN IS AN EXPRESSION,
GOD'S PERSONAL IMPRESSION,
OF A UNIQUE ASPECT,
OF A DIVINE CONCEPT.

IT IS THE GREAT POLICY,
NEVER TO CREATE DUPLICITY.
NO ONE WILL EVER AGAIN BE,
SUCH AN EXPRESSION OF DIVINITY.

EACH HUMAN IS A CANVAS,
PERSONALITIES ARE STANZAS.
MUSIC AND COLOR GOD USES!
SOUND AND SIGHT HE FUSES!!

TONE AND LIGHT MIX TO MAKE,
A POINT OF LIFE, A BRAND NEW TAKE.
AN ONLY CREATURE WILL FIND A WAY,
TO LIVE AS NEVER BEFORE THIS DAY.

SO, WORK AND WORSHIP AS IF YOU
WERE ART,
BECAUSE YOUR DESIGN IS VERY SMART.

ANONYMOUS



Instilling Spiritual Principles

by Richard Omura

I AM GRAVELY CONCERNED ABOUT THE STATE OF OUR WORLD: war, poverty, disease, ignorance and strife is taking a heavy toll. It is my sincere belief that the only way to evolve towards a more enlightened state is by instilling our highest spiritual and philosophical principles in the peoples of the world.

To have an effective representative government, the people must vote. Participation is a must when it comes to having a truly representative government of the people. However, voting and elections only reflect the will of the majority and does not by itself advance spiritual thinking and living. If the majority want war, that's what we will get, regardless of whether the war is just or not.

If all the nations in the world were democracies and everyone that was eligible to vote, voted, I would wager that, in a given scenario, the majority would still vote to use violence as a means of settling disputes between countries. War would be waged by popular consent for perceived or actual threats from other countries; for controlling and manipulating economic, social, political and religious interests; for retaliation, for revenge, for whatever reasons the people might feel there is justification, as rationalized by the political leaders. War will always be around as long as people perceive it as the best way to settle disputes. Who will lead us away from this perception?

It has become quite evident that our so called "leaders" cannot be depended upon to lead us into new and enlightened modes of conduct.

Our sports leaders, the superstar athletes that are role models for our youth, blatantly exhibit unsportsmanlike behavior, even unethical acts on the playing field and think nothing of it. The sports viewing public, however, are not concerned because sports, being the competitive and physical activity that it is, is expected to have its fights and altercations, and the public even joins in on occasion.

Our political leaders have shown that their spiritual conduct is substandard even compared to the general public. The scandal that plagued a US president a few terms back is a prime example. Many people still like that public figure because he did do a good job on the economy. Plus, politicians are not expected to behave spiritually. Their approval is based on how well they do their secular job, not on how spiritually or morally fragrant they are.

You would think that our institutionalized religious organizations and their leaders would lead us toward spiritual high ground, but alas, that has not proven to be the case. The

way the child molestation cases have been handled have shown how powerless they are in mastering spiritual principles in their own house, much less the world's. This does not come as a surprise to many, because they have not expected much from organized religion to begin with.

In many ways, our leaders are representative of the people. They will not change until the people change. Until our leaders' behavior is totally and irreconcilably unacceptable to the standards of the public, there will be a tendency for things to continue as they have.

So the answer is to upgrade the spiritual standards of the people. The truth is, the majority of the peoples on this planet do not much regard the highest standards of spiritual morality that have been presented by the thinkers and wise men from throughout Earth's history. Looking at our planet's history, it seems that most people have acted quite contrary to those high spiritual principles that are common to the major world religions.

The main reason for this, I believe, is that most people do not understand fully the truths, the logic and the implications of many of those spiritual principles. They are confused and see much of it as unrealistic and dysfunctional.

In my opinion, it is crucial to the spiritual growth of mankind that the following three basic spiritual principles be widely and fully understood; viscerally, emotionally, intellectually and spiritually, and be applied to daily life:

1. Returning good for evil

This concept has been around since Lao Tse, 600 years before Jesus and is thoroughly misunderstood. Questions arise such as: When do we return good for evil? All the time? How can we return good for evil and not lose our homes, family and our country to those who would use force against us? Most people understand the "eye for an eye" concept better and that is how they act. The result being an endless series of revenge and retaliation. It is supremely important that this concept be clarified as it pertains to real life situations as it is happening right now around the world.

2. Selflessness

It is natural for people to think of benefiting only themselves, often without regard as to the possibility of causing harm to others. It is only by being consciously aware of the unity of all and the interlinking relationships among all that we can act for the benefit of all, and not just for our self. Again, many people, caught in the struggle for living, cannot see anything besides



Instilling Spiritual Principles - continued

doing things for self-aggrandizement. They question: How can I think of others when my family and I are in need? Cosmic consciousness would resolve this question, as the perception of family evolves from one's immediate surroundings to the world and then the universe. However, many people are still rooted in tribal and national consciousness. The power of new communication technologies can be used effectively to diminish the distances between peoples and their feelings of isolation.

3. Cause and Effect

This is a concept that is true in science as well as in spirituality. To every action there is a reaction. In Christianity, it has been expressed as "reap what you sow," in Buddhism it has been understood as karma. The underlying premise is that we are all responsible for our own lives. Unlike science, however, the exact relationship between a specific act and its consequences are not as clear. Example: If we attack a belligerent country now, will a future attack from them be averted? Or: If we don't attack them, they won't attack us. Which of the above two are correct?

This is closely related to the "returning good for evil" concept, except that in the case of spirituality, as opposed to the physical laws, even evil can beget good. If spiritual principles were exactly akin to the physical laws, evil would always beget evil, and only goodness would beget goodness. It is the marvel of spirituality that evil can be converted to goodness. The exact dynamics of how this works must be explained to everyone.

The above spiritual principles, if implemented on a personal level and also on the governmental level, can make the world a more peaceful and harmonious place to live.

However, they have not been implemented on any large scale because they are not clearly understood by most of the planet's population. It may be that even most of the world's highly touted wise men and spiritual leaders do not fully understand these principles when it comes to applying them to real life situations on a global scale. This must change.

We have enough leaders that talk. We need more leaders that can lead by example. The principles of conflict resolution by non-violence cannot be merely talked about for it to be accepted. The people need to see it done. They need to see leaders who are willing to lay down their lives for their principles. Jesus did it, so did Gandhi.

And we need to create an atmosphere and perception that touts the many positive aspects of spirituality. Spirituality is dynamic, adventurous, vigorous, creative, powerful and action oriented as well as loving, beautiful, sublime and harmonious. The image of spirituality as wispy, ethereal, nebulous, ineffective and unrealistic must be discarded.

It is wonderful that there is an upsurge in the public consciousness as exemplified by the New Age movement that has brought a new perception to spirituality. My praise and thanks go out to the many authors and speakers who are trying

to upstep mankind's spiritual consciousness. I believe they are on the right path, that the way to spiritize the world is by spiritizing each person. For this purpose, I strongly feel that there should be more public forums on spirituality, seminars, gatherings, presentations, workshops and retreats. If we can make spirituality a dynamic sub-culture where people can discuss and come to an understanding of spiritual principles, it would go a long way towards implementing those principles on a planetary scale.

I see three things that must be accomplished:

1. The world's spiritually enlightened men and women must come together and reach an agreement on the highest spiritual principles to endorse and to apply. Those principles must be realistic enough to be applied in daily life by the common person. The principles must not just be intellectually sound, but also emotionally acceptable, physically do-able and spiritually fragrant. The most important thing is that it must be applicable to those existing problems that plague the world, such as war, corruption, environmental degradation and starvation. The principles and the actions that follow must be do-able, not just by the spiritual leaders but also by the masses.
2. Our true spiritual leaders must take the initiative to hold public forums and discussions on those spiritual principles so that people can achieve an understanding that transcends nationalism and denominations. Even beyond that, they must initiate and organize spiritual activism. Political activism is fairly common nowadays. Spiritual activism is almost non-existent. What is spiritual activism? Many of our great spiritual leaders such as Jesus, Gandhi, Martin Luther King, Jr. and Gautama Siddhartha can be considered spiritual activists. Although some of them also got into secular politics, nonetheless, they focused on the spiritual upliftment of mankind. A spiritual activist would question the stale beliefs of existing religious thought and act on newer and higher concepts.
3. Although our leaders in the fields of sports, the arts, education, politics, and religion have been less than inspiring, they still hold much power to sway the public through the influence of mass media. I think it is crucial that our spiritual leaders talk to them on the deepest level. These public figures must be made to realize that their conduct impacts the world. Not just the world as it is now, but by influencing children, they impact the future of our planet. One to one conversations and discussions, held on a regular basis between those public figures and well-known personalities that live spiritual values could go a long way towards having celebrities that embody high spiritual values. Our true spiritual leaders must take the initiative to reach out to our celebrities and public personalities.

It is a long and uphill journey, but one that must be taken. It starts with each one of us. The adventure lies in its challenge, the fulfillment lies in every upliftment. ■

“There is No Separation”

Know that you live in God and God lives in you; there is no outside, and there is nowhere where God is not. There you are safe at all times in every place, when the Truth is truly known.

Oh, could I make you understand that it is God who is living in you and through you—the Father Himself. His Consciousness, His Life, His Intelligence; and in His Wisdom He is continually expressing Himself in and through you. If you will but realize this wonderful Truth you will know that there is no place where He is not; He is omnipresent, He is everywhere; and wherever you are, so is He.

* * * * *

You are because God is. There is no separation because there is no outside of God. There is no division in God.

You have become individuals because the Father has individualized Himself in you; thus you reveal the Life of the Father.

Where you are at the moment is because God is where you are, and no one else can fill your place in the perfect cosmic scheme.

* * * * *

You do not live alone. You think that you live by yourself, but that is an illusion of the senses. There is no division in life, there is no separation between any one of us.

If the consciousness in you was in any way separate from the Infinite Consciousness, then the Infinite could not be infinite. If you, a living being upon Earth, were separate from God, then God could not be infinite. Now you see clearly that you cannot live alone and that there is no separation anywhere.

* * * * *

The Spirit, the unseen, is the animating power and brings all form into being. Spirit makes things by becoming the things It makes. Spirit is complete in itself. Spirit is all, and all is Spirit.

One part of the Spirit cannot be separated from another; the spirit manifesting is not separated from Spirit unmanifest. The Life in you is in no way separated from the Life of God.

(Passages from *Divine Healing of Mind and Body*)

Mission Statement

“To support one another in facilitating and enhancing the individual’s relationship with the indwelling spirit through the retreat experience, that all may be better equipped to serve the family of humankind.”

Retreat Network Access

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E-mail: spiritualretreatnetwork1@comcast.net

(Jeanette Schafer, newsletter editor)

(All the articles express the opinions of their individual authors and do not necessarily reflect the views of the Spiritual Retreat Network.)

Notice from the Editor:

After 12 years of service to this network I am ready to make a change. I am looking for someone to take over my position as editor of the network’s newsletter; someone who will continue the mission to foster the “divine journey within.”

If you are interested or know of someone who would qualify for this position, please contact me at jeanetts@comcast.net or by phone (541)754-0385.

Thank you!!!
Jeanette Schafer

