



Fall|Winter 2024 Newsletter

Paul Brunton Philosophic Foundation

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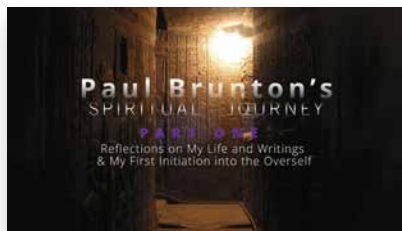
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Paul Brunton's Spiritual Journey: My Initiations into the Overself

"Before I reached the threshold of manhood and after six months of unwavering daily practice of meditation and eighteen months of burning aspiration for the Spiritual Self, I underwent a series of mystical ecstasies. During them I attained a kind of elementary consciousness of it."



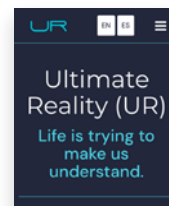
If you haven't watched it already, this three-part YouTube video series is invitingly read by Doug Robinson and beautifully illustrated by PBPF Board Member, Beverly Bennett. PB candidly reveals the ups and downs of his early efforts and later successes to develop spiritually. His recounting of the methods he used to stabilize his consciousness of the Overself are invaluable.

[Living as Overself Series 3 — on YouTube • at PaulBrunton.org](#)

Ultimate Reality Study Guide

"Life is not trying to make people either happy or unhappy. It is trying to make them understand. Their happiness or unhappiness come as by-products of their success or failure in understanding." —Paul Brunton

So begins this new PB study guide—an independent effort by J. D. Arimathea, a Spanish student of PB's teachings. JD has done an impressive amount of work to create this presentation in both an English and a Spanish language editions. His website: <https://www.web-ur.com> offers a well-organized overview of PB's teachings.



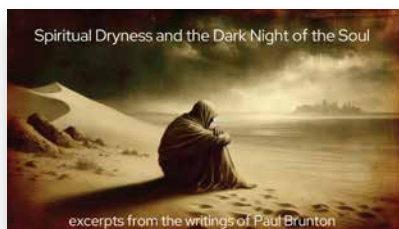
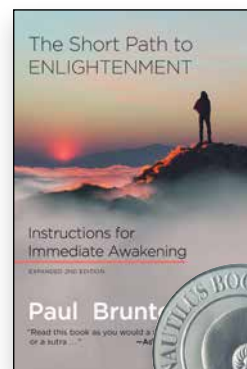
2024 Nautilus Book Award Silver Winner for Religion|Spirituality of Eastern Thought

The Short Path to Enlightenment: Instructions for Immediate Awakening
Many publishers compete for this prestigious award. We are pleased that the Nautilus organization recognized the value of PB's Short Path teachings.

"The Short Path to Enlightenment was my introduction to this great sage. The passages are so profound that I often lose track of time, just sitting with one of them. Cannot recommend PB's books and practices enough."

—Dr. Kavitha M. Chinnaiyan

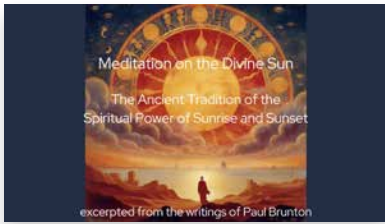
[Available at PaulBrunton.org](#)



Spiritual Dryness and Dark Night of the Soul

Almost all spiritual seekers experience dryness in their practice from time to time. In this video, Paul Brunton explains the role and purpose of these dark times, and the significance of the various levels of what is often called "The Dark Night of the Soul."

[Spiritual Dryness and Dark Night of the Soul — on YouTube • at PaulBrunton.org](#)



Meditation on the Divine Sun: The Spiritual Power of Sunrise and Sunset

As spiritual adepts throughout the ages know, sunrise and sunset offer an opening to higher states and helpful energies. In this video, Paul Brunton offers a short step-by-step practice tailored to take fullest advantage of these daily mystical opportunities.

Meditation on the Divine Sun— on YouTube • at PaulBrunton.org

Quest Video Series #4: Paul Brunton Explains the World's Perennial Wisdom

When completed, this series of in-depth teachings will include at least these twelve presentations:

What I Mean by Philosophy

Defining Philosophy as a Way of Spiritual Realization

Living as Overself: The True Philosophers

Introduction to Paul Brunton's Metaphysics

Metaphysical Enquiry as a Spiritual Practice

Mentalism: Key to the Spiritual World

Mentalism: Mind—Not Matter—Is Real

Mind Alone Is

World-Mind

In God's Image: The Overself

The Birth of the Universe

The Evolution of Consciousness: The Grand Purpose of Life



Quest Video Series #4— on YouTube • at PaulBrunton.org

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

Tom Marino,
Board Chair and President

Jeff Cox,
Outreach Committee

Can you help us with our many projects?

PaulBrunton.org/donate/ offers information on a number of projects that you could help us accomplish:

- ➡ The Digital Archive Project
- ➡ The Prison Project
- ➡ The publication of new books
- ➡ Keeping *The Notebooks of Paul Brunton* in print
- ➡ The Gift Book Project

The PBPf is registered as a 501-C-3 not-for-profit organization. All donations in the United States are tax exempt.

You can read more about our projects here: [paulbrunton.org/donate/](https://www.paulbrunton.org/donate/). Our Board Members and others volunteer their time to these projects. Thank you kindly for your support.

Check out the PBPf Projects page for more information: <https://www.paulbrunton.org/about-us/projects/>