

# PATHWORDS

Ancient Wisdom in a Modern Way

SEPTEMBER/OCTOBER 2011

VOLUME 19, ISSUE 5

# Pacific Coast Church

Pray to the Lord that He will give you strength to oppose that which is in mind that would keep you from seeing the light behind the mind, and experience that which is beyond the mind.

Eknath Easwaran

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As modern Californians most of us pay attention to what we eat. We are fortunate to have fresh organic produce just about everywhere here and rich grains, etc. Our bodies are well cared for. But do we pay attention to what we feed the mind? The mind needs nutrition just as much as the physical body. Because the mind is subtler than the body, we can expect that feeding it correctly will also be subtler. The mind exists totally on ideas. When we are young you can actually see our hunger for ideas. I often have young people in their twenties or thirties staying at my house that go to the local institute. They crave new, fresh ideas in the same way we crave a healthy meal. Engage them in a relevant conversation and their eyes light up and a whole new side of their personality appears. The world to them is a feast of sensation and thoughts.

Now the mind will feed itself on its previous ideas if it is not getting anything new to digest. The ancient Jews said that the mind is like a cow, which has several stomachs, and it will regurgitate old partially digested thought to review it and perhaps use it in a present situation. (An architect may use a structural theme in more than one building.) But as we grow older the diet for the mind often lacks really nutritional concepts and becomes quite fixed on certain opinions and memories. Chewing the cud of past ideas becomes less and less valuable. For some people this also means physical digestion

begins to suffer.

Bottom line, we actually have to pay attention to our mind's diet as we age because our environment, both cultural and intellectual, usually deteriorates into watching the network news or reading a magazine, which are filled with others' opinions. So what have you done to help your mind become interested in the life around you recently? This is not an easy question to answer for most since our habit is to develop a subconscious attitude about life that sounds something like – 'I know what life is and everything and everyone in it. There is no need to study it anymore.' This means the mind begins to die.

In reality we are surrounded by a mystical medium of consciousness that is quite capable of becoming fresh and inspiring every moment. But if we inwardly believe that it won't or that we are bored by it, then we won't see its real nature. Hence, God can seem to hide from us because it *is* done unto us as we believe.

Every year in September we start a new academic year in our church. This is because we want minds that are alive and well, not mulling over old opinions. Our core courses are de-



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*"Good and more good is mine.  
There is no limit to the good that is mine.  
Everywhere I go I see this good,  
I feel it, I experience it. It presses itself  
against me, flows through me, expresses  
itself in me, and multiplies itself around me."*

*Ernest Holmes*

*PATHWORDS* is the Bi-Monthly newsletter of Pacific Coast Church and is edited by Dr. Bill Little, Rev. Cathy J. Cole and Rev. David G. Hayward. Contributions come from our members and friends to delight and inform our spiritual community.

*(Continued from page 1)*

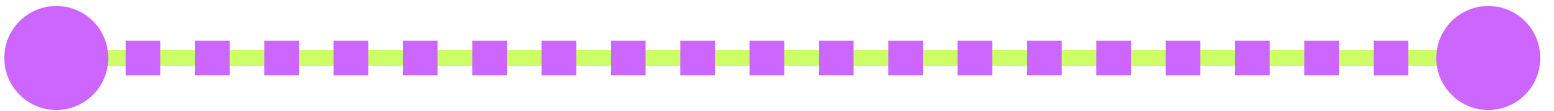
signed to be very practical and meet challenges of daily life with spiritual truth, so we can actually see God in each moment. Now that's not boring. They also introduce us to the great thinkers of the past who laid the foundation of modern metaphysical philosophy, not so we will parrot them, but so that we will be inspired to tap the same source they used for our unique experience. It is amazing how relevant we can make Ralph Waldo Emerson. Under the guidance of a teacher we allow ourselves to be moved into practicing what we already know. Then the final stage of the mind's digestive process also occurs, which is assimilation and expression. So many of us

are like athletes who 'carb up' for a race but never run it. Ideas need to find expression. God wants to experience Itself through us.

Please read our course offerings for the Fall and make the decision to put your mind on a 'truth diet.' It will thank you.

With great love,

Bill



# Junior Church

**Catch the Excitement!**  
**Every Sunday at 10 a.m. with Brooke Cole and Janie Lundy**

We have been offered a Great opportunity in Jr. Church this Season!!! In exchange for our participation and feedback, we have been gifted with the New Science of Mind Young Masters Wisdom Curriculum. In this way we will help to create and develop this Science of Mind Curriculum for future generations and to further benefit the World in total!!! Filled with so many fun and educational activities, treatments and projects we are devoting a whole month to each chapter so we can be sure to have immersed ourselves in the full 'rasa' of each subject. August is the month of Imagination. Critical to the concept of Science of Mind is our ability to imagine. Our imagination shapes our world and provides a built in compass for our own personal evolution. This is the month the children are free to explore the heights of their imaginations!

As the end of August approaches our Loose Change Drive will come to a close... but that's not all folks... here is where the fun begins...the children have decided, with the blessing of the Outreach committee, to make their own doggie cookies and bring them to the animals in various shelters in our community, the remainder of the funds will be distributed equally across the three main Shelters in the county to show our appreciation and support of their work ( Humane Society, SPCA, Animal Friends Rescue). We will be organizing off-site meetings for these activities so if you and /or your child are interested please add your name and contact info to the clipboard list on the Outreach Committee table. This is a great opportunity for us all to give back in a way that honors and nurtures the whole community so feel free to come and join in!!!

Love — Brooke

## Cosmic Play and Homo Ludens

By Kristen Cozad and Stuart Brown

I love the story the great cultural creative, Sir Ken Robinson, tells about a little girl drawing a picture at school. The teacher walks by the little girl's desk to see her work and asks, "What are you making?" The little girl replies, "I'm drawing a picture of God." The teacher, startled, exclaims to the little girl "But no one knows what God looks like!" The little girl replies with a confident chirp, "They will when I'm done!"

Play is the essential creative force of the Universe. And it is ours as well.

Play is a state of being whereby the one attunes with the other with no purpose in mind, and miraculously, something greater emerges. From a cosmological perspective, play begins as Shakti dances around Shiva, and all of creation comes forth through the play of consciousness. At the human level, play begins when mother and child lock eyes and coo and babble with one another.

While many want to define play, play playfully defies definition. What is play for me may be regarded as sheer terror by you. And not all play is active. Yet humans from all around the world recognize play when they see it. Who can resist the engaging play of a puppy or ignore a baby's radiant smile?

Despite the pervasive work ethic and cultural messaging to "grind it out" and "get 'er done", play is not trivial or wasted, unproductive time. Have you ever noticed that the "aha" moments in life, the times you put the pieces together and achieved a leap in understanding, happened when you stopped working at it and simply opened up to engage in some pleasurable, playful activity?

Play neuroscience now shows that play emerges from the ancient reptilian brain stem as a survival drive. Nature embedded play into our biology to spur innovation, build and engage community, resolve conflict, increase emotional self-regulation and resiliency, and more.

Play is a "state of being" that is purposeless and self-sustaining, and promotes curiosity and exploration. Play provides a means to express innate talents and leads to their greater mastery. Intrinsic talents are revealed early on by the natural choice of play styles, and the incorporation of these talents for the good of the tribe (society) is part of the human social survival heritage.

**Play is what connects us with ourselves and with one another, and what engages us most with life and our own vitality.**

Play is what connects us with ourselves and with one another, and what engages us most with life and our own vitality. To trivialize or suppress play is to deny the intrinsic life force within each of us, the wisdom of creative knowledge.

This play behavior innate in each of us is very different from the extrinsically derived behavior inculcated by much of contemporary American culture. Such extrinsically derived behavior comes from scripted toys, commercially-driven media, computer and video games, teaching to the test/recall-based learning (e.g., No Child Left Behind), and more. Excess extrinsic motivation breeds excess conformity or rebellion, as evidenced by the over-organized kid and the creatively/play suppressed adult. At age 21 such externally derived behaviors may look good and fit culturally sanctioned goals, but such behaviors far too often lead to depressed depersonalization by age 40.

*(Continued on page 5)*

One of the greatest contributions of Play Science to-date is the linkage between the suppression of play and its consequences. Consequences of play deprivation include negative and anti-social compensatory behaviors such as depression, addiction disorders, compulsions, obesity, rigidity in thinking and behavior (including dogmatic and fanatical behaviors), bullying and domination and violent tendencies. According to a recent article in *The Atlantic*, we are in the midst of a creativity crisis: eighty-five percent of companies searching for creative talent cannot find it.

Often we feel our lives driven by security and responsibility, or that every moment needs to be productive with a specific, purposeful outcome. And yet the paradox of being human is that we become more responsible, more empathic, more creatively productive by honoring our play nature.

As necessary to well-being as a good night's sleep or diet and exercise, the positive play-based implications for innovation and increasing entrepreneurial creativity offer "stuck" individuals and gridlocked institutions and corporations avenues of economic relief and re-creation.

Humans are the most playful of all animals, and it is no coincidence we are the most intelligent. We now

have the objective science that indicates humans are not only designed to play for a lifetime, but that we are "built to play and are built through play."

In the final analysis, we live in a playful, paradoxical world. Profound questions such as: "Wave or particle, and who decides?" or "Are we awake in God's dream?" can drive a person crazy. Play is the only way to hold the great paradoxes within us and use them to transmute us to higher levels of knowing and behaving.

Yes, we are in the midst of great global upheaval and uncertainty. Instead of working harder and longer in the same way hoping for different results, perhaps the Universe is simply calling upon humanity to attune itself and play?

Perhaps only through play, like the little artist in the story, can we recognize God.

By Kristen Cozad and Stuart Brown

*(Kristen serves as Director of Development of the National Institute for Play and she and her partner Stuart Brown, President of NIFP, write, travel and present on Play Science. [www.nifplay.org](http://www.nifplay.org))*

Meditate on the Self, which is eternal. No matter how many doubts you may have, the Self does not have any doubts. No matter how many negativities you have, the Self is never tired. The Self is everywhere and in everything. If you do not know what the truth is, then meditate on a flower, meditate on a particle of dust, meditate on a spark, meditate on a leaf, meditate on one of the designs in the carpet, meditate on anything and it will take you through.

Gurumayi Chidvilasananda



## *New Classes and Workshops at PCC*

### **Vein of Gold**

As we take this journey with Rev. Cathy and Julia Cameron to our creative heart, they will guide us through seven Kingdoms: The Kingdom of Story, of Sight, of Sound, of Relationship, of Attitude, of Spirituality and of Possibility. This will be a “learning by doing” course which is intended to teach us to process and transform our lives through ACTS of creativity.

If you’ve taken a class using Julia Cameron’s award-winning “Artist’s Way” book then you’ll be familiar with Julia’s work overall. This class is essentially the “Artist’s Way” fully maximized. Although this class takes you much deeper, the rewards are much deeper too! No prerequisites necessary.

**Thurs, Sept 1, 6:30 – 9:00 p.m. 13 week class**

Location: PCC, 522 Central Ave. PG

Instructor: Rev. Cathy J. Cole. 831.596.7467  
cathyjeancole@att.net

Cost: \$160

Book: “The Vein of Gold” by Julia Cameron.  
Available in the Mindshop

**Limited to 20 attendees – Please sign up early**

### **Bridging Heaven & Earth, Body & Soul, Infinite & Finite**

It can seem so difficult to occupy the boundless, timeless and infinite in this seemingly limited body.

Step out of time, step into presence, and be with all that you are as Janel Willette guides you through transformative movement that weaves the full spectrum of reality while bridging duality so that you can fully presence the boundless and (earth) bound, infinite and finite, microcosm and macrocosm that is within you. This class is primarily experiential, so your reality is how you feel and what you begin to discover within you. And will begin to feel unlimited, free and strong from the inside out.

This is your invitation to live, truly LIVE from your Soul while fully inhabiting your Body.

Your Body is the most sacred gift God has given you...it houses all that your are...your Mind, Emotions, Spirit and Soul ... so if you don’t take good care of your body, where will you live?!

**Sat, Sept 10, 10:00 – 11:30 p.m. 6 week class**

Location: PCC, 522 Central Ave. PG

Instructor: Janel Willette. 831.236.4352 .  
Janel@Synergybyjanel.com

Cost: \$90 in advance \$100 at the door

Book: None

*Classes will meet at PCC and be held both indoors & outdoors as weather permits.*

### **PS100 – Get on the Soul Train!**

Rev. Sandy Leader will teach the foundational course in Science of Mind, working with an exciting new curriculum employing numerous hands-on practices that allow attendees to deeply “grok” the material in a very personal and practical way.

Additionally, students will receive answers to the basic questions regarding Religious Science such as:

- Who was Dr. Ernest Holmes and what inspired him to create this universal and all-embracing approach to spiritual wisdom?
- What is the role of love in our personal and spiritual lives?
- What is my relationship to God?
- What is Treatment and how does it work?
- How can healing ourselves of misperceptions and emotional trauma help heal the planet?

**Mon, Sept 12, 6:30 – 9:00 p.m. 12 week class**

Location: PCC, 522 Central Ave. PG

Instructor: Rev. Sandy Leader. 831.659.5528.  
sandraknl@aol.com

Cost: \$195

Books: “Science of Mind” and “Creative Mind and Success” both by Ernest Holmes. Available in the Mindshop.

*If increased self-empowerment, well-being, joy and a greater sense of involvement in your spiritual community sound like something you’ve been looking for, then this class is the answer.*

## *New Classes and Workshops at PCC*

### **Entering The Tree of Life**

How can we absorb best the insights of the Kabbalah? Through meditation, movement and music, we explore the Level of the Soul and the Four Worlds of the Zohar as they pertain to our lives. We reflect on the journey of the soul and reincarnation in Judaic sources, noting the parallels to theosophical thought. Welcoming the Shekhinah/Divine Feminine into our hearts, we participate in the sacred marriage through ceremony. Traveling through the Sephiroth on the Tree of Life with guided imagery, we learn a new system of healing.

**Mon, Sept 12, 7:00 – 9:00 p.m. 6week class**

Location: PCC, 522 Central Ave. PG

Instructor: Rabbi Leah Novick. 831.626.8556  
rebleah@mbay.net

Cost: \$80

Book: EHYEH A Kabbalah For Tomorrow/A. Green  
6 copies currently available in the Mindshop

### **SOM 200 Spiritual Economics**

“Get it into your consciousness that you live in substance as a fish lives in water.” All the support you need and want dwells within you, in the space between two breaths and two thoughts. All we need to do is to get our mind into that force field and use it for our good.

Eric Butterworth’s book Spiritual Economics is indeed the principle and process of true prosperity, but everything that applies to money also applies to love, opportunity, healing, everything one ever needs or delights in. The question is about where you go in your mind to access this money, security, and peace. Poverty is not healed by money. It is healed by non-material substance. What is it and how do we use it?

This is a class of practical application, where we refine our basic understanding of how Mind and the Law work and our relationship to them. This is where treatment takes on a whole new flavor. We find we get amazing results and experiences on all fronts.

**Tues, Sept 13, 6:30 – 9:00 p.m. 12 week class**

Location: PCC, 522 Central Ave. PG

Instructor: Rev. Dr. Carell Zaehn. 831.277.4588  
drcarell@yahoo.com

Cost: \$195

Book: “Spiritual Economics” by Eric Butterworth.  
Available in the Mindshop

### **Practical Spirituality 300 – The Practitioner Class**

This class is open to students who have successfully completed the basic Year One and Two courses and wish to delve deeper into the philosophy and work it into their daily lives.

Most students who take this class wish to become licensed practitioners. The course is exciting, demanding and life changing. We are, after all, dealing with consciousness and surrendering to the Divine. Undoubtedly some old egoic patterns will persist but can one go wrong under the guidance of Dr. Bill Little?

Dr. Bill will start this year’s class with, “How To Use Science of Mind” by Ernest Holmes. Look forward to other great Meta-physical classics going back to The 19th Century with perhaps Emma Curtis Hopkins and back again to the 21st century with James Sloman and other great authors.

**Thurs, Sept 15, 6:30 – 9:00 p.m. Year Long Class**

Location: PCC, 522 Central Ave. PG

Instructor: Dr. Bill Little 831.372.1930

Cost: \$1,000

Book: “How To Use The Science of Mind” by Ernest Holmes. Available in the Mindshop

## *New Classes and Workshops at PCC*

### **Introduction to Ayurveda**

Ayurveda means "The Science of Life" in Sanskrit and is a system of self-care that people in India have used for more than 5,000 years. Knowledge of Ayurveda empowers us to understand how energy patterns work together to create balance (or imbalance!) of Body, Mind and Spirit according to our own individual constitution.

Students will have fun as they explore their unique constitution in this interactive class!

In this course, students will:

- Explore the doshas (Vata, Pitta, Kapha) and their traits
- Discover your own unique combination of these energy patterns
- Understand their universal attributes as an expression of consciousness
- Learn how to apply them in practical ways to your own life to achieve and maintain your own balance of Body, Mind and Spirit

**Mon, Oct 24, 6:30 – 8:30 p.m. 8 week class**

Location: PCC, 522 Central Ave. PG

Instructor: Rev. Dr. Kim Yalda. 831.375.1467  
kimyalda@comcast.net

Cost: \$108

Book: TBA



**PCC Party!**  
**Veterans Park**  
**Sunday, October 2**  
**After Service around 12 noon**

PCC provides the hot dogs  
 You provide the side dishes  
 and desserts to share

**Don't Miss the Surfing Magician!**  
**You'll be amazed! You'll be delighted!**  
**Fun and games for the whole family.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> Vein of Gold Week #1  Chakras #4	<i>2</i>	<i>3</i>
<i>4</i> Dr. Bill	<i>5</i>	<i>6</i> A Course In Miracles #3	<i>7</i> <b>MIDWEEK SERVICE Treatment Panel</b>	<i>8</i> Vein of Gold #2  Chakras #5	<i>9</i>	<i>10</i> <b>Bridging Heaven &amp; Earth, Body &amp; Soul, Infinite &amp; Finite  Week 1</b>
<i>11</i> Dr. Bill  SSSS with Buddy Comfort	<i>12</i> <b>PS 100 Week 1</b>  <b>Entering the Tree of Life Week 1</b>	<i>13</i> A Course In Miracles #4  <b>Spiritual Economics Week 1</b>	<i>14</i> <b>MIDWEEK SERVICE (Rev. Sreya Zekas)</b>	<i>15</i> Vein of Gold #3  <b>SOM 300 Week #1</b>	<i>16</i>	<i>17</i>  Bridging Heaven & Earth, #2
<i>18</i> Dr. Bill  <b>BOS</b>	<i>19</i> PS 100 #2  Entering the Tree of Life #2	<i>20</i> A Course In Miracles #5  Spiritual Economics #2	<i>21</i> <b>MIDWEEK SERVICE (Rev. Sreya Zekas)</b>	<i>22</i> Vein of Gold #4  SOM 300 #2	<i>23</i>	<i>24</i> Bridging Heaven & Earth, #3  <b>Booked for wedding</b>
<i>25</i> Dr. Bill  <b>Ministers</b>	<i>26</i> PS 100 #3  Entering the Tree of Life #3	<i>27</i> A Course In Miracles #6  Spiritual Economics #3	<i>28</i> <b>MIDWEEK SERVICE (Dr. Bill)</b>	<i>29</i> Vein of Gold #5  SOM 300 #3	<i>30</i>	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Bridging Heaven & Earth, #4
Dr. Bill <b>Party In Veterans Park!</b>	<b>3</b> PS 100 week #4  Entering the Tree of Life #4	<b>4</b> A Course In Miracles #7  Spiritual Economics #4	<b>5</b> <b>MIDWEEK SERVICE Treatment Panel</b>	<b>6</b> Vein of Gold #6  SOM 300 #4	<b>7</b>	<b>8</b> Bridging Heaven & Earth, #5
Dr. Bill SSS with Rev Bari—1000 Names of God	<b>10</b> PS 100 week #5  Entering the Tree of Life #5	<b>11</b> A Course In Miracles #8  Spiritual Economics #5	<b>12</b> <b>MIDWEEK SERVICE (Rev. Andrea Fuller)</b>	<b>13</b> Vein of Gold #7  SOM 300 #5	<b>14</b>	<b>15</b> Bridging Heaven & Earth, #6
<b>16</b> Dr. Bill BOS	<b>17</b> PS 100 week #6  Entering the Tree of Life #6	<b>18</b> A Course In Miracles #9  Spiritual Economics #6	<b>19</b> <b>MIDWEEK SERVICE (Rev. Andrea Fuller)</b>	<b>20</b> Vein of Gold #8  SOM 300 #6	<b>21</b>	<b>22</b>
<b>23</b> Dr. Bill Ministers	<b>24</b> PS 100 week #7  <b>Ayurveda Part–One Week 1</b>	<b>25</b> A Course In Miracles #10  Spiritual Economics #7	<b>26</b> <b>MIDWEEK SERVICE (Dr. Bill)</b>	<b>27</b> Vein of Gold #9  SOM 300 #7	<b>28</b>	<b>29</b>
<b>30</b> Dr. Bill	<b>31</b> PS 100 week #8  Ayurveda Part–One #2					

# Pacific Coast Church

## Sunday's at PCC

Sunday Service	10:00 A.M.
Junior Church	10:00 A.M.
Chanting & Meditation	8:45 - 9:30 A.M.
Circle Group	11:30 A.M. - 12:15 P.M.

## Wednesday Evening

Midweek Service	6:00 P.M.
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## Other Activities

Youth Group	Please call Rev. Sreya Zekas 831.643.0192
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## THE MINDSHOP METAPHYSICAL BOOKS & GIFTS

831.372.2971

Monday	12-5 p.m.
Tuesday	12-7:00 p.m.
Wednesday	Closed
Thursday	12-7:00 p.m.
Friday	12-5 p.m.
Saturday	12-5 p.m.
Sunday	9:30 a.m.-1 p.m

Email: [Mindshop@pacificcoastchurchpg.org](mailto:Mindshop@pacificcoastchurchpg.org)

## **Wednesday Evening Midweek Service**

Sept 7:	Treatment Panel	Oct 5:	Treatment Panel
Sept 14:	Rev. Sreya Zekas	Oct 12:	Rev.
Sept 21:	Rev. Sreya Zekas	Oct 19:	Rev.
Sept 28:	Dr. Bill	Oct 26:	Dr. Bill

## **September Topics**

September 4: Great Teachers – Dr. Ernest Holmes  
September 11: How To Use Science of Mind  
September 18: Great Teachers – Dr. Deepak Chopra  
September 25: How To Use the Quantum Field

## **October Topics**

October 2: The Tree of Life  
October 9: MahaSaraswati  
October 16: The Cave of the Heart  
October 23: Less Is More  
October 30: Courage

## **Second Sunday Spirit Sing at Six!**

The second Sunday of every month 6:00 - 7:30 p.m. Love offering.

September 11: Buddy Comfort  
October 9: Rev. Bari Roberts — Chanting Amma's 1000 names of God

*Come to lift the spirit, open your heart and find/expand your natural, God-infused voice!*