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By TrueSight Church | September 6, 2023

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From the Editor

Dear Readers,

Welcome to the first online version of the TrueSight Journal!

There have been lots of changes over the past six months, including a change of the Board of Directors of TrueSight Church, a change in frequency and venue of the TrueSight Journal, offering public classes on esoteric material, overhauling membership status, fees and access (both online and offline), a new chatroom, a new message board and the acquisition of TrueSight Ranch in southern Colorado. Many of these changes are visible on the website. We are very excited about all of this activity and hope you will be inspired to contribute and share your considerable intelligence and energy as co-creators of a vision that will be of benefit for generations to come.

With all the changes, I find I am inspired to bring TrueSight teachings into public view. In many ways, it is an experiment. But these teachings are precious and very powerful, and I don't want them to become lost in the mists of time or subsumed by something else; they stand on their own merit and carry the Living Spirit of the ancient lineage of gnostics. Thus you will find that the emphasis in this Journal is on the rich and varied path of TrueSight.

TrueSight Journal will be published four times per year, at each of the solstices and equinoxes, and the subscription rate has been lowered to reflect this reduced frequency (only \$12 per year). We invite each of you to participate in the Journal, contributing writings, poetry, letters, art, stories, announcements or whatever you'd like to share.

Some of the ancient history of the TrueSight lineage is posted on the website, and I thought you might like to have some of the more recent history. It helps to put things in perspective and have a practical, grounded basis for your practice and efforts to live a good life that is beneficial to yourself, others and the world. Some of you asked questions that didn't get answered in chat or email and might be of interest to others, so I hope you'll find some answers in the articles. Maybe it will provoke more questions! But that's the fun part. 😊

I look forward to receiving your feedback, ideas and suggestions.

With love to you all,

Cynthia Kennedy-McLoughlin
 Editor, TrueSight Journal
 Lineage Holder, TrueSight Church
truesight@comcast.net

Events this quarter:

- Keys to the Kingdom class –
Sundays
- TrueSight class; Denver –
September 20th
- Autumn Equinox – September 22nd
- Halloween – October 31st
- All Saints Day – November 1st
- Thanksgiving – November 25th

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TrueSight History – William Foos

William Aubrey Foos was a railroad worker and gnostic minister, who had been trained from childhood to see the Bible as a manual for spiritual practice and wakeful daily living. For him, stories of the miraculous were more than affirmations of the godliness of Jesus the Christ; they were pointing-out instructions for not only what was possible in each of us but also how to do it. He took quite literally the injunction, “These things I do ye shall also do and more besides”. Thus in the early 1950s, he was inspired to follow in Jesus’ footsteps and teach the blind to see.

His experiments began with sighted people who were blindfolded, and he introduced it as a parlor game. He started with children because they are more open than adults, and had remarkable success with his niece, Joanne Ostergren. Mr. Foos and Joanne offered many demonstrations to friends, neighbors, other congregations – anyone who might be interested in human possibility – and they were generally regarded with skepticism at best and as devil worshippers at worst. Despite this, people were drawn to his work, which Mr. Foos at various times called para-optic vision, extra-retinal vision and his early favorite, eyeless sight.

Mr. Foos’ youngest daughter, Margaret, was not very interested in this activity, being rather more interested in boys and playing with her friends. But one day, a young man she liked started working with her father, and so she joined his experiment. Margaret was phenomenally successful at eyeless sight, and she and her father became famous.

It started in 1957, when Margaret was tested by the U.S. government. You have to remember that this is during the Cold War; WWII was over but the threat of nuclear war hovered over everything. Russia was the absolute enemy and competition for world supremacy motivated almost all political activity and dominated the news. This was the environment that Bill and Margaret Foos entered.

She stunned them.

Though she was obviously gifted and what she could do was obviously useful, the most important thing to the government was that Mr. Foos could teach anyone to do it. And immediately, the implications were apparent: spy agencies, eavesdropping without wiretaps, covert operations and a way to compete with the Russian psychic development program. It was huge. Mr. Foos was awarded a large monetary grant to begin teaching his methods in a new program developed by the U.S. Government that came to be called ‘remote viewing’. And everything was fine until he discovered what else they were doing with it. So he quit.

In 1959, Mr. Foos renamed eyeless sight, “True Sight”, and incorporated True Sight Church in California. He began publishing a quarterly newsletter dedicated to psychic research, and in the early 1960s, Bill Foos and Margaret hit the road, taking True Sight to the people.

They were featured several times on The Art Linkletter Show, “People Are Funny”, and Margaret demonstrated over and over that she could see without the use of her eyes. She was given tests of increasing difficulty, and passed all of them with millions of people as her television audience witnesses. Mr. Foos worked with Dr. J. B. and Louisa Rhine at Duke University’s Parapsychology Lab and their Foundation for Research on the Nature of Man, and created The Ankh Society to foster psychic research and teach people how to expand their minds.

In addition to all of this public activity, Mr. Foos ministered to his congregation and gave select students (some of them quite famous) advanced teachings and practices to awaken and expand their knowing. And at the same time, he continued his own studies; experimenting with language, developing practices, and exercising his gnosis in every way possible to communicate the good news of human potential. In October 1972, on his way to deliver another teaching, William Aubrey Foos died of a massive heart attack.

This very brief history of a good man is offered in tribute and gratitude. Any errors are the Editor’s and corrections will be published immediately.

Bill Foos was born September 28, 1919 in Richmond, Virginia and died October 1972 in Florida. Here follows his pedigree: William Foos, Sr. of Hull, England married Alice Bergan of Baltimore, Maryland. They lived in England and begat William Foos, Jr., who married Martha Merritt and moved to the US. William Jr. died in 1809 after begetting James Foos; who married Sarah Bergan and begat George Washington Foos in 1830. George married Virginia Boulware and begat Louis Hamilton Foos in 1873. Louis married Callie Edmonia Lacy and begat George Howard Foos. George married Sarah Ruth Mitchell about 1912, and begat William Aubrey Foos, one of 7 children. Married Helen Margaret Keyser (first wife), Margie Bevilaqua (second wife), Doris (?) (third wife), Margie Bevilaqua (second wife, fourth marriage), and Mary Ann Huhn (fourth wife, fifth marriage).

Two children by first wife: Helen Margaret, and Barbara Ann; two children by fourth wife: William Aubrey Howard Foos, and David Aubrey Foos. Fourth wife re-married after William’s death to Mr. Murray. Murray adopted one child, who became William A. Murray.

Note: The following [two pages](#) are scans of newspaper articles from 1957 about Bill and Margaret Foos. These are large image files and will load slowly, so please allow time for that to happen. If you cannot read the print in the articles, please send a request to: truesight@comcast.net and the text will be emailed to you.

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By TrueSight Church | September 6, 2023

Newspaper Article by Jack Anderson - Wed Sep 11, 1957



for the text of this article, click [here](#)

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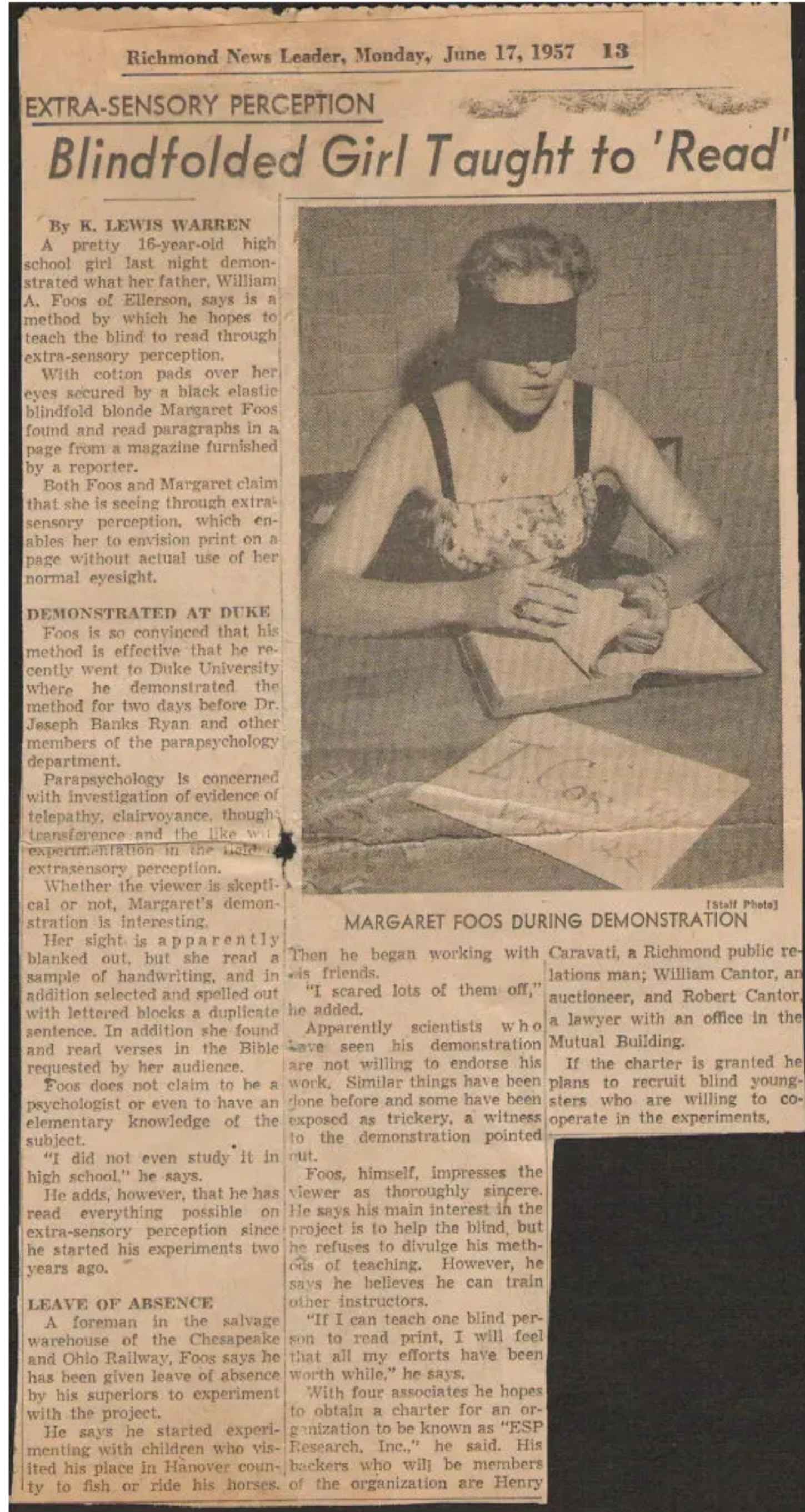
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By TrueSight Church | September 6, 2023

Newspaper Article by K. Lewis Warren - Mon Jun 17, 1957



for the text of this article, click [here](#)

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By TrueSight Church | September 6, 2023

The Path of TrueSight

by Cynthia Kennedy-McLoughlin

A number of people have raised this topic recently, which has produced an interesting challenge for me because it's something that I know in my bones, but it is rarely and not easily talked about. Why is it a challenge? It's because knowing is non-conceptual, and we need concepts in order to communicate. Most of the path of TrueSight is actually about training our minds in order for knowing to flow through it and out into our world. So I appreciate the opportunity provided by these questions to work with the challenge and communicate the process.

So here is the premise – every human being is comprised of elements. We can break these down into various kinds of categories:

- Mind/Body/Spirit
- Intellect/Emotion/Instinct
- Earth/Water/Fire/Air/Space
- Body/Speech/Mind
- Father/Son/Holy Ghost
- Knowing/Thinking/Doing
- And on, and on, and on...

Lots of folks have put lots of time into contemplating and labeling our parts! For the purposes of discussion, we need to actually pick one category of concepts and stick to it long enough to clarify confusion. So for the purposes of this treatise, we'll keep it simple and use the category of Knowing/Thinking /Doing.

Gnosis is knowing, and knowing is. It isn't a thing; it isn't a noun. If it is anything, gnosis is a verb – a dynamic force in the universe with a seed in every being. This seed isn't quite a thing either; it's more like a place where the force resides. And then the seed of gnosis begins to magnetize the elements into a body, sense perceptions and faculties. With these three, development of thinking (which includes emotion) occurs. And once thinking begins, the seed magnetizes situations for doing (which includes speech).

At the core of everything is knowing, which is boundless, powerful and wise. It has no preference or opinion, neither does it justify or explain. Knowing is not subject to time, for it abides timelessly, without beginning or end. And when your doing and your thinking are in harmony with your knowing, knowing flows forth, unimpeded. Many call it the Holy Spirit or God.

The path of TrueSight is the process of learning to live the gnosis.

In the beginning, we learn about knowing – that it is, and especially what it isn't. We train our doings through mindfulness and meditation. We train our thinking through study and self-observation. We cultivate intuition and learn to sense it; we cultivate insight and learn to follow it. The seed grows and takes root. And we have glimpses of gnosis – experiences that inspire us to continue on the path even when it is most difficult.

In the vast middle, we discover what it means to be a warrior. We learn to live honestly, without lying, cheating or stealing. We learn the subtleties of thinking and how it influences doing. We uncover hesitation and fear, and learn to lean into those sharp edges. We learn to break our own hearts. We make friends with death. We invite interaction with others because they push our buttons and mirror back to us what we need, but don't want, to see. We learn to listen because gnosis is in everything. We learn to teach because teaching opens the door to gnosis. Our experience of gnosis grows stronger and deeper as knowing integrates into our thinking and doing, and becomes a way of life. The seed grows and blossoms, and bears fruit that ripens. And finally, using all the keys that we have been given, we step through the gates of the Kingdom of Heaven.

At the end, we discover there is no end.

The Living Spirit of gnosis is us, and we are it. All possibility awaits. Through communion with immutable and immortal gnosis, we realize immortality. And we walk in grace and glory, at the service of life perpetuating itself infinitely.

“In dealing with a situation, the choice is there already....The way to work with that, in making that choice, is not to go according to your sense of comfort but go according to straightforwardness. If there are two choices, one is ahead of you, right in front of you, and the other choice is slightly off-center.

There may be ten or twelve hundred choices, but there is one choice waiting for you on the road. The rest of them are waiting on the side, as sidetracks. It seems that the journey straight ahead is scarier, more frightening. Therefore the other choices waiting on the side become more attractive, like restaurants and drive-in movies on the side of the road. The choice has to be straightforward, based on common sense, basic sanity.

Actually it is transcendental common sense.”

Chogyam Trungpa, Rinpoche
GLIMPSES OF ABHIDHARMA, page
86.

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By TrueSight Church | September 6, 2023

Yakking It Up:

Conversations with E. Yak
(occasionally known as BubbaLee)

Some yakground on BubbaLee...

Finding a path to follow at times is miserable because you can't find one that you like or need. At other times it seems like there are too many choices. Sayings like "when the student is ready, the master appears" always irritated me. It irritates me because it gives no guidance indicating what a student can do to become "ready".

And yet there is some truth to this saying. When I was young, I had a wish. This caused me to put in a lot of effort to read and to talk to people, searching. I found encouraging statements like (John 8:32 KJV) "And ye shall know the truth, and the truth shall make you free" and (Mt 7:7 KJV) "Ask, and it shall be given to you; seek, and it shall be opened unto you".

At the same time, I felt no one I found knew anything. Many good people, but none knowing what I was seeking.

I had a "gnostic" whisper in my ear that he might know someone... I began preparing to meet this someone and they suggested I read Mr. Gurdjieff's and some of his student's works. And so I did and found that Mr. Gurdjieff in "In Search of the Miraculous" by P.D. Ouspensky talked about the idea of magnetic center and that "one's being attracted one's life". Irritating; but not as irritating as "when the student is ready, the master appears".

I ended up tracking down a teacher of the Gurdjieff Work from the Gurdjieff Foundation and studied for several years with her. Magnetic center, a something related to real wish, determines what kind of teachings you find, at least in part.

The Work talks about Self Observation and Self Remembering as being important practices to learn. Fancy "paying attention" and "I am really here now, not off in memory or imagination". Common sense would tell you that paying attention to what you are doing right now will produce the best results! But do we follow our common sense?

Of course, I had to "lose" a lot of my darling self. All the fancy talk about "crucifixion" and "dying to oneself" and "detachment" was fine for everybody else. But after all, had I not spent years building that darling self (more truly an accidental result of my nature plus conditions and circumstances with the all too common long term effect on being of dubious behaviors available for subsequent triggering by unrelated events)?

Trying to produce real change in oneself, by oneself, before one knows anything real about oneself, and of course before one even has a rudimentary map of the component parts of a self, is like trying to jump over one's elbow. Thank goodness I had a teacher that was patient with my ignorance and had some understanding of the fire that drove me to make effort to learn what she had to say.

And so what did I learn from this first stage of my education ?

- It is important to learn how to study oneself.
- It is important to find someone who will help you learn about yourself and teach you how to study yourself.
- Teachings are/have a spirit and that spirit can effect you. If a teaching's spirit has no effect on you - find one that has does. We need to learn how to discern the effects of a teaching so we can learn what is described in 1 Cor 12:10 (Lamsa) "...the means to distinguish the true Spirit...".
- I learned there are methods to transcend/transmute conflicts in one's personality and psychology.
- I learned that the Kingdom of Heaven is real and that the Miraculous is always present and possible.

To be continued in...

More yakground on BubbaLee and
Even more yakground on BubbaLee and
Stop it already with the yakground on BubbaLee

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By TrueSight Church | September 6, 2023

If You've Lost Your Sense of Humor...

A reporter goes to Israel to cover the fighting. She is looking for something emotional and positive and of human interest. Something like the guy in Sarajevo who risked his life to play the cello everyday in the town square.

In Jerusalem, she heard about an old Jew who had been going to the Wailing Wall to pray, twice a day, every day, for a long, long time. So she went to check it out. She goes to the Wailing Wall and there he is! She watches him pray and after about 45 minutes, when he leaves, she approaches him for an interview.

"Rebecca Smith, CNN News. Sir, how long have you been coming to the Wailing Wall and praying?"

"For about 50 years" he said.

"What do you pray for?"

"For peace between the Jews and the Arabs. For all the hatred to stop. For our children to grow up in safety and friendship."

"How do you feel after doing this for 50 years?"

"Like I'm talking to a bloody wall."

The US standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches.

That's an exceedingly odd number.

Why was that gauge used?

Because that's the way they built them in England, and English expatriates built the US Railroads.

Why did the English build them like that?

Because the first rail lines were built by the same people who built the pre-railroad tramways, and that's the gauge they used.

Why did "they" use that gauge then?

Because the people who built the tramways used the same jigs and tools that they used for building wagons, which used that wheel spacing.

Okay! Why did the wagons have that particular odd wheel spacing?

Well, if they tried to use any other spacing, the wagon wheels would break on some of the old, long distance roads in England, because that's the spacing of the wheel ruts.

So who built those old rutted roads?

Imperial Rome built the first long distance roads in Europe (and England) for their legions. The roads have been used ever since.

So the next time you are handed a specification and wonder what horse's ass came up with it, you may be exactly right, because the Imperial Roman war chariots were made just wide enough to accommodate the back ends of two war horses.

Now the twist to the story... When you see a Space Shuttle sitting on its launch pad, there are two big booster rockets attached to the sides of the main fuel tank. These are solid rocket boosters, or SRBs. The SRBs are made by Thiokol at their factory at Utah.

The engineers who designed the SRBs would have preferred to make them a bit fatter, but the SRBs had to be shipped by train from the factory to the launch site. The railroad line from the factory happens to run through a tunnel in the mountains. The SRBs had to fit through that tunnel. The tunnel is slightly wider than the railroad track, and the railroad track, as you now know, is about as wide as two horses' behinds.

So... a major Space Shuttle design feature of what is arguably the world's most advanced transportation system was determined over two thousand years ago by the width of a horse's ass!

...You've Lost Your Way!

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By TrueSight Church | September 6, 2023

Animal Stories

[Dog Drives Off As Owner Watches Hockey](#) – Wed Sep 15, 9:25 PM ET

WHITEHORSE, Yukon Territory – An exuberant dog left in a truck while the owner watched Canada win the World Cup of Hockey managed to throw the vehicle into gear and coast down a city hill.

A man out for a walk called police after seeing the vehicle coast by with a black Labrador retriever behind the wheel.

Police arrived to find the truck in the middle of a road, blocking traffic, with the dog still at the wheel. No one was injured and there was no damage.

Going door to door, police managed to track down the owner.

“Subsequent investigation indicates that the dog was celebrating the Canadian victory in the world hockey game and knocked the truck into gear, causing it to roll down the hill,” Whitehorse Royal Canadian Mounted Police said Wednesday in a firmly tongue-in-cheek news release.

“No word yet on how the dog is doing studying the rules for negotiating the new traffic circle.”

[Acupuncturist Relieves Camel’s Arthritis](#) – Wed Sep 8, 7:16 PM ET

BROOKFIELD, Ill. – Traditional medicine wasn’t working to relieve the arthritis in Jewel’s front legs. Brookfield Zoo chief veterinarian Tom Meehan said keepers had tried everything they could think of to help the aging Bactrian camel’s condition. But in January 2003, a former colleague suggested another, less traditional approach: acupuncture.

The staff saw an improvement in Jewel’s condition a few days after the first treatment.

“I hadn’t seen this camel run for more than two years, she’d gotten so lame,” said Mary Schollhamer, Jewel’s chief keeper. “But when she saw me that morning, she ran all the way to the fence to greet me. I was so moved, I started to cry.”

Dr. Barbara Royal said Tuesday that she treats the 1,600-pound animal every two or three weeks with the same needles that are used on humans.

“You have to be aware of 390 specific points on the body that you use in this treatment whether the patient is a human or an animal,” Royal said.

“Depending on what you are treating, you use 8 to 30 needles in different parts of the body.”

Acupuncture has been used for thousands of years in many parts of Asia, where it’s believed that pricking a patient with stainless steel needles in strategic places helps nerve and circulatory functions. Oriental medicine views disease as a physical expression of imbalances in the body. Acupuncture and other treatments are designed to restore such balances.

Although keepers reward Jewel with a treat every time a needle goes in, she’s not always happy to receive treatment, Schollhamer said.

“Camels can kick in any direction when they’re upset, so Dr. Royal has to be careful around Jewel,” Schollhamer said.

Royal has also worked on Bactrian camels at the Lincoln Park Zoo. She said she knows of no other acupuncturists active in American zoos.

Another good story: [Miracle Worker](#)

[Plan to Evict Bees Sets Home on Fire](#) – Mon Sep 13, 11:43 AM ET

WATERLOO, Iowa – Firefighters had to be called after a plan to evict a swarm of bees went up in smoke. Residents used gasoline to start a fire in hopes of smoking out a hive of bees from under their home Thursday when the house caught on fire, Battalion Chief Virgil Powell said.

Only minor damage was reported and no one was injured.

Firefighters removed the hive by flushing it out with water, Powell said.

“It wasn’t a very good plan.”

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By TrueSight Church | September 6, 2023

News in a Darkening Age

by Cynthia Kennedy-McLoughlin

Since 9/11, I've become something of a news junkie.

I don't watch television, and only have a tv for watching movies. But I have two computers at work and two computers at home, and I find myself checking the latest news sometimes a dozen times per weekday. That probably qualifies me for news-junkiedom.

Both Mr. Foos and Mr. Greenleaf talked about the rapidly approaching dark age. And Chogyam Trungpa talked about the coming dark age at some length. It's a juicy topic; one rife with possibility and drama. But the more relevant elements of the topic have to do with how we recognize an age as dark; specifically, what are the signs and marks of a darkening (or lightening) age? There's an anonymous quote on the website: "An Age is called Dark not because the light fails to shine, but because people refuse to see it." That's a good start.

A fundamental view in TrueSight gnosticism is that the Kingdom of Heaven – wakeful wisdom, warmth and brilliance – permeates existence. It is everywhere, in everything, but we don't see it or experience it. And whatever we have to go through in order to practice and wake up is an example of the challenge that affects everyone. As the world gets more and more speedy, it becomes more and more aggressive. The aggression produces a desire to escape, which produces more speed. And round and round it goes. Just as you can watch a top or coin lose its details during a spin, so the world loses touch with wakeful possibility as it correspondingly speeds up. The process begins fairly gradually, but inertia quickens the pace. I have marveled at man's accomplishments during my grandmother's lifetime; from horse and buggy to a man on the moon. These are wondrous achievements, but they have a price; technological advancement often fosters speed because speed is associated with convenience. And there's the rub.

In my own lifetime of 48 years, I have seen the decline of language, the disintegration of the family unit and the dispersion of community and neighborhood. I actually saw one of them happen on the spot when I was 16 and on the last trick-or-treat of my childhood; the lady who opened her door to seven teenagers looking for candy registered fear at what they might do to her. And I knew at that moment that the tide was turning away from openness and friendliness toward cowardice, avoidance and generally shutting down. If we look at trends over the past 25 years, we can see a slow but steady movement away from community and the protection it affords when everyone is caring for everyone else. For those of us who grew up in a neighborhood that functioned like extended family, this is very painful to observe. And it is one of the marks of a darkening age.

Some of the signs are:

- <> Disintegration of tradition and corresponding loss of culture
- <> Increasing territoriality, protectionism and acquisitiveness
- <> Decline of moral standards and ethos
- <> Increase of ignorance and stupidity
- <> Decrease of tolerance with an increase in rules
- <> Increasing judgment and harsher punishment
- <> Decreasing sensitivity reflected in inspiration (art, music, writing, philosophy, religion)
- <> Increased war, poverty, disease and plagues
- <> Degradation of language and loss of skills
- <> Abusive women
- <> Loss of community
- <> Cannibalism

As you can see from the list above, today's world bears all the marks of a rapidly darkening age. But it isn't all bad news, and it really isn't about whether the news is either good or bad. It's how things are, and we need to learn to relate to that properly.

In any given lifetime, we may be rich or poor, healthy or handicapped, abused or abusive. In the very big picture, that doesn't much matter because no matter where or how we go, there we are. We will work with whatever cards life deals us, and our opinion of it won't be relevant. But in the here and now, we can be aware of collective trends and prepare accordingly; not so much in things or protection, but in our hearts and practice. We do what we can to lighten it up, and practice is a key component to slowing down or even reversing the trend.

This topic is worthy of contemplation because the import of many of the signs in the list may not be immediately obvious. For example, what is the value of tradition or culture? Why is it significant? Why would abusive women be a significant sign? Or cannibalism?

I've been collecting news stories for the past several months; some are funny, some are bizarre, some are repulsive and some are illuminating. But if we unhook from our opinions about how things are and simply relate to them as they are, what shows up in the news can be a valuable tool for insight into what is yet to come and how it may arise.

I'll post the list on the message board and perhaps it will spark some discussion!

In the meantime, go to the next page for a list of interesting headlines. I have the full text for most of the articles; if you want to read them, send an email request to: truesight@comcast.net.

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From the Headlines

94-Year-Old N.H. Woman Seeks Senate Seat
 Aloe May Save Lives on Battlefield, Study Finds
 Al-Qaeda planning major assassination to disrupt US vote
 Analysis: Doctors a Part of Iraq Abuse
 Annual 'Dead Zone' Spreads Across Gulf of Mexico
 Asia Farmers Sucking Continent Dry
 Bill Allows Mixing of Religion, Politics
 Blind Couple in Court Over Guide Dog Waste
 'Bomb' of a Car Has Man Worried
 Boudreaux's Butt Paste Sells Itself
 Chip Implanted in Mexico Judicial Workers
 Church Says Girls' Communion Not Valid
 Coolest Technologies Of Tomorrow
 Cop on Trial for Refusing Homeless Arrest
 Could Space Signal Be Alien Contact?
 Country Tires of Tired Workers Taking Sick Leave
 Court: Light Cigarette Suit Can Proceed
 Deaf Kids in Nicaragua Give Birth to New Language
 DNA Computer Detects, Treats Disease in Test Tube
 Employers Urge Workers to Improve Writing
 European Winters Could Disappear by 2080
 Film Planned on McVeigh's Father
 Floating Free and Queasy
 Group Discovers John the Baptist Cave
 Home Schooling Is on the Rise
 Judge Allows Doctor to Testify About Fetus Pain
 Judge's Ruling May Chill Newsgathering
 Jury Duty? I'll Drink to That!
 Louisiana May Ban Low-Slung Pants
 Man Arrested for Leaving Small Tip
 Man Bets Life Savings, Wins \$270,600
 Man Presumed Dead Calls Daughter at Wake
 Man Tries to Sue Wife for 5-Day Sex Denial
 Mauritania Seeks Aid to Battle Locust Swarms
 Modern Day Noahs Race to Build Wildlife Gene Bank
 Parents Wary of Antidepressants for Kids
 Patients Control Video with Thought Alone in Study
 Prince Charles Fearful Over Nanotechnology-Paper
 Religion Experts Ask How Jesus Would Vote
 Revenge Really Is Sweet – Study
 Saint, Peace Seeker, Hero by Turns
 Scientists Demonstrate Teleportation with Atoms
 Seas Only Hope for World Water Supply, Says Spain
 Seriously Silly UK Losing Patience with Oddballs
 Study Suggests Ovaries Can Be Recharged
 Surgeons Who Play Video Games Err Less
 Talking Tombstones Bear a Message from the Grave
 TB Set to Be Global Scourge Again, Model
 The Pursuit of Happiness
 Toddler TV Habits Tied to Attention Deficit
 U.S. Deletes, Alters Gender Issue Web Data
 U.S. Researchers Invent Antenna for Light
 Web Sites Agree to Be Accessible to Blind
 Women Criticize Vatican Document on Feminism

“Respect for tradition seems to be an important part of the learning process. We can regard tradition as the foundation and stepping-stone for learning rather than something to be rejected. You cannot grow if you cut off your roots. You will become a monster, having no relationship with your environment and no possibility of cooperation with it. Cooperation with one’s background beyond personal trips provides richness and precision rather than pure inventiveness and the glamor of newness or the museum mentality of dwelling in the past.”

From “Transpersonal Cooperation at Naropa,” pages 628-629 in Volume Three of THE COLLECTED WORKS OF CHOGYAM TRUNGPA

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By TrueSight Church | September 6, 2023

Circle of Care

It was posted above the doorway passing out into the world: “Care Fully All Ways”. Caring is at the heart of our practice, and is the practice that opens our heart. It is the dynamic force that engages us with our world and creates our place in the circle of life; when we care for ourselves, we care for others, and when we care for others, we are caring for ourselves.

From talks by Acharya Pema Chodron:

“Tonglen practice is a method for connecting with suffering – ours and that which is all around us – everywhere we go. It is a method for overcoming fear of suffering and for dissolving the tightness of our heart. Primarily it is a method for awakening the compassion that is inherent in all of us, no matter how cruel or cold we might seem to be.

“We begin the practice by taking on the suffering of a person we know to be hurting and who we wish to help. For instance, if you know of a child who is being hurt, you breathe in the wish to take away all the pain and fear of that child. Then, as you breathe out, you send the child happiness, joy or whatever would relieve their pain. This is the core of the practice: breathing in other’s pain so they can be well and have more space to relax and open, and breathing out, sending them relaxation or whatever you feel would bring them relief and happiness.

“People often say that this practice goes against the grain of how we usually hold ourselves together. Truthfully, this practice does go against the grain of wanting things on our own terms, of wanting it to work out for ourselves no matter what happens to the others. The practice dissolves the armor of self-protection we’ve tried so hard to create around ourselves.

“Tonglen can be done for those who are ill, those who are dying or have just died, or for those that are in pain of any kind. It can be done either as a formal meditation practice or right on the spot at any time. For example, if you are out walking and you see someone in pain – right on the spot you can begin to breathe in their pain and send out some relief. Or, more likely, you might see someone in pain and look away because it brings up your fear or anger; it brings up your resistance and confusion. So on the spot you can do tonglen for all the people who are just like you, for everyone who wishes to be compassionate but instead is afraid, for everyone who wishes to be brave but instead is a coward.

“Tonglen reverses the usual logic of avoiding suffering and seeking pleasure and, in the process, we become liberated from a very ancient prison of selfishness. We begin to feel love both for ourselves and others and also we begin to take care of ourselves and others. It awakens our compassion and it also introduces us to a far larger view of reality.

“Rather than beating yourself up, use your own stuckness as a stepping stone to understanding what people are up against all over the world. Breathe in for all of us and breathe out for all of us. Use what seems like poison as medicine. Use your personal suffering as the path to compassion for all beings.

Instructions:

“When you do tonglen on the spot, simply breathe in and breathe out, taking in pain and sending out spaciousness and relief.

“When you do tonglen as a formal meditation practice it has four stages. First rest your mind briefly, for a second or two, in a state of openness or stillness. This stage is opening to basic spaciousness and clarity.

“Second, work with texture. You breathe in a feeling of hot, dark and heavy – a sense of claustrophobia, and you breathe out a feeling of cool, bright and light – a sense of freshness. You breathe in completely through all the pores of your body and you breathe out, radiate out, completely through all the pores of your body. You do this until it feels synchronized with your in and outbreath.

“Third, you work with your personal situation – any painful situation which is real to you. Traditionally you begin by doing tonglen for someone you care about and wish to help. However, if you are stuck, do the practice for the pain you are feeling and simultaneously for all those just like you who feel that kind of suffering. For instance if you are feeling inadequate – you breathe that in for yourself and all the others in the same boat – and you send out confidence or relief in any form you wish.

“Finally make the taking in and sending out larger. If you are doing tonglen for someone you love, extend it out to everyone who is in the same situation. If you are doing tonglen for someone you see on television or on the street, do it for all the others who are in the same boat – make it larger than just one person. If you are doing tonglen for all those who are feeling the anger or fear that you are caught with, maybe that is big enough. But you could go further in all these cases. You could do tonglen for people you consider to be your enemies – those that hurt you or hurt others. Do tonglen for them, thinking of them as having the same confusion and stuckness as your friend or yourself. Breathe in their pain and send them relief. Tonglen can extend indefinitely.”

Please include the following in your Circle of Care this quarter:

Angela Santo – AZ	Laura Angers (Rebekah) – CA
Harvey Dembe – AZ	Lisa Collier – ME
Jesse Hollingsworth – CO	Norma Collier – CO
JoAnn Ludwig – OH	Oscar Litke – FL
Kat & Steven Purcell – Unknown	Trudi Dembe – AZ

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By TrueSight Church | September 6, 2023

The Story of TrueSight Ranch

by Cynthia Kennedy-McLoughlin

TrueSight lineage holders have a vision of community. It isn't exactly the same vision, but that each of us has it is one of our commonalities. Back in the mid-80s, I had a vision that lasted three days. During that time, I explored an unfolding vision of community from times of prosperity through hell on earth. It was during those darkest times that I saw the real meaning of community as a refuge from terror and insanity. That vision has been with me ever since.

Several people have asked me to tell the story of how TrueSight Ranch came together so quickly. It seems that some presume it must have been planned long in advance and timed just perfectly, so that it all came together with what appeared to be flawless ease. It wasn't anything like that. But it is an excellent example of how the relative world can move in harmony with us – also known as magic.

As part of the ordinary circumstance of living alone on a decent salary, I needed some tax breaks. It had been coming up since June to buy a house or some land, but there hadn't been any sense of vision so the idea had never gone past being just that.

As of Autumn 2003, I didn't have a clue what I was going to do. I only had a sense that I needed to live alone and explore what it was to build the mandala of my life without input from anyone else. I was empowered to teach, but didn't know exactly what or how without stepping on some toes. So I was just by myself; practicing, processing, and contemplating my life and future.

Then in November and December, I had a series of experiences. One of these produced the realization that I had been holding the situation in a kind of box, bound up with all sorts of limitations. Once the box broke, I was free to be a conduit for the lineage in whatever manner worked for the benefit of beings. In and around that realization was a very clear understanding that whatever I chose to do should be something I genuinely enjoyed, thus whoever was attracted to would then also likely enjoy it because the enthusiasm and inspiration are genuine. These two key points, plus insight into practicing openness all the time, opened up a whole new view.

After that happened, I re-visited the idea of buying property, and found a strong and true wish there. I recalled the days traveling between Denver and Arizona, and a particularly lovely vista near Walsenburg, Colorado that made my body sigh with pleasure. I started surfing the internet looking for property in that area. By the end of 2003, I had found a realtor I liked, my search had shifted from the Wet Mountain area farther south to Gardner, and I had narrowed the hundreds of possibilities down to a couple of dozen. I figured no matter what happened with teaching, the land could always be used for my retirement.

In January 2004, I was presented with an opportunity to buy a trailer in Boulder. It seemed possible to buy both the trailer and the land, but I had nagging doubts about the trailer situation because using it as a rental property required deception. Then the stock price hit an all-time high and I sold my stock options. Suddenly, I had the cash to make a dream come true. Now I just had to figure out which dream!

I kept reviewing the properties, trying to refine the list, and finally got it down to eight parcels that I wanted to go and see.

February was a whirlwind. There were numerous communications among the lineage holders, which ultimately resulted in a complete change of the Board of Directors of TrueSight Church. I went to Las Vegas for my nephew's 21st birthday and three days after I got home, houseguests arrived on my doorstep. Three days after that, I accepted formal responsibility for the TrueSight Lineage: Leap Day – February 29th. It was amazing to see how things had twisted and turned and ripened into this completely unexpected situation! It was so strange to suddenly bear the full responsibility for TrueSight, yet at the same time it was a surprisingly light load. Since I didn't have a plan or strategy for how to proceed, I simply continued in the direction I was already going.

The following week (March 6th), we drove down to Gardner to meet the realtor and take a look at the eight parcels on my list. I had learned a lot during my time searching the web, and most land in the area cost about \$860 per acre. Those with any kind of structure were valued \$10,000 higher or more, and most parcels were about 35 acres. The first parcel the realtor wanted to show me was closest to town, had double the acreage, was far more interesting in terms of land and elevation, was by far the best value and, as a bonus, backed up to another 2000+ acres of BLM land. As we got closer to the land, it became clear why; it was extremely remote and didn't have a road. However, as noted in the description on the website, Nature had provided a perfectly good road as long as you were in a 4WD vehicle!

I was quite taken with the first property, especially as we looked at all the others. It had trees, elevation, privacy, cliffs and streams, while the others were flat prairie land without trees, and most of the properties didn't have roads. When we got back to the realtor's office, I asked about putting money down on the property in order to prevent it being sold to someone else while I thought about it. That wasn't an option; it was either put up or shut up. So I made a decision to go for it and gave him \$1500 earnest money. A day later, another potential buyer cropped up saying he had seen the property first, and I was glad I had followed through.

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By TrueSight Church | September 6, 2023

The Story of TrueSight Ranch (continued)

On Monday, March 8th, I called a credit union in Boulder for members of Chogyam Trungpa’s sangha (I met the manager in the summer of 2003, and we got along well). She faxed me the necessary documents and the ball started rolling. She was a gem to work with throughout the entire process and kept everything running smoothly on the financial side. I shared my vision for TrueSight Ranch with her, and she increased the loan amount so I would have money to start building. Everything moved along without any hitches, and we closed on April 1st – only 24 days from start to finish!

During those 24 days, I bought a truck, tools, windows, and basically anything else we might need. We drove down after the closing and explored the land and posted some No Hunting signs. And on April 15th, we started building the first cabin. The rest of the story is (or will be) on the website.

To observers, it might seem miraculous that all this could happen so quickly. But the real miracle is that it doesn’t happen like this all the time. And the main reason it doesn’t is because we prevent it.

Mr. Greenleaf often asked students, “if we want to get from point A to point B, why do we usually end up at point C?” It’s a good question, and the answer is the basic mechanism we call horse or creature. It’s our resistance in the form of doubt, hesitation, fear, lack of trust and anything else that undermines confidence; it is the reflection of our duality and unresolved inner conflicts, and it shows up in our world as our life. So the short answer to the question of TrueSight Ranch is that there really isn’t much of a story. There was only a wish, then a decision, and everything else simply fulfilled that decision.

If you want to experience magic in your life, examine and dissolve your inner conflicts; they are the only thing preventing your ability to see and use the magic completely available to everyone. For when your heart comes forth as your life, the ordinary magic of liberated energy carries your wishes into manifestation.

Jesus said, “If two make peace with each other in this single house, they will say to the mountain, ‘Be moved,’ and it will move.” – Logion 48
Jesus said, “When you make the two one, you shall become sons of man, and when you say, ‘Mountain, be moved,’ it shall be moved.” – Logion 106

Q: What is it like to be a Gnostic?
A: Joy, pain, confidence, light, pain, love, devotion, vulnerability, uncertainty, confidence, pain, joy.

Q: What is a Gnostic?
A: Human, more than human, super-human, human.

Q: What is Gnosis?
A: Gnosis.

Q: How do you find a Gnostic?
A: Look for one who smiles, one who cries, one who loves and lives, one who reaches and grasps, one who walks forward and opens doors. Look for one with heart.

Q: Where does a Gnostic live?
A: In the kingdom of heaven, in the kingdom of earth, in the light, on the edge.

Q: Why am I a Gnostic?
A: Rich Harman – 15 Dec 1985



Deeply rooted in TrueSight tradition, “Keys to the Kingdom” introduces a method for translating the Bible into a practical manual for awakening. During this class, keys are given to unlock the meaning of scriptural words. When used together in translation, the Bible reveals new meaning and practical instruction becomes apparent. Group study facilitates integration of the view, translation method and teachings. The online class is held Sunday evenings in the #enlightenup chatroom on www.starchat.net at 7 PM mountain time.

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By TrueSight Church | September 6, 2023

The "P" Word

(formerly known as "Do It Yourself")

Confession is an ancient practice; well known in Roman Catholicism, but also found in Buddhism, Hinduism and other Eastern traditions. It's said that confession is good for the soul. Why is that?

We've heard jokes about it, especially in the sense of vicarious atonement or absolution; thus permitting any kind of behavior and producing deathbed confessions in those looking for loopholes re karmic retribution or judgment. And we've heard about the dangers of confession because it can cause suffering in those who hear it but are attached to its meaning. So what would be the good in it? What is the principle of confession?

Essentially, confession is the practice of calling oneself on activity that is not in accord with the path of awakening. Since we are completely aware (whether we admit it or not) of all our thoughts, words and deeds, we are able to confess those moments when we know we have strayed from the path. Traditionally, one confesses to a priest, teacher, preceptor or senior disciple of the lineage. But if access to one of these is not possible on the spot, then one confesses to anyone who is objective.

Why? Because we tend to excuse or ignore all of our off-path forays. Like the dieter whose one little cheat results in a binge, our justifications result in cheating and bingeing, plus guilt and rebellion because we actually know the difference. Allowing ourselves to continue this behavior perpetuates hypocrisy and self-deception. The point of the practice is not to beat ourselves up, but to simply bring recognition of the times when we make less wakeful choices into full consciousness and the present moment. Only then can it be seen and acknowledged, which is how it begins to change. This is an essential part of taming, and a further step on the path of integration.

James 5:16

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

1 John 1:8-10

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar, and his word is not in us.

This month, confess your 'sins' to one another in the warmth of fellowship and practice. You may find that it considerably lightens your load!

"When your only reality is illusion, then illusion is reality."

– Star Trek NG (The Joker)

Semantics

Main Entry: **in·te·ger**

Etymology: Latin, adjective, whole, entire — more at ENTIRE

1 : any of the natural numbers, the negatives of these numbers, or zero

2 : a complete entity

Main Entry: **in·te·ger vi·tae sce·le·ris·que pu·rus**

Etymology: Latin

: upright of life and free from wickedness

Main Entry: **in·te·grate**

Inflected Form(s): -grat·ed; -grat·ing

Etymology: Latin integratus, past participle of integrare, from integr-, integer;

1 : to form, coordinate, or blend into a functioning or unified whole : UNITE

2 : to find the integral of (as a function or equation)

3 a : to unite with something else b : to incorporate into a larger unit

4 a : to end the segregation of and bring into equal membership b : to become integrated

Main Entry: **in·teg·ri·ty**

Etymology: Middle English integrite, from Middle French & Latin; Middle

French intégrité, from Latin integritat-, integritas, **from integr-, integer**

entire

1 : firm adherence to a code of especially moral or artistic values :

INCORRUPTIBILITY

2 : an unimpaired condition : SOUNDNESS

3 : the quality or state of being complete or undivided : COMPLETENESS; synonym HONESTY

Main Entry: **in·cor·rupt·ible**

: incapable of corruption: as a : not subject to decay or dissolution b :

incapable of being bribed or morally corrupted

Synonyms INDESTRUCTIBLE, imperishable, incorruptible, inexterminable, inextinguishable, inextirpable, irrefragable, irrefragible, quenchless, undestroyable, unperishable, changeless, immutable, unalterable, unchangeable; deathless, immortal, perpetual, undying; durable, enduring, lasting, permanent; indelible, ineradicable; unextinguishable, unquenchable...

...an excellent description of gnosis!

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