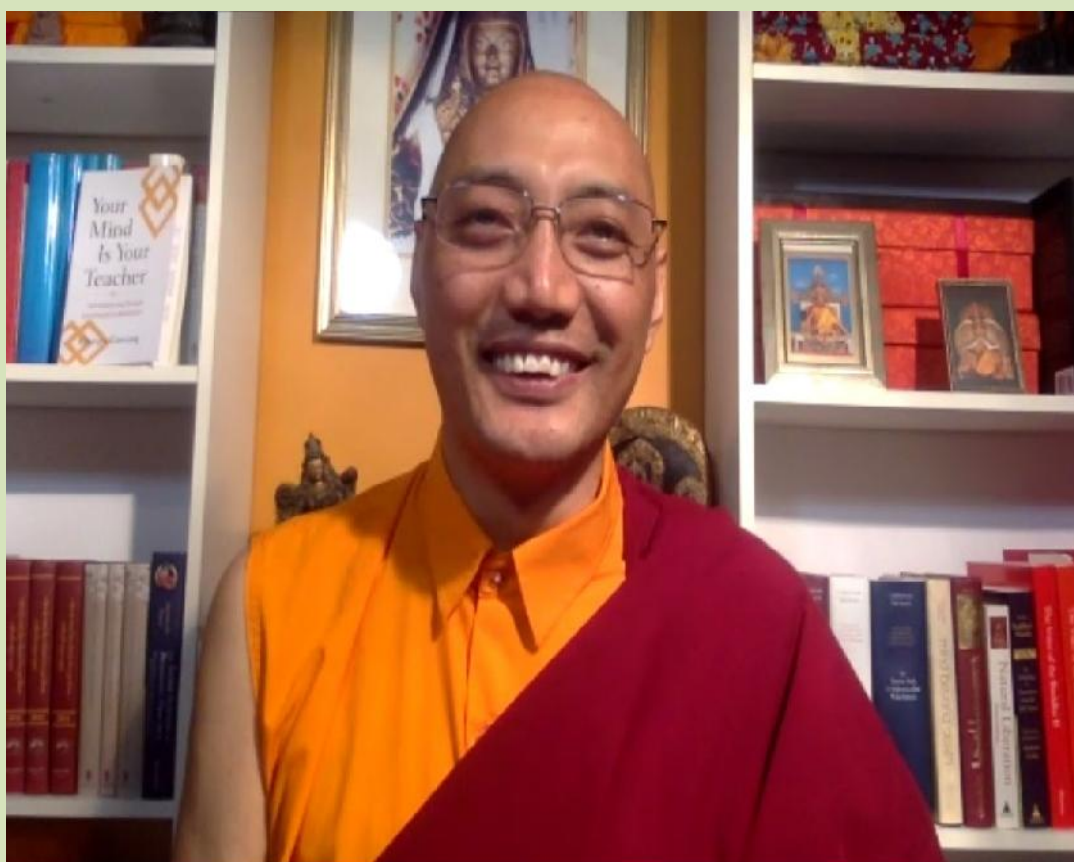


Lightways E-zine

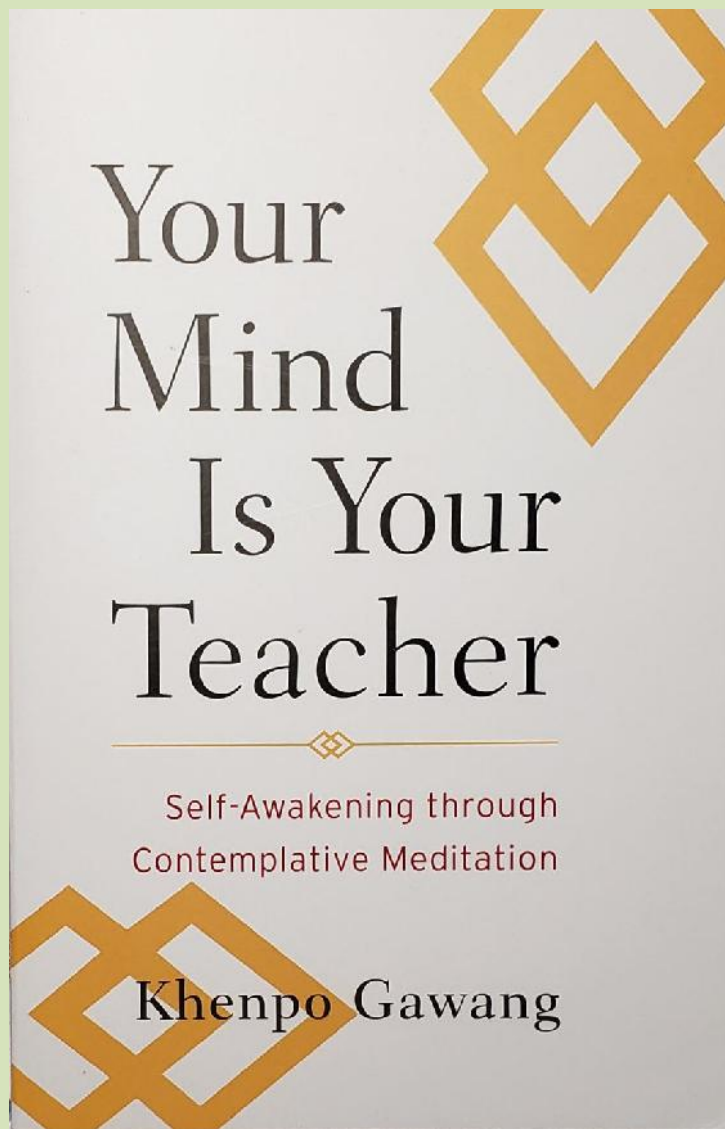
September 2023



Kenpo Gawang Rinpoche

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Mind and Meditation – from a talk by Khenpo Gawang Rinpoche

Most of the time, people ignore the mind. When we are unhappy, grumpy, or whatever emotions are arising, we try to fix the problem by blaming outside circumstances instead of working to handle the mind. We try to fix what is outside. I am saying that trying to fix the outside is not a complete method because many of our problems are related to our mind. In order to bring health and happiness, we have to pay more attention to the mind. Meditation is the technique, and meditation is also medicine for the mind. To keep our body stable and to keep it going, our body has to eat, drink water, sleep, and exercise every day. Similarly, our mind needs the “food” of meditation. We need to meditate every day to cultivate a healthy mind.

When we have a healthy body and a happy mind, then we are a healthy person who can do many great things. That is the benefit of meditation.

Mind is a huge subject in Buddhism because it is the key to making us happy or to making us miserable. The mind is the monarch of speech and body. Wherever our attention goes, then our behavior goes with it. Meditation strengthens our mind. That is what we are doing when we meditate. When we meditate, we notice our faults, or the thoughts that aren't helpful and that bring trouble. We discover that unhelpful part of our mind, and we also see the wisdom part of our mind too. That naturally brings peace and happiness for us. That type of happiness is something we are strengthening in our meditation.

Feature : The Khenpo Gawang Story

At an early age Khenpo Gawang Rinpoche had a strong interest in becoming a monk and studying the Buddhist dharma. When he was 10, Khenpo Gawang entered the Dzogchen Monastery called Marig Munsel (Dispelling the Darkness of Ignorance). At Marig Munsel, Khenpo Gawang learned reading and writing and began his Buddhist studies. He stayed at the monastery until he was 17 when he left to study with Khenpo Karma Tsepten.

Khenpo Karma Tsepten was a true Dzogchen yogi. He lived in retreat at the top of a snow-capped mountain. Khenpo Tsepten never saw a car or modern things. He wore simple clothing and would sit on a yak skin wearing a sheepskin coat. On the days he wanted to give teachings, Khenpo Tsepten would begin at 10 AM teaching a particular text. He would continue the teachings until he was finished even if it snowed. The students, who were sitting outside in the yard, would follow along reading their texts using their clothes to keep the snow off their heads. Life on the high mountain was challenging. The students stayed in very small houses with sometimes four or more living in one small room. Khenpo Gawang studied the Bodhisattvacaryavatara (Entering the Way of the Bodhisattva) with Khenpo Tsepten. After Khenpo Tsepten passed away, Khenpo Gawang stayed on retreat for a few months practicing in a cave blessed by Padmasambhava.

After leaving retreat Khenpo Gawang and two other monks, who had studied with Khenpo Tsepten, talked together and decided they wanted to continue their Buddhist education. They gathered a small amount of money from family members and journeyed to India to the Namdroling shedra (Buddhist university) which was started by His Holiness Penor Rinpoche, then head of the Nyingma lineage of Tibetan Buddhism. The Namdroling shedra is one of the best Buddhist colleges in all of India, Nepal and Bhutan. At Namdrolling Khenpo Gawang continued his studies for nine more years earning degrees in Madhayamaka, Prajnaparamita and Mantrayana.

In April 2006, Khenpo Gawang Rinpoche returned to his home monastery and was formally enthroned as a Khenpo, which is the highest academic degree offered and is equivalent to a PhD, by His Holiness Penor Rinpoche and again assigned to teach in the west.

Khenpo Gawang Rinpoche is the founder and spiritual director of Pema Karpo Meditation Center in Memphis, Tennessee. Rinpoche has been a monk for forty years and formally teaching for twenty-four years. He is the author of *Your Mind Is Your Teacher* (Shambhala Publications) and has co-translated, with Gerry Wiener, 7 Buddhist texts from Tibetan into English which are available through Amazon.

Khenpo Gawang described his coming to America and finding Memphis excerpted from the introduction to his book, *Your Mind Is Your Teacher*.

The nine years I spent studying and living at Namdroling Monastery flew by. The last year I was there, my friend, a Tibetan Rinpoche who lived in the USA, called and invited me to come to America. I had never considered going to the West, and I didn't speak English. My root teacher, His Holiness Penor Rinpoche, called me to his residence and told me he wanted me to go. For four years I traveled with my friend, mainly within Shambhala International. This was helpful to me, as I naturally began to learn about Western culture and Buddhist students.

I still didn't learn much English because I was always planning to go back to Namdroling. I assumed I was going to teach in Tibetan at the Buddhist college there and that my whole life would be immersed in the monastic Tibetan Buddhist world. I had already taught for three years and found I loved it.

In my fourth year, I began to reconsider my assumptions. There were many good teachers at Namdroling and more were being trained. If, instead of returning there, I lived in America, I could be helpful in bringing Buddhism to the West. This change in my view then led to the next question: where should I go? I was invited to visit Memphis, Tennessee, to see if it felt like an auspicious place for me. Meeting sincere students there, I felt it was a good place to establish my Dharma center, Pema Karpo. I enrolled in English classes at a local university and began to hold meditation sessions.

At first, giving just a three-minute talk in English was very difficult. It seemed to take forever to get the words out, but at least we could all meditate together in silence. Today, I can speak for an hour or more in English and the time flies by swiftly.

Finally I had the great opportunity to take the U.S. citizenship exam. I studied very hard to pass the test and learned a lot of American history and law. The principles this country was founded upon are amazing. Because of our First Amendment rights—including freedom of religion and freedom of assembly—people of all faiths, or no religious faith, can come and go freely at Pema Karpo, united in our common wish to practice the Dharma. “Life, liberty, and the pursuit of happiness” could be another way of expressing basic Dharma. We have our human life, we have the liberty to discover our true nature, and we can and should pursue happiness by understanding the true causes of happiness. These are the rights of all sentient beings.

I am glad I decided to stay in the United States. I passed the citizenship test and in July 2012 became a citizen. My path of being helpful to others and my own Dharma practice have grown stronger from this unexpected change in my life. Recently a new student asked me, “Are you happy?” and I could honestly reply, “Yes, I am happy!”

The Nine-fold Exhalation

From *Your Mind Is Your Teacher*

The Nine-fold Exhalation is a deep-breathing exercise to remove any stale air from the lungs and replace it with fresh air. It is helpful upon awakening in the morning or anytime you find yourself tense and holding your breath. Here we are using it to begin the session of Contemplative Meditation.

Begin each breath by making a deep inhalation in a way that is comfortable for you.

1. First breath. Close the right nostril with your right index finger. Exhale through the left nostril in three parts. The first two parts are short, and then at the end of the exhalation an extra push is given so that all the air leaves your lungs.
2. Second breath. Close the left nostril with your left index finger, and breathe out through the right nostril, exhaling in the same way as for breath 1. Be sure to conclude with an extra push at the end of the exhalation.
3. Third breath. Place your palms on your thighs, and do the threefold exhalation once more, this time through both nostrils.

After completing the Ninefold Exhalation, begin a gentle, relaxed, natural rhythm of breathing. Use whichever one of these three methods is comfortable for you:

- * Breathe through both nostrils;
- * Breathe through the slightly opened mouth, with the tip of the tongue lightly touching the upper palate, just behind the top front teeth; or
- * Breathe through both the nostrils and the mouth.

I find it helpful to regularly breathe in gently and deeply with the mouth closed and then breathe out gently and completely through the mouth and nose while relaxing the body. This breathing technique can be done several times during a practice session. It can also be used in daily life to relax and oxygenate the body and relieve stress and worry.

Your erect body posture will ensure that the inner energy channels are straight. When the inner channels are straight, then the breath can flow smoothly, without obstacles, through all the paths of the body. Smooth

breathing in turn ensures a smooth mind, as our breathing process is closely related to our mental state and awareness.

Sometimes there is a feeling of congestion in the chest around the heart. It feels as if all the movement of breathing is in the upper part of the body, and the breath seems to be stuck there. At the same time you may feel irritated, anxious, or agitated. There may be tension in the muscles in the neck. All these are signs that the inner breathing process is stuck and blocked in this part of the body. This blockage greatly affects your mental and emotional states. Knowing this, you can make sure that your breathing is very deep, gentle, and smooth. First take a deep, gentle in-breath and then breathe out, allowing any stress and tension to relax and flow from your body, especially the shoulders, neck, and upper chest. This will help make your flow of awareness likewise gentle and smooth.

Renford Revelations – Blogs, Articles and Essays

Bodidharma

There are oral traditions that maintain that Lao Tzu, author of the *Tao Teh Ching*, traveled to India when he left China. It is there that he met Siddhartha, who was on his search for enlightenment. The teachings of Zen—an integral part of Taoism—were imparted to Siddhartha, which was an important aspect of his process toward enlightenment under the Bodhi tree. Zen became integral to the teachings of Buddha, and would eventually return to China with the 18th Patriarch, Bodidharma.

Whether Siddhartha met Lao Tzu or not, he tapped into the Universal Mind, the Wu, the Tao, to find enlightenment. Whatever you call this enlightenment, it is interesting that one of the first things Buddha notes in his teachings is “everything changes” and the second point he makes is “all of our sufferings and problems come from resistance to this change.” This is pure *I-Ching* or *The Book of Change*.

In any event, the legend of Bodidharma continues with his arrival in China, which was a homecoming of sorts. There were clashes between Taoism and Buddhism, but the intrinsic unity due to Zen soon melded the two (along with Confucian thought) into a powerful tradition that still survives today.

Bodhidharma was related to a minor king in India, and he carried papers when he walked to China at the age of 90 years. These papers gave him access to the Emperor, but he found the Emperor to be interested in only how to increase his power and kingdom. According to the story, Bodidharma withdrew to a cave where he meditated for nine years.

He eventually re-entered society in time to come to the defense of students and converts who were being attacked by a gang of pirates. At the age of 99, using his skills in the martial arts, he was able to render the attackers helpless without killing any of them. In turn, the leader of the gang became his devotee, and the Shao Lin Martial Arts Center was founded.

It is said that when Bodidharma finally died at approximately 120 years of age, the story was not complete. When the Emperor had his body exhumed, he found no body in the coffin. Reports came back to China of Bodidharma being seen all along the route back to India.

Editor's Notes:

Affiliate Partner Program

This is a reciprocal working arrangement. Contact us with information on the book, product or service you would like for us to market for you. You may provide a banner advertisement or provide the basic verbiage and we will design one for you. In addition to Lightways advertisements and interviews, you may appear on radio and television interviews.

Daucers.Com

Check out Daucers.com if you are looking for antiques or anything out of the ordinary. You may also place products and services you have for sale on this site.

Commercial Writing

Go to www.iamrenford.com and check out the section with bullet points. A list and samples of commercial writing are available for your inspection.

Direct response sales letters, case studies, grants, business plans and white papers can be contracted.

Workshops

Workshops are being scheduled for a wide variety of studies at the Unity Christian Church of Memphis. These workshops include creative writing, book production, publishing and marketing. A list of all workshops organized will be provided upon request. Workshops may be scheduled in your facilities. We will be posting these workshops in the Calendar of Events section of this E-zine and online.

Scholarships

Scholarships are available for the first degree level of the Institute of Applied Metaphysics. The focus in the Universal Law Society is on the process of identifying and verifying the Universal Laws. There are 20 courses utilizing 8 essays with True/False questions and 12 texts with multiple choice questions. You start when you want to, go at your own pace and complete the courses simply by sending in your answers. Graduates are eligible for certification to teach all courses completed and for ordination as a Minister Teacher with the Church of Revelation. Email iamrenford@gmail.com for additional information or to get started.

Article Contributions

Readers of this publication are welcome to submit articles for inclusion in Lightways. Send them to iamrenford@gmail.com and I will personally review them and contact you about which issue it could be in. We generally try to create a theme for each issue and your article will be included in that consideration.

IAM-WELL Chapter Participation

Chapters for the IAM-WELL book of healing modalities or alternative systems can make you a published author immediately with its inclusion. You may receive this E-book to see how your chapter might fit into it. Simply request a copy at iamrenford@gmail.com.

Quote of the Month:

If the mind is clear, whatever you do or say will bring happiness that will follow you like your shadow.” “We are what we think. All that we are arises with our thoughts.” Buddah (1:1) The Dhammapada

Humor Me!

I thought I phoned up the spiritual leader of Tibet. I was sent a large goat with a long neck. Turns out I had phoned Dial-a-Llama

Poet's Porch: From *In Search of Self* by Renford

The Great Masters

Oh those wise ones who have come to us, suffered and set us free, those who taught from the cave, the seaside and the Bodhi Tree.

Were they deranged? They sure seemed strange, a different breed. Why did they come? They spoke not of doctrine, dogma or Creed.

In their time and even today, they would seem strange indeed, wandering in the wilderness and forsaking their own human need.

One marvels that those so great took the time to tell a simple story, yet the masses came, and to this day we still sing their glory.

They forsook their privileges; they were not weighted down with pride. Their sole objective was to teach and provide for us a living guide.

Oh those wonderful little stories, those lessons they told in parables; Were it not for them, all would be buried under rules and fables.

All would be myths and legends; we would see only fairy tales. We could push aside the sacred book and point to how it fails.

These little gems shining forth amidst history and tradition; Within their pages, principles so pure there need be no addition.

While they walked this earth, they were the teachers without equal. Each listener understood from his own experience and on his own level.

Now they are gone, replaced by organization builders in collusion, the priest and the purveyors of fear – the apocalyptic vision.

Religions are aplenty, with many branches; all some kind of “ism”. We wander through their maze, every truth seen through their prism.

I wished for a session in the cave, under the Bodi tree or on the seashore, But all along, the gems they left behind were mine – and so much more.

They were not found in some ancient crypt, or in an obscure code. They lay like golden nuggets in the stream of my earthly abode.

These truths come alive in my experience; then do I have understanding. Life is no longer a burden, too difficult, too distant or too demanding.

There are rules to this game of life. No longer do I stumble without light. Now there is no need to wonder at what to do or what might be right.

These Universal Laws interwoven make one Law, the Law of Creation. Always they’ve been there for us – they are the Divine Self-expression

Introduction to the Renford Books

The Introduction to the Renford Books is a sample of what you will find in more detail in the pages of *The Renford Books*. *The Renford Books Catalog* contains the basic information on the books. It will be sent on request and will be available at www.IAM-COR.org, www.iamrenford.com and at www.Daucers.com.

“You can travel to the furthest recesses of any continent, endure years of discipline, have personal time with a master teacher, learn to develop psychic capabilities and experience intense visions; but sooner or later, the

Universal Laws must be consciously identified and verified from your life experiences in order for you to truly know your Self.”

People all over the world are discovering that they can study world religions and philosophy and go to great lengths to develop spiritually and still not really go far in the process of self-discovery. We would like to introduce you to the Renford Books because my effort is to demystify the process. I bring out the ultimate master in each of us. We start with the conscious process of identifying and verifying each of the Universal Laws from our life experiences. Once they are clearly understood on a conscious level, we begin the process of self-observation and let the intuitive mind, the inner being, take over.

I wrote each of the Renford Books with a particular type of reader in mind yet the subject matter is similar in that always I am dealing with the Universal Laws. I have been asked often why I am always talking about the Universal Laws. There is nothing else to talk or write about. Every thought and every action we take, no matter how wrong we might be, is based in these laws. We live move and have our being in them and it is imperative that we understand them.

In this document, now included in each book, I am giving a little history as to why I wrote them, for whom they were written and why. At the heart of our thinking when we consider reading a book the essential questions are, what is in it for me? How will I benefit by reading this book? The purpose of *The Renford Books* and this document is to address these questions.

The Searcher's Road Map

The Searcher's Road Map introduces the reader to the Universal Laws, the Renford Books, the Institute of Applied Metaphysics and the Universal Law Society. This book promotes no religion but seeks to show how we are alike as opposed to how we are different. *The Searcher's Road Map* could be called a marketing piece. Renford wanted to create a book that looked like a book, would be accepted as a book but really would serve the purpose of introducing the reader to the whole program.

The COR Document

The COR Document is the manual for the Church of Revelation. It addresses the problems that beset religious organizations and explains the mission of the group. The Church of Revelation was established to provide assistance with the personal ministries of graduates of the Institute of Applied Metaphysics. This book defines an organization that is structured so that the best interest of the individual member is held as première. Both Krisnamurti and Yung noted that as soon as an organization is formed the interest of the group supersedes that of the individual. Where this occurs in a spiritual organization a barrier is created to self-discovery. COR is based on knowledge and understanding, not on politics or tenure.

The Rules of the Game

The Rules of the Game introduces the Universal Laws in the simplest manner possible. It is not an in-depth study, but provides a basis for understanding of the Laws. Many people do not consider what Jesus or Buddha had to say as relevant to their lives today. They are not really interested in the great sages. Some are, however, interested in what Vince Lombardi, Lou Holtz and Bear Bryant had to say. These legendary philosopher coaches may never have thought in terms of Universal Principles but the quotes recorded in this book show they understood the principles about which they were speaking. The game of football is shown to be analogous to the Laws of Life, and the quotes illustrate that even on the simplest everyday matters of life, these Laws are in play. It was Renford's intention to provide as simple an explanation of each Universal Law as he possibly could and avoid any trace of religious doctrine or dogma. He wanted to create a book that could be used by sports organizations or any kind of group that supports youth development.

The House That Namuh Built

The creation of meaningful allegories, in fact, the writing of allegories, is an art form that some think is disappearing. When you find a good allegory that is expressing a Universal Principle, it can have a powerful effect on your life. *The House That Namuh Built* is about first a man, and then a whole people who begin on the path of Self-discovery. Again, it is about the Universal Laws, the invariant facts of life, upon which we can base our understanding for Self-discovery. This is a modern day parable, an allegory

of the process of Self-discovery. Everyone in the story represents an attitude, an emotion or a Universal Law. The purpose of the book is to aid readers in the process of identifying and verifying the Universal Laws from their own life experiences.

The initial intent was to write a book for young people that would introduce them to the process of identifying and verifying the Universal Laws in their life experiences. The first draft was about 19 pages. It addressed the subject of the levels of mind and it took more than 5 years fleshing out characters and creating stories within the story to illustrate each of the Laws. Renford says he has received more feedback from readers regarding this book than any other.

In Search of Self

This is a book of prose and poetry that parallels the other books in the study of the Universal Laws. You will find that one of these Laws states that to truly understand anything, one must experience it personally. *In Search of Self* is the rendering of the Laws in verse. It allows readers to experience the process of identifying the Universal Laws from one's life experiences. Renford says this book is more personal to him than some of the books because it reflects his process of self-discovery. These poems were written over a long period of time and were collected into sections that pertain to each of the Universal Laws.

It was not Renford's intention to write a book of poetry but he simply put a collection together of his works over a long period of time. He has noted that he approaches poetry differently. It is as if we have to pay more attention to every line in order to grasp the real meaning.

The Laws of Material Wealth

This book was written for those who are pondering career changes or contemplating going into business for themselves. It applies Renford's understanding of the Universal Laws and his experience working with entrepreneurs, especially in startup situations. For many people developing their own business is a compelling idea. Sometimes a hobby or particular activity is all that really interests some people. *The Laws of Material Wealth* helps readers understand where this is coming from and why it is important

for them as part of the creative process. The fundamentals based on the Universal Principles of creation are the foundation no one can ignore.

This book was written while Renford was working in venture capital. He was raising the money to raise the money. In other words, seed capital, the funds necessary to get into the position to approach venture capital, securities companies or angels. He came to the conclusion that though his clients saw everything as a money problem, the real problem more often than not was management and their unrealistic expectations. He used a number of examples from this period changing the names to protect the guilty!

The Laws of Material Wealth Workbook

The Workbook for *The Laws of Material Wealth* follows the chapters in the book and includes four - five exercises in each chapter dealing with a Universal Law. Sample questions one may need to ask are included. The primary purpose is to assist the reader in the process of identifying and verifying each of the Universal Laws in his own experiences and making application of this knowledge in the creation of the image held in thought. Whether a business, career or a non-profit project this is the process of creation, and above all else each of us are creating our lives.

Support for the Laws of Material Wealth

Once a student has the book, the workbook and the 4 DVDs he receives access to the 54 weeks of support material and online coaching. The support material is delivered by e-mail and the radio program on the RBR Network called The Laws of Material Wealth Personal Development Program constitutes oral coaching on each of these 54 weeks of support material. The shows are available at present in the archives of the RBR Network at www.blogtalkradio.com/renford and will be available on DVDs for those who purchase the program. The support material will be published as an additional workbook for the program.

The River of Life

This book is primarily written in verse. It is about the eternal nature of being. It picks up an entity that is between physical lives and follows him on his journey down the river of life. It addresses the various theories of life

after death that is usually dumped under the general term of “reincarnation.” Christian dogma starts the clock on the nature of being with physical birth, and this essentially denies the word “eternal” except in terms of an eternal reward or punishment. This book points to the fact that the word eternal means **without beginning as well as without end.**

The Mysteries Revealed

This book looks at the meaning of the most controversial of the biblical books – the *Book of Revelation*. Many equate the word “apocalyptic” with the word “catastrophic.” “Apocalyptic” does not mean “catastrophic.” It means revelation. It is also called the *Revelation of John*. Dreams can seem crazy when viewed in relative consciousness, so it is important to use the language of the mind. Since there are a number of visions mentioned, *The Book of Revelation* should be treated and interpreted as a dream. Though most consider *The Book of Revelation* simply to be a book of riddles, there are those who teach a religion of fear based upon it. It is really about moving **from fear based feeling to love based living.** *The Mysteries Revealed* is a metaphysical interpretation of the *Apocalypse of John* – the revelation of Jesus. It is a roadmap to self unfoldment. It is the mysteries revealed.

The Metaphysical Bible

It is a mistake to think that one can interpret all the books of the Bible in exactly the same manner. One cannot interpret all these books literally, metaphysically or with any set formula. Each book was written by the writer to a specific individual or group for a specific reason. *The Father Confusors* deals with physical events described by ancient witnesses from their only points of reference. *The Metaphysical Bible* deals with scripture that is obviously metaphorical or metaphysical in nature. Popular and familiar passages such as *Isaiah 55*, the Lord’s Prayer, the 23rd *Psalms* and others are revealed in a different light. The deeper, and with all due respect to theologians and philosophers, clearer picture of what was being said is recorded for your study. Some, if not all, of the passages that are metaphysically rendered can be found in various Renford Books, but they are all together and in an easily understandable order in this book.

Included in this book is a chapter on how we got our Bible. Many think of it as something that has always existed but it was a collection ordered by an Emperor who was himself not a Christian. What should or should not be

included is still a matter of conjecture with the Greek Catholics, Roman Catholics and Protestants, not to mention the Gnostics, putting forward their collection as the Bible.

Renford Revelations Volume One – Volume Four

Included in these books are blogs, articles and essays by Renford on a variety of subjects of contemporary interest. The power that can be gained by understanding of the ancient teaching of the Masters come alive with understanding of applied metaphysics. Without a practical way to understand and harmonize with the Universal Laws, the benefit is limited to the intellect or faith. The Essays are revelations that come from the process of identifying and verifying the Universal Laws from life experiences. They have been delivered on Internet radio, Internet Article Centers and included as chapters in some of the Renford Books.

The Father Confusors

This is a study of ancient scripture and the parallels that can be seen in related stories. It is in the third level of the Institute of Applied Metaphysics and builds on the lessons learned from the Universal Laws. Once the Universal Laws are understood, at least on a basic level, *The Father Confusors* helps differentiate between Universal Being – God and alien entities that were thought to be God or posed as God. The First Cause, the Creative Force we call Universal Being, is identified through the Divine Self-Expression, the Universal Laws. This book deals with numerous incidences described by ancient witnesses from their point of reference and what they are describing is not God nor God-like attitudes and actions. Witnesses describe an incident from their point of reference. Ancient witnesses could not include all the technological advancements of the 21st century.

The Core Teachings

This book identifies thirteen Universal Laws that were taught by the Great Masters. The emphasis is on how their teachings were alike as opposed to how they were different. It can be read in two ways. It may be read as any book from front to back in the normal way or the reader can take any one of the Universal Laws and follow the thinking of the Masters one by one. You can read what Buddha had to say about one of the Laws in the Dhammapada – what Lao Tzu said in the Tao Teh Ching, what Vedic writers said in

ancient Vedic texts – what the Zen Masters said – what Jesus said and what Mohammed said. The book moves on to famous writers and teachers such as William James, Ralph Waldo Emerson, Thomas Troward, Wallace Wattles and Napoleon Hill. The last author quoted is Dr. David Hawkins PhD. The reader can get a more comprehensive picture of a Universal Law than any other way. Readers and students can see for themselves how the original teachings parallel each other. In the process of this study what has been added can be identified. To some degree, there is an introduction to the Universal Laws in virtually all of the Renford Books, but in *The Core Teachings*, there is a more in depth study of the Laws.

The Unity Principles

This book is a study of the writings of Charles Fillmore and Emily Cady and records what they said about the Universal Laws in comparison to what are commonly accepted as the Unity Principles. No matter how the Unity Principles are represented today, we can see in this book that Fillmore and Cady were very specific in their statements.

The 5 Unity principles as they are explained by the ministers of Unity Church of Christianity are really principles that any Christian could agree with. However, when we look at the specific statements of Cady and Fillmore we find very specific definitions of each of the 13 Universal Laws that are unequivocal. These statements, unlike those put forward officially as the Unity Principles orthodox Christians would not agree with. The Principle of Absolute Unity, for instance, is clearly stated in Unity as, “There is only one power in the universe.” Orthodox Christianity says there are two warring powers battling over the souls of men, God and angelic army and the devil with his demonic forces. Duality is predominant throughout traditional Christianity.

The Universal Law Society Workbook

The ULS Workbook contains the multiple choice Lesson Questions for the books and essays that make up the first level of study for the Institute of Applied Metaphysics. The first level is called the Universal Law Society because each of the Renford Books deals with the Universal Laws. The essays have True and False Lesson Questions. This is the workbook necessary for those who want to complete the ULS and become eligible for ordination by the Church of Revelation as Minister – Teacher.

The IAM Masters Workbook

In the second level, the M. A. Program, the focus shifts to the process of manifestation and acceptance. The purpose of this level is to engender understanding of the process of creation. In fact many of the teachers who have studied the Universal Laws call them “the Laws of Creation”.

It is obvious that masters, such as Jesus, saw our purpose for being here to create and be productive. We have the illustration of Jesus wilting the fig tree because it was barren. He told the parable of the talents which emphasized the need to be productive and explained what the primary enemy of the individual is, “Fear”.

The PhAM Workbook

This workbook contains essays with lesson questions and all assignments. It also includes all of the multiple choice questions for the texts in this level. This is a required purchase for one who wants to complete the third level. The material in this level is advanced information not readily available in most esoteric schools. Completion of this level entitles the graduate to teach any courses in this level as well as ordination as a Doctor – Metaphysician in the Church of Revelation.

The Author’s Workshop

This workbook is the text taught in workshops and is provided for paying students as part of the price of the workshop. It can be purchased separately but it is in outline form and much is to be gained from the explanations covering it. This is a complete guide to aspiring authors. Publishing is defined, what to expect as part of the process and what to do when your book is covered. The workshop is generally presented in a three hour format beginning with a clear picture of how the publishing business has evolved and how to adapt to these changes. This is important if a new author is going to be able to make informed decisions. With this knowledge it will be much more difficult for anyone to take advantage of a new author. Cost cannot be hidden if the author knows what the process is. When you know the questions to ask publishers and people who assist with publishing recognize that you want an itemized fixed cost in advance and that you intend to maintain control.

Half Enlightened Masters

The purpose of this book is to familiarize the reader with the steps to be taken in the process of self-discovery. In order to accomplish this process it is helpful to look at ways people have tried to do this. Religion has been the main focus. The occult world is another, which includes the search for a perfect master in the popular Eastern tradition. Renford is offering his observations with regard to organizations covered in this book because he has been able to study and spend time with supporters of these schools of thought. They were not selected for critiquing purposes. Basic information is provided and readers can take the time, should they so desire, to investigate any or all that has been included.

The Literalist Conspiracy

This book gives an accurate picture uncolored by the Catholic Church story line. It reveals the facts about the first 50 years after Christ, the Ebionites under James the brother of Jesus in Jerusalem as well as the coming of the Gnostics. It reveals a small group of the lowest level Gnostics, called Hylics who interpreted the myths with meaning written by Gnostics literally and turned them into narratives. It is about the state of Christianity through to the Nicene Council in 325. It traces the development of a new aggressive and violent religion founded by the Emperor, a non-Christian, for political purposes. This new religion was structured along the lines of the Roman Military, and combined with the state apparatus, created a resilient theocracy that when the state failed continued to develop through other states. This book contains information on existing and competing religions at the time and the role politics played in the creation of the Bible.

The Revealer

The Revealer is an in depth study of the mission of Jesus, the religious and political scene at the time of his recorded life and the very essence of his teachings. This book deals with the secrets he said he was there to reveal. He said these secrets had lain hidden from the foundations of the earth. In the same verse, *Matthew* 13:35, where he sates this is his purpose for coming. The writer of *Matthew* goes on to say, “And he spoke to them in parables and without parables spoke He not.” This very clearly tells us where the secrets are to be found.

IAM-WELL

It is clear that the basic and most effective way to be healthy is to be completely healthy. We mean by this, healthy in mind, body, and spirit. Any other approach yields only temporary results. It is necessary to identify and come into harmony with the Laws of Life if one is to know true health. Medicine and the science of healing on the physical level have come a long way. Its advancements, however, have been so focused on the physical level that mind and soul have been considered only possible aids in physical health. In other words, the advances have been made without recognition of the fact that mind and spirit are a part of the equation. Scientists have proved that everything on this vibratory plane is governed by laws, but they are only aware of physical laws. We would like to suggest that you look at the question of health and the laws that govern health with a more comprehensive view including body soul and mind. In the Renford Books these Laws are referred to as the Universal Laws and the author shows how they affect the natural laws with which we have become somewhat familiar. We could also refer to them as simply, The Laws of Life.

The IAM Catalog

The idea for the creation of the Institute of Applied Metaphysics developed from the suggestions and contributions of many who read the Renford Books when they were still in manuscript form. Readers and students have continued to motivate Renford culminating in the establishment of the Institute and its Board of Regents. The Renford Books constitute Renford's understanding on a wide range of subjects, each related to the Universal Laws. As a student of the Institute of Applied Metaphysics you will learn on three levels. The first level is a comprehensive look at the Universal Laws with the objective being to identify and verify each from your own life experiences. The second level looks at our primary purpose for being here and the process of manifesting our evolution and unfoldment. The third level ties it all together with an in depth esoteric study.

The courses, essays and lesson questions for all three levels are listed along with comprehensive information on the Institute. This catalog also provides a clear picture of the philosophy of the Institute with regard to education and educational institutions.

One only need read one of the Renford Books to recognize that they are different. With a dedicated study of these books one can break the bonds of mechanical thinking and begin the process of evolution and unfoldment. The same old fuzzily stated esoteric ideas are absent. There is a clear and direct communication of the invariant principles in a way that any serious student can understand and find a path to run on.

Original Science

Science today draws on the contribution of early giants such as Hermes Trismegistus, Pythagoras, Socrates, Aristotle and others. At the same time they made these scientific contributions they were extraordinary philosophers. There were simply not the clearly established lines we have today between philosophy and science.

You can request a copy of the Renford Books Catalog at iamrenford@gmail.com. These books are available in paperback and as electronic books.

Government

In this book original laws from ancient texts such as The Laws of Maat, The Code of Hammurabi and the Ten Commandments are shown to be the core principles upon which our judicial system and systems of government are based. There were other such ancient text all of which the kings who brought them claimed were given to them by the gods on a mountain top. It is what all including the Law of Moses have in common as they all claim them to be a revelation exclusively for them by the gods to provide for the people.

This book explains how from these basic laws we have meandered through history and the divine right of kings to eventually arrive at constitutional law by the people and for the people.

Religions of the World

This book may not include every religious group in the world and there are many derivatives from each of the major religions. The major ones are covered using both the literalist and esoteric extremes. The Literalist side will be most interested in form, doctrine, and ritual. The esoteric side will be interested in the process of enlightenment and understanding. There will be

some religions of which you will have limited knowledge. You can find information on the Internet with regard to any religion but you have to know what to look for. I think there will be some in this book you would not have known to look for.

The Contemporary Revealers

This book is a review of contemporary writers who have addressed and explained some, if not all, of the Universal Laws. This fact is not recognized by those who have written reviews of these authors and their books. It may be that they do not recognize the significance of these writings. For instance, people who write about Edgar Casey involve themselves in how accurate his readings of the future have been. They want to theorize about what he saw in political terms etc. They miss the significance of his identification and verifications of the Universal Laws. You will not hear from most Christian Ministers about the Universal Laws but Jesus himself said that he had come to reveal the secrets that had lain hidden from the foundations of the earth. He told his apostles that he had revealed the mysteries to them though they don't appear to have been astute students. This book features people who have revealed at least partially the Universal Laws.

The Language of the Mind

When we attempt to interpret a dream, especially those that are recurring, we have no hope unless we know the language being used. We think in pictures and it is motion pictures we receive. These pictures are symbols with which the inner being is using to talk to us. If we associate the dream only with the picture or scenes related to the experience in the relative conscious state while awake it is like trying to translate from Chinese to English using only Greek. It does not work! If we know the symbols we know the language of the mind. Most of us are not meditating and the only time the inner-being can talk to us is when we are asleep. If we attempt to interpret our dreams in the relative conscious language of our relative conscious lives we have the total confusion and fear-based interpretations of those who give us literal interpretations of the *Book of Revelation*

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I AM US (USA)-2023


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Hosted by Viswayogi Foundation and
Unity Church of Practical Christianity

September 23rd, 2023 - 10.30am-12 noon CST
9228 Walnut Grove Road, Cordova, TN 38018



Sri Viswayogi Viswamjee Maharaj
Keynote



Rev. Mickey Quinton
Co-Host

Join us for inspiring music and prayers by Spiritual leaders from Christian, Islamic, Sikh, Buddhist, Jain, Hindu and Native American faiths.
Presentation by Citizens Climate Lobby, MIFA and MICAH on how you can help protect our air!
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For additional information, please contact us via email at office@unitymemphis.org

Calendar of Regularly Scheduled Events:

Please note that the events in this calendar may now be virtual events that you can only participate in online.

Laws of Material Wealth Personal Development Program on blogtalkradio.com/renford: Monday at 8:00 CST beginning the first Thursday in July.

Author Workshops: Ella Oji and James Renford Powell will be conducting workshops for aspiring authors. The dates will be posted. Confirm your intent to attend 901-487-9365

Pema Karpo Meditation Center:

Located on eleven acres in Memphis, TN, 3921 Fraser-Raleigh Rd., Memphis, TN 38128 Pema Karpo Meditation Center is inspired and guided by the teachings of Nyingma Tibetan Buddhism. The founder and spiritual director of PKMC, Khenpo Gawang Rinpoche, is a Tibetan Buddhist scholar, monastic, and meditation teacher. He teaches in English and is available for interviews after the regular weekly sessions. We invite all people interested in meditation and Buddhism to come to PKMC. You do not need to be Buddhist just sincerely interested. pemakarpomeditation@gmail.com, Zoom Class Meeting ID 586 971 4382 , Sunday 11:00 AM, 901-377-4834, Monthly: The Third Wednesday is a 20 minute Tonglen practice, 7:00 PM. www.pemakarpo.org

Open Heart Spiritual Center: <https://www.facebook.com> , 901-860-5029

Unity Church of Practical Christianity: 10:30 Sunday at 9228 Walnut Grove, Cordova TN, Road / East of Germantown Parkway

Unity Christian Church: 11:00 Sundays at 3345 McCorkle Road Memphis TN 38116 / between Brooks Road and Winchester

The First Unitarian Church of Memphis - *The Church of the River* 292 W. Virginia Ave. Memphis, Tennessee 38103 11:00AM – 12:00PM
info@churchoftheriver.org

The Theosophical Society – The society meets on Zoom the second Monday of the month. Contact Elaine Orelan at edorland@aol.com

Weekly: Sessions are free and open to the public.

Sunday at 11:00 AM: Meditation, a Teaching, and Chants

Friday at 7:00 PM: Meditation with instruction, if needed, Deep Breathing, and a Teaching

Monday through Thursday from 5:00-7:00 PM: Silent Meditation. You are welcome to come and go at any time.

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Affiliate Partners & Friends

The Affiliate Partner Program special promotions has begun and most of the space is taken by Affiliate Partners and Friends. If you want to place advertising but not join the Affiliate Partner Program, call 901-487-9365.

Full page - \$63, half page - \$45 and quarter page - \$36 advertising is available here in Lightways. Simply send in your artwork and the desired size.

Lightways goes out by email to over 6,000 email addresses of high quality. From there a number of organizations forward it to their database. It remains permanently available at www.IAM-COR.org, Youtube.com / Renford Broadcast Network and on the Institute of Applied Metaphysics Face book page. Monthly listings and Special Events are free.

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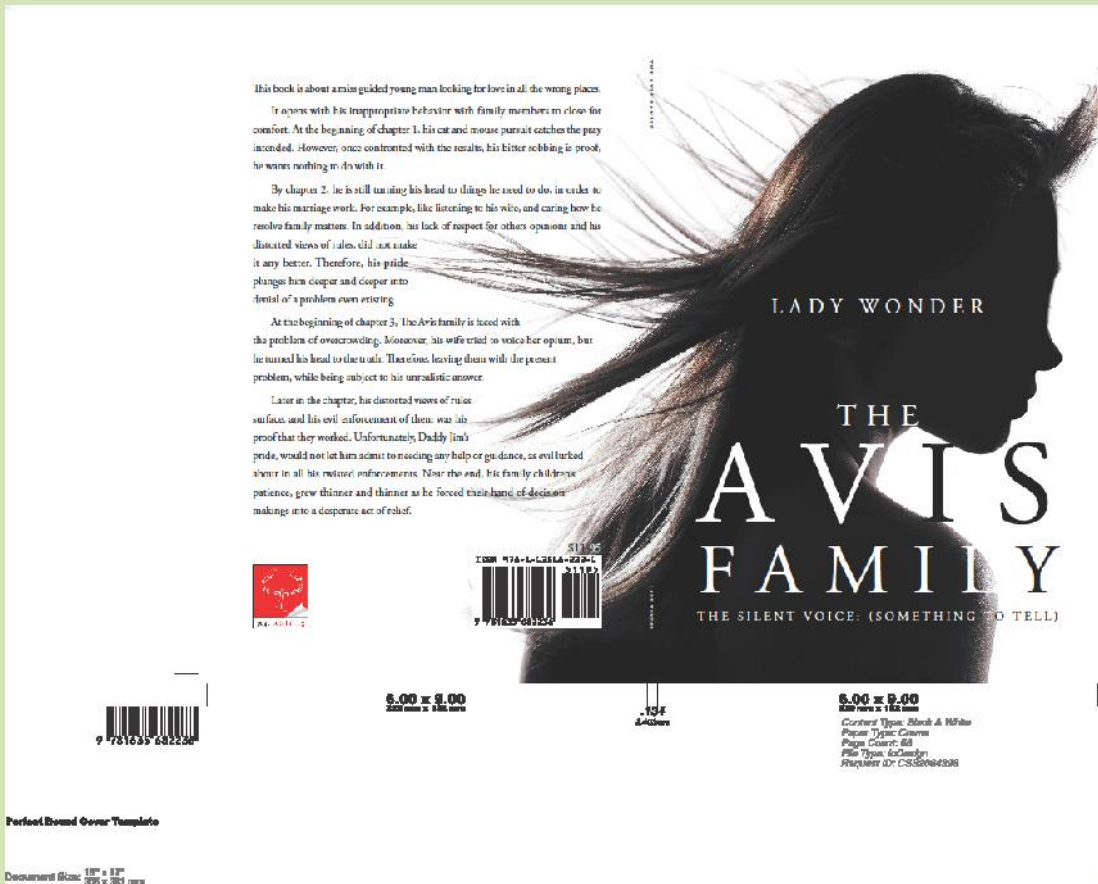
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Syncing the Chi

A free meditation class for Dr. Latifs patients is now open to anyone who would like to attend.

The class is at his office at 3025 Kate Bond Road, Bartlett TN 38133. The class is directed by Charlotte Nevelle for Dr. Latif. The class includes relaxation breathing, grounding technique, Vegas Nerve stimulation and seated Tai Chi.

The class is every Monday at 1:45 pm and lasts for 20 min.

Dr. Latifs large meditation exercise class room is around the back of the building, middle door.

Please contact Charlotte Neville for your questions 901-230-7862.

THE HOUSE THAT NAMUH BUILT

For the past few months this book has only been available as an E-book. We now have a new shipment of the printed version arriving. The price is \$15.50. You can purchase it by requesting it at Lightways or at, [www,IAM-COR.org](http://www.IAM-COR.org).

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The RBR Hosts program has developed into a fraternity of teachers, healers, creators and service oriented personalities. We have formerly been limited to two hours per day broadcast time with 12 shows per week. Of course this limited the number of Hosts, the genres and the audience we could reach. We think that those who are producing these shows and working to provide information and services to listeners worldwide are dedicated and the potential for an expanded network is present. This is a diverse group and each host has appeal for a segment of the listener base and may create their own listener base. While we may have differences in belief systems, skills and approaches to the public the core intent is to serve. We have a variety of backgrounds but as hosts we all want the same thing. We want successful shows with a good audience base and to share what we have come to know by interviewing service oriented guests.

Contact iamrenford@gmail.com for information regarding your participation in the Hosts Association. We will forward the Hosts Association Package.

Writers and Would-be Writers - a note from IAMPress, Inc.

If you have published a book it is too bad it was not with our assistance, however, there is no need you should be deprived of our marketing services. *The Author's Workbook* by Renford will be sent for free upon request. Instead of scheduling classes and since the pandemic, we have decided to produce the workshop on video so you can watch it anytime at your leisure. The book will be sent immediately upon request. The availability of the video will be posted.

Renford Broadcast Network

YouTube.com is where you can find the **Renford Broadcast Network** shows and 7 sections including the Book Man Show and Core Concepts.

The Renford Broadcast Network includes the following:

- A substantial site on YouTube
- The Radio by Renford Network on multiple platforms on the Internet. blogtalkradio.com/Renford has a format that allows for people to call in with their questions.
- The Lightways E-zine rounds out our media operations and is the voice of the Institute of Applied Metaphysics, the Church of Revelation and IAMPress, Inc.

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Juli is a Reiki Master who has volunteered hours in hospitals, at Ronald McDonald House, the HART Center and the Caring Center. She is in private practice for animal communication and energy work.

Inner City Interfaith Group

Our objective is to promote a strong sense of unity, spiritual awareness, and create working relationships in the Tri-state area, between the Children of God. It is not to propagandize or proselytize.

The November session was held at the Benjamin Hooks Library on Poplar in Memphis, Tennessee. Contact the Program Director, ShukriyyahSchexnayder@gmail.com for the next meeting date and location.

Some of the panelists have been: James Renford Powell from the Institute of Applied Metaphysics, Rabbi Joel Finklestine of Anshei Sphard Beth El Emith congregation, Imam Rasad Al Sharif, of Masjid Al-Mu'minun, Dr. Namabl Webester, Minister Anthony Muhammad, Bishop Richard S. Floyd of the Church of Jesus Christ of the Latter Day Saints. And Rabbi Sarit Horwitz of Beth Sholom Synagogue and Rev. Eric Donaldson of Unity Christian Church.

If you would like to participate as a panelists or simply attend, please contact the Program Director.



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Khenpo Gawang Rinpoche, is the founder and spiritual director of PKMC. He is a Tibetan Buddhist scholar, monastic, and meditation teacher who studied at Namdroling Monastery in Southern India. He was sent to teach in the USA by his main teacher, His Holiness Penor Rinpoche. *3921 Fraser-Raleigh Road Memphis, TN 38128 – Khenpo Gawang Rinpoche 901-377-4834 pemakarpomeditation@gmail.com Sunday 11:00 Friday 7:00 www.PemaKarlo.org*

Theosophical Society

The Theosophical Society houses the largest metaphysical library in the world. It has a headquarters in India, Wheaton, Illinois and a center in California.

The Director in Memphis is Elaine Orland. 901-210-1020 The society meets twice a month, the first and third Monday of each month. They meet at 2660 Stage Coach Drive in Memphis Tennessee. Email: edorland@aol.com

Renford Books Limited Partners

The Renford Books Limited Partners is a proposed marketing company to be established exclusively for the 28 books, catalogs and manuals written by Renford. This also includes a large number of audio tapes, DVDs and the world renowned Renford Affirmations.



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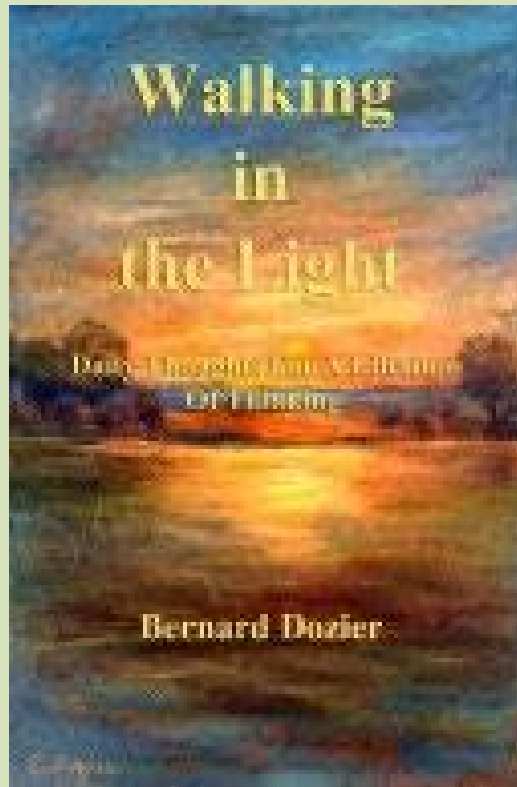
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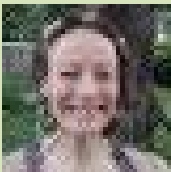
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Building More Wealth



This is a book is full of daily thought provoking insights. The author is a long-time Unity minister and former leader of the Unity World Wide Ministries. After retirement his personal ministry has been online. rbdozier@aol.com



Amy Fox

A School Of Compassion is about to be launched. No matter what religion you follow, this School is open and available to anyone who would like to learn more about how to live from your heart space. During the studies of transcendental meditation, we are here to learn more about ourselves and how the more we seek guidance from our inner self the more we find clarity and wisdom.

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The KVRG Radio Network Germany has 200 slots available for podcasts to be aired, with no time limit on each slot.

The radio operates 24 hours a day, allowing for podcasts to be aired at any time within the day.

The duration of each podcast determines how many podcasts can be aired in one day, with an estimated 1-hour show resulting in a complete rotation of 200 slots in 8 days. To avoid replaying content and maintaining listener interest, at least 12 different artists are required to provide podcasts, with a preference for 24 unique podcasts per day. The radio network does not operate as a jukebox where listeners can select content, rather podcasters need to send their content via cloud to the radio network. The quality of recordings is a priority, and podcasts must be submitted to the radio network at least 2 days before the intended airing date. Upon approval, podcasters are required to make a payment via PayPal to eleonoradoermann@gail.com, who serves as the wife and accountant of Robert Doermann, the CEO and owner of The KVRG Radio Network Germany. Payment made via PayPal should be referenced as a "Donation for Flummi the cat to pay for his hospital bill".

The radio network encourages podcasters to create a digital business card on <https://www.canva.com/> for promotional purposes, and to provide a picture of themselves and a QR code for their webpage.

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*I know that anything I can conceive and believe I can achieve. Everyday ideas are coming to me. Every day I gain more confidence because I believe in myself. God dwells in me, and I can access God Power by recognizing my innate powers.*

*I know that there are certain Universal Principles or Laws upon which all laws, including the laws of physics, rest. I am persistent in my identification of these Laws in my life. I am using my innate powers to come into harmony with these Laws of life. I know that these Laws are the Divine Self-Expression and that through understanding them in my life experiences, I can BE STILL AND KNOW GOD.*

*I see all problems as challenges that simply require a learning process. I love them because they exist in Divine Love for my benefit. I understand that proper perspective is necessary to begin any work and I'm daily developing the capability to view my life in proper perspective.*

*The essence of God is in me and I am pure potentiality. Every thought I have creates. I am aware that I can create destructively as easily as I can create constructively; therefore, my every thought is observed as if I were outside looking in. Negative and fearful thoughts are immediately apprehended and brought into the light from the dark corners and hidden caverns of my mind. In their place, creative and constructive thoughts are building the edifice of self-knowledge and understanding, which is my birthright.*

*I know that there are no limits upon the abundance that is available to me, except those that I place upon myself. I am releasing all thoughts that restrict or limit me. I am attracting all the skills, people and materials that I need to fulfill my primary purpose. These assets and attributes are daily being placed on the infrastructure that I have created in thought. I am manifesting what I have imaged in thought.*

*I know that I am not alone but part of the absolute unity of all. I know that every action has a reaction. I know that all is connected; therefore, there are always consequences of my thoughts, attitudes and actions. I observe this and daily create an ever-expanding positive force.*

*I am giving of myself every day in every way. I share my wealth, time and knowledge, and the cosmos rewards me in multiples of my giving. It is inevitable that I receive when I give, because this is an expression of a Universal Law.*

*I know that no matter what I give or receive, there is only one essential ingredient, and this ingredient is the makeup of God. IT IS LOVE. Every time I share my knowledge, wealth or time, I am giving packets of LOVE—Packets of God. Love is all that I have been given, and it is all that I can give. I give love freely and daily.*

*I know where I am, who and what I am, and what I am capable of. I know that my capacity for energetic activity, creative thought and love is endless and that my energy supplier, Universal Being, is infinite. I take responsibility for what I have and will create. I know that what I create in thought, and give the power of emotion to, will be manifested. I AM IN EVERY WAY CREATING MY LIFE! ~ ~ ~*

# First Level – The Universal Law Society

## ULS Registration and Order Form

This is the course list of the Universal Law Society (ULS), the First Degree Level of the Institute of Applied Metaphysics (IAM). To enroll, choose the payment plan by indicating your choices in the Order column. The **Basic Payment Plan:** payment for each course as taken

| Code   | Course                             | Textbook                           | Retail  | Fee      | EBook  |
|--------|------------------------------------|------------------------------------|---------|----------|--------|
| ULS101 | Introduction to ULS                | <i>The ULS Workbook</i>            | \$32.00 | \$225.00 | \$8.45 |
| ULS102 | Introduction to the Universal Laws | <i>The Searcher's Road Map</i>     | \$ 5.26 | \$125.00 | FREE   |
| ULS103 | Practical Metaphysics              | <i>The Rules of The Game</i>       | \$13.50 | \$145.00 | \$3.45 |
| ULS104 | Identification and Verification    | <i>The House That Namuh Built</i>  | \$15.50 | \$180.00 | \$4.45 |
| ULS105 | Commentary                         | <i>Renford Revelations-Vol One</i> | \$14.40 | \$155.00 | \$3.60 |
| ULS106 | Yoga of Emotional Health           | <i>The Tibetan Rites</i>           | \$ 9.00 | \$130.00 | \$2.70 |
| ULS107 | The Church of Revelation           | <i>The COR Document</i>            | \$11.00 | \$125.00 | FREE   |
| ULS108 | The Unity Movement                 | <i>The Unity Principles</i>        | \$13.50 | \$125.00 | FREE   |
| ULS109 | Teachings of the Great Masters     | <i>The Core Teachings</i>          | \$27.00 | \$170.00 | \$6.95 |
| ULS110 | The Teachings of Jesus             | <i>The Revealer</i>                | \$17.50 | \$145.00 | \$4.50 |

The **Prepayment Plan:** a savings of 20% with prepayment of all courses

|        |                          |               |          |           |         |
|--------|--------------------------|---------------|----------|-----------|---------|
| ULS100 | All Courses listed above | All Textbooks | \$158.66 | \$1525.00 | \$34.10 |
|--------|--------------------------|---------------|----------|-----------|---------|

Send this form to iamrenford@gmail.com and it will be forwarded to those offering scholarships. You will receive a copy of the Institute of Applied Metaphysics Catalog

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I would like to receive material on:

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|                           | The IAM-WELL Association (Free e-book)                      |  | IAM-WELL                  |
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## What is the Lightways – E-zine ?

**The LIGHTWAYS** E-zine is published by IAMPress, Inc. for and on behalf of the Institute of Applied Metaphysics, the Church of Revelation, The Renford Books Partners and featured companies.

This is a free E-zine primarily distributed by email, but hard copy subscriptions are available.

If you are viewing someone else's copy and want to receive Lightways, e-mail [lightways@gmail.com](mailto:lightways@gmail.com) or download your free copy from [www.IAM-COR.org](http://www.IAM-COR.org) [YouTube.com](http://YouTube.com) / Renford Broadcast Network

There are 12 issues and hard copy subscriptions for the year is \$54. Each issue includes articles contributed by James Renford Powell and guests who have appeared on the Radio by Renford Network. Interviews are a staple of Lightways in association with the Radio by Renford shows on [www.blogtalkradio.com/renford](http://www.blogtalkradio.com/renford). For video interviews go to [YouTube.com](http://YouTube.com) and type in Renford Broadcast Network. There are two shows, The Book Man Show and Core Concepts. The Activities and Projects section includes reporting and updates of all developments concerning the Institute and the Church of Revelation.

Features of Lightways are regular editorial comments by James Renford Powell. Each issue provides a visit with the founder and include excerpts from the Renford Books. This serves the purpose of introducing subscribers to the Renford Books and the course of study provided by the Institute.

A calendar of events is provided free for those who want to announce an event. This is separate from the Activities and Updates section which is specifically those of IAM, COR and IAMPress.

A section is devoted to Letters to the Editor and there is a book review in many issues. Each issue has a theme or featured article that is considered serious material but we are not without humor. Each issue has a humor section. This may take the form of a cartoon or strip. It may simply be a humorous piece in verse or story form.

The music review is not just to be a critique of a singer or artist but a biographical or autobiographical piece about a person and their music. We would like to see at least one poet introduced each month Poets may submit their poems and one will be chosen for each issue. A short biographical sketch is provided on the poet.

IAM-COR News and Developments are included along with a Calendar of Events weekly or monthly and Special Events.

The primary form of distribution is by e-mail and at key postings such as [www.IAM-COR.org](http://www.IAM-COR.org). There are certain bookstores where they are available. There will be a posting of stores where Lightways is available.