

About the Course of Training

Living in the Truth of the Present Moment

Dear Friend,

At the age of fifteen, I began what was to be a lifetime of training in the Truth of Being and the Laws that underlie the workings of the Universe. The principles of Truth go much further back than recorded history. The lessons of this Course contain the updated presentation of a Training that has been available to mankind, in various forms, since the dim dawn of antiquity.

The principles of Truth, as presented in the lessons of the Course of Training, apply to all people at all places and at all times, are invariable, immutable, and infallible, and can be understood and practiced by any person of any path or religious, philosophical, or spiritual background. Even an atheist or an agnostic can apply the principles of Truth for great benefit in their own life, as well as in the lives of all those with whom they come in contact.

Universal laws are those principles of Truth that are always applicable in one's daily life from one moment to the next—providing that person is aware of or conscious of the truth of the principle and actually applies it in his or her own life. Many people know what to do. They just don't know how to do it, which often includes the knowledge and practice of activating will.

If we remain unaware of the principles of Truth (which is the plight of most people on Earth), those principles, since they are immutable and invariable, continue to operate in our lives—except that we are applying them subconsciously, or unconsciously, in ways we were programmed or conditioned to think, act, and react before we were old enough to think for ourselves and develop our own principles and values.

Through the expanding awareness of the principles of Truth, we can apply them *consciously*, in positive and constructive ways, instead of subconsciously, which is how we habitually cause all the pain and suffering in our own life.

In the Course we develop our ability to *consciously respond* (as opposed to *unconsciously reacting*). We respond consciously, in the way we know is best according to our current understanding. Ordinarily we react subconsciously, automatically, as conditioned in the past, without even deciding to do so or considering whether it is best for all concerned.

Our Course of Training does not officially (or unofficially) represent any particular established path, teacher, or group. Participants of all paths and traditions, including those who already have their own spiritual teachers, gurus, or guides, benefit from the Course in their own way, depending on where their own current inner work lies. Many of the participants are themselves actively teaching others, passing on the knowledge and experience of the Truth—yet there is always more to learn, more to understand about what we know, and our knowledge can become more refined, resulting in *the evolution of wisdom*.

Since the lessons meet every participant on his or her own level, there are no ‘beginning’ or ‘elementary’ lessons. Each participant benefits from the course on his or her own level of understanding, regardless of background or previous study and practice. As ‘expanded’, as ‘deep’, or as ‘high’ as we can go in the moment, the current lesson meets us there and takes us a little deeper with each rereading. This is something you can try, and experience, for yourself. There is no need to take anyone’s word for anything.

Spiritual evolution happens with or without our participation, but it is much more fun, fascinating, and fulfilling when we are consciously participating in the process.

In the experience of the Course, there is a much greater emphasis on our actual *experience*—in this present moment—than on information or facts that might be useful at some vague time in the future and that can generally be found easily on the Internet at any point anyway. The Course, with sincere and consistent participation, results in an actual transformation of one’s *inner experience*, which is the only true ‘life’ we have.

Certain simple Sanskrit terms are used in the lessons and become part of our working vocabulary as we go through the process of the Course, as they have no exact equivalents in modern-day languages. Certain principles can be most fully and clearly understood over time, through incorporating the use and power of the Sanskrit language. For example, the words *karma* and *maya* clarify whole realities we would have no way of knowing about otherwise.

As we read the lessons, our perspective and vision are subtly shifted, rearranged, and expanded. The more we expose our mind to our current lesson, the greater impact the energy of that lesson has in our life.

The Course relates to practical, everyday life. There is nothing that is merely theoretical, and no dogma to be blindly accepted on faith. The only true validity of the Course is our own experience as we progress through the lessons. It either works or it doesn’t, and there’s only one way to know for sure. If we don’t at least give it a try, we might have passed up a great and rare opportunity that might never come along again.

There is a unique and very personal *process* that each participant experiences in attuning to the lessons over time — all that is stirred up and cleared away with each new lesson, and the growing sense of what unexpected topic will be covered (or uncovered) next.

You will find that as you refer to your current lesson, your attitude and perspective are uplifted and expanded. It is a *spontaneous experience* that will arise with each reading, while simultaneously unfolding as a *process* that takes place over time.

To get the most out of the Course, you will see that it is simple to actually *apply the principles* explored in each lesson to upgrade the quality of your daily experience, from one present moment to the next, as well as your vision of yourself and your world. You will be amazed at how certain things begin to change for you once you begin to see things differently.

I met my first teacher via his correspondence course when I was fifteen in 1960, living in Vicksburg, Mississippi. Interestingly, he left his body right before I discovered his Course, so I never met him physically, although I've always had a strong subtle relationship with him.

When I completed his Course, at age twenty-nine, I came in contact with a powerful meditation Master from India. I studied with him until he left his body a few years later, and then continued living in his various ashrams, continuing my study while teaching the principles of Truth for the next twenty years.

In 2002, I retired from my official position there and moved with my wife Kay to a small village in the Endless Mountains Region of Northeastern Pennsylvania. During the next six years I became as much a recluse as anyone can be these days, spending time with very few people outside of immediate family. Neither did I have any desire to see anyone else. I had been a public figure for a long time; I yearned for solitude. In 2008, however, it became clear that it was time to begin the current Course of Training, and the Internet has proven to be the perfect vehicle for meeting with participants.

Here are some odds and ends I've noticed over the years regarding participants of the Course. Most people attracted to the Course are naturally independent and individualistic, tend to not want to fit into any rigidly defined peg or category of ordinary society, tend maybe to be a bit rebellious toward rigidly imposed dogma, rules, or restrictions. They tend to think beyond the norm and are open to and appreciative of more natural and reasonable ways of doing things, even if it appears odd to the conditioning of others.

Most participants appreciate honesty, sincerity, and simplicity. They like the direct approach — recognizing the simple awareness of the Truth in the present moment to be the final Goal, the pinnacle of life. The degree to which we experience this is determined by the degree to which we are truly present,

truly aware of all that makes up this divine moment. Most participants are people who like to do things their own way, not in an egotistical sense, but in the sense of simply following their own heart instead of going through life following and copying others. They tend to be creative and many are artistically inclined. As noted earlier, many are already teaching others. Most participants do not consider themselves to be among the majority of people. For the most part, physically speaking, we are few and far between, although there are small clusters of us here and there in unexpected places.

We do not have to wait for the future to enjoy the results of applying the principles of Truth in our own life. As soon as we understand that the only observable reality in existence is the present moment, then our state is already elevated, because we are suddenly more present, more conscious of being. It is like a light coming on inside us.

Even if life is good, and all we ever experience is gratitude and contentment, it is always possible to delve more deeply into our eternal Being—existing in a realm of formless light and love. I look forward to working with you and getting to know you better.

With much love,
D. R. Butler

About Enrollment

My name is Kay Butler and I wish to thank you for your inquiry about the Course of Training, *Living in the Truth of the Present Moment*. For now, I'll share some of the practical details of the course (**see page 6** for enrollment details).

The evolution of the soul is taking place for everyone on the planet—it's what we are here for, after all. To participate with full awareness in our own evolutionary process is the most gratifying and exciting adventure available in life. It transforms life in today's world from a timid walk through a minefield to a fulfilling path of self-discovery.

In the first three months of the Course (the first six lessons), you might encounter a whole new way of seeing and understanding things than anything before now, even if you were already 'advanced' on the spiritual path. People are often surprised to find something that is actually new and different, yet rooted in the most ancient principles of Truth.

Instead of experiencing fear of the future, paranoia, defensiveness, low self-esteem, a sense of unworthiness, habitual reactivity, not to mention a general ongoing agitation or depression, we can live a life of fearlessness, with a deep gratitude for the good things this life has to offer.

Each month you will receive two lessons via email, both to be sent on the first day of the month. The process of participating in the Course is

extraordinarily simple: Each lesson is approximately ten pages long, and simply by printing out your current lesson (or we can send it to your Kindle), reading it, and referring to it on a regular basis until time for the next new lesson, you will find yourself becoming subtly attuned to the principles of Truth in your own life.

My experience has been that, no matter how well I thought I understood something, with each new reading of the current lesson I'm reminded of something I need to know right now. The reading always frees me in some way I didn't expect, and inspires me to continue with the 'work' of being present in each new moment.

You will experience for yourself that there is a certain power in each new reading, and the process of simply referring to one's current lesson as often as possible has a cumulative as well as a transformative effect. Please don't resist repetition of the principles of Truth, as many before us have already discovered this method to be powerful and invaluable.

Even if your lifestyle does not permit much time for meditation and introspection, you will find that a few minutes with your current lesson will serve as a portal through which you can enter the Truth of the present moment. As you become more familiar with the inner realms of your own Self, you begin to live your daily life from this expanded perspective. After many years I am still amazed at the simplicity of the principles and how they actually work in each person's life, regardless of personality type or lifestyle.

I have been a student of D. R. Butler's writings since 1976, have worked closely with the writer for much of that time, and have been married to him since 2003. I welcome you into the community of readers who appreciate his sincere, humorous, and down-to-earth approach toward communicating the highest principles in ways that can be practically applied in our own life in today's rapidly changing world.

Our primary practice is to simply focus the attention, as much as possible, on the principles explored in each current lesson for the two weeks devoted to that lesson.

If we repeat something consciously, often enough, it is soon passed on to the subconscious to be repeated automatically, without ever having to consciously think about it again. This is why we are encouraged to refer to the current lesson as often as possible before the next new lesson arrives—with repetition, comes transformation.

The form and style of teachings tend to change according to the culture and needs of the times—yet the simple Truth invariably remains the same over eons. What can be changed and improved upon, beginning now for each of us, is our clarity of understanding, our experience of inner joy, and our aspiration to live fully in the lightness and freedom that is our birthright.

Enrollment Details

The course is available for a minimum donation of \$18 a month (or multiples of months). You can save money by enrolling for \$180 a year. Those who can, and who have learned to appreciate the Course, often send more than this, which makes it possible to keep the minimum donation low enough for most to afford it, and even to offer partial scholarships when the situation merits it.

To receive further lessons, write us at drbutler.course@gmail.com with your name, your preferred email address, the length of time you would like to subscribe, and anything else you would like us to know about you.

Alternative methods for submitting your enrollment fee:

1. We can accept your check or money order (payable to D. R. Butler) in US funds through the mail. *When paying by the year, this method works best for us.*
2. Most banks, as part of their checking service, will automatically send out a physical check on a certain day of each month in whatever amount you instruct. *When paying by the month, this method is most convenient for you and for us.*

Our mailing address is:

D. R. Butler
132 Tingley Lake Rd.
Harford, PA 18823
USA

Look for our addresses at the bottom of each lesson page and at the end of each email you receive from us.

3. We also use the online banking service Paypal. It takes just seconds to transfer funds in US\$ to our email address (drbutler.course@gmail.com), which serves as our Paypal "account ID."

We know you will enjoy and appreciate the upcoming transformative process that is innately and inherently your own birthright. Whether you are a beginner on the path of self-discovery or a seasoned traveler, you are more than who you currently experience yourself to be, and you will be surprised and delighted each time you perceive and experience this Truth.

Warm regards,

Kay