

# Chew On This newsletter

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## Thoughtful Curated Quotations from Scientific Authorities and Spiritual Masters Concerning the Nature of Reality, the Moment, Your Mind, Death, and Life

Here is an example:

“And it is a strange thing that most of the feeling we call religious, most of the mystical outcrying which is one of the most prized and used and desired reactions of our species, is really the understanding and the attempt to say that man is related to the whole thing, related inextricably to all reality, known and unknowable.”

*The Log From the Sea of Cortez*  
John Steinbeck  
Penguin Classics. 1951. Page 178.

Here is another:

“The third type of suffering, known as ‘all-pervasive suffering,’ happens at a deeper and subtler level than the first two... this constant feeling of groundlessness and insecurity quietly pervades every moment of our life. It is the subtle discomfort that underlies both the suffering of suffering and the suffering of change.”

*How E Live Is How We die*  
Pema Chödrön  
Shambala. 2022. Page 8.

And another:

“This Darwinian phase lasted about three and a half billion years and produced us, beings who developed language to exchange information. But in the last 100,000 years of so we have been in what might be called an **external** transmission phase. In this, the **internal** record of information, handed down to succeeding generations in DNA, has changed somewhat. But the **external** record—in books and other long-lasting forms of storage—has grown enormously...(it) is the timescale for accumulation of information...The amount of information handed down in books or via the internet is 100,000 times as much as there is in DNA.”

*Brief Answers to the Big Questions*  
Stephen Hawking  
Random House Large Print. 2018. Page 104-5.

# Does this interest you? \*

- **We are just not sure what is true and real in today's information-deluged world.**
  - So, here, for you, are nuggets of research and experience from expert scientists and spiritual masters, **windows of light that will clarify and enhance your understanding, thinking, and so feeling.**
  - You are already on the journey to **alleviate any misunderstandings that are causing you to suffer needlessly in your mind,**
  - Practice that will allow you to **live more fully in each moment.**
- Curated by Charles Frode—former monk à la *Narcissus and Goldmund*, master mentor teacher and teacher trainer, author and writer, husband and father, bread maker, sous-chef, and musician.
- Mingle in your mind your own thoughts and feelings with **Frode's two-minute-read reflection on the day's quotation**, and
- Then **grok a bonus suggestion** included in each short newsletter that will arrive like blue sky after a rain shower in your morning inbox.
- Silent Generation, Baby Boomer, Gen X, or Millennial.



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