

Doug Shumway
Board Member - Secretary

When I was young I remember being aware of an unseen presence in my life that I felt would always be there to take care of me. As I got older this feeling faded. Growing up I attended Methodist Church and learned a basic understanding of the Bible and Christianity. As a teenager I became aware that there was more to life than what I could perceive with my five senses. In my late teens and early 20's I began a search for meaning in my life; for something beyond the religion of my youth. I read books on near death experiences, dream analysis, and Zen Buddhism and took classes in philosophy and meditation.

Two books that were influential in shaping my spiritual views at this time were Joseph Benner's *The Impersonal Life*, and Guy Ballard's *Unveiled Mysteries*. The former book taught me that God is within me, as my Higher Self. The latter book is a fantastic account of the author meeting Saint Germain on Mount Shasta in 1930 and their subsequent travels through time and space to lost continents, ancient civilizations and past lives. While seemingly beyond belief, I could not deny the feeling in my heart as I read these accounts.

In my mid 20's I married and within a few years discovered Unity Church, whose philosophy resonated with me. I attended Unity for a time but as my new family grew and the demands on my time and energy increased, my spiritual life faded to the background. In my early 40's I divorced and embarked on a period of over-indulgence that eventually led to my becoming unhappy and dissatisfied with my life. So, at 50 I let go of some old habits that were no longer serving me and cultivated new ones that supported my higher good. I took up yoga, renewed my meditation practice and began to search anew for what I truly believed in. I re-connected with Unity Church and this led me to a group that was organizing to study the book *The Way of Mastery*.

Initially resistant to some of Jeshua's teachings, our facilitator suggestion that I "just sit with it" to allow the concepts to be, without judgment. This helped me to move forward and before long my resistance vanished. As that group finished the book and took a break, I began attending the "Mastery" group facilitated by SCF President K. Kamper and Board Member Jan Haynes. After the Foundation moved its offices to Sacramento I began volunteering my time on a regular basis. I felt a strong desire from the heart to support the Foundation in any way that I could. This eventually led to my being asked to join the Board of Directors, and in so doing, my acceptance of the Essential Requirements for board members.

I am forever grateful to the many beautiful souls who have been my teachers along the way, and of course, to His Eternal Loving Presence within.