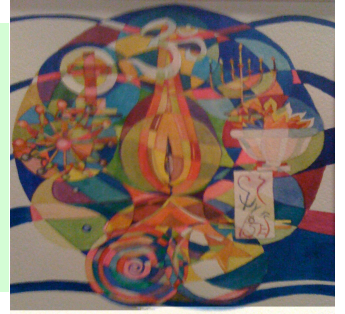


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## American Meditation Society Newsletter



Volume 16, April 2010

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Dear Meditator Friends,

Happy Spring! Below you will find information about our Summer Course/Retreat, an excerpt from one of Gururaj's talks, local area news, and meditator contributions.

The image in the upper right corner is a creative rendering of the Emblem made by Pashya Spellman. It was in the auction last summer to raise money for scholarships for this summer's retreat.

The summer retreat promises to be an exceptional experience to open your awareness and commitment to your spiritual life. It is worth the time and effort to get yourself there!

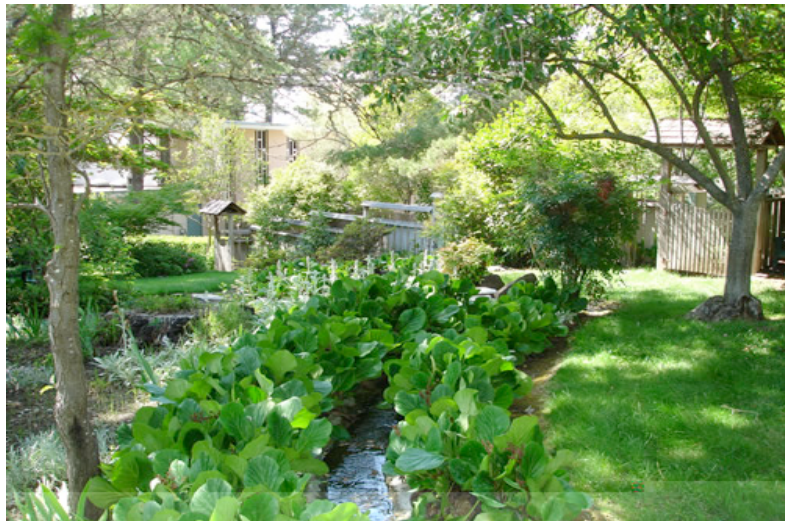
Namaste, Vidya



*Site from The Lodge at Gearhart's Little Beach*

## Spring/Easter Course 2010

The 13th Annual AMS Easter/Spring Course is occurring right now in Gearhart, Oregon at the Lodge at Gearhart's Little Beach. Check the next issue of the newsletter to see pictures and how the retreat went in Oregon...



*View from the Angela Center*

## AMS Summer Course 2010

**Theme:** "Allowing"

**Date:** June 25 - July 1, 2010

**Location:** Angela Center, Santa Rosa, CA

**Cost:** Double - \$720 , Single - \$860 , Children under 12 - \$140

If attending less than full time, for double: \$120 x the number of days attending; single - \$144 x number of days attending. Meditators from Europe receive discount - email Mary at Peacebypiece1@att.net

**Transportation:** You may fly into Santa Rosa, CA or you may fly into San Francisco and take the 1 hour bus ride from the airport to Santa Rosa. More details on this will follow.

**Theme:** *There is a higher force trying to express itself all the time but you are blocking it by your ego self that is cluttered with all the patternings, all the dirt, and therefore the light does not shine through..... The most important aspect of yourself is the all-pervading spirit, and that spirit can go nowhere because it is all pervading. - Gururaj*

The six day retreat is a unique time to gather and renew your commitment to meditation practice and meditative living. It is also an opportunity to deepen your understanding of Gururaj's teachings. Make this gift to yourself and show up for an unparalleled experience. The experience of Gurushakti is very powerful on this retreat and will continue to keep unfolding in the following months of your life.

The Santa Rosa Center offers a wonderful setting for spiritual inspiration. There are walking and swimming facilities plus the famous Redwoods, the beach and wine-tastings nearby.



*Swami Beyondananda*

For a special treat, we will have an appearance of the funfilled Swami Beyondananda at the retreat. He travels and writes extensively, entertains with his wit and wisdom and is known for combining consciousness and comedy, political comedy and satire, as well as healing laughter. Fred Cota was able to arrange for him to be with us on Saturday evening, June 25th. Gururaj always promoted Life, Love and Laughter! see: [www.wakeuplaughing.com](http://www.wakeuplaughing.com)

for more about him.

Please click [here](#) for the Summer Course 2010 registration form.

IMPORTANT \*\*\* We must have **PAYMENT IN FULL** two weeks prior to the retreat - **DEADLINE:** June 11th.

Email registration and credit card number to Mary or mail check and registration:

Mary Horne-Porter  
6507 East Turner Court  
Mooresville, IN 46158

For further information  
contact: Mary Horne-Porter  
home phone: (317) 831-7470  
cell phone: (317) 679-6620  
email: peacebypiece1@att.net

## Discover Oneness - That is the Goal and Purpose of Life

As you go deeper and deeper into spiritual practices, you will find your awareness expanding and expanding until you embrace the entire universe in your arms. And the expansion of awareness is nothing but the rediscovery of pure consciousness that is there within you all of the time, but just veiled. We can use the analogy of a light bulb. You wrap pieces of cloth around the bulb and don't see the light; but slowly as you remove the coverings one by one, you come to the naked bulb with all of its light, with all of its full glory. And you are glorious. If you believe Divinity to be glorious and omnipresent, then how can you say that you are not glorious? How can you deny that you, too, are divine? For everyone is Divine. But we fail to see that because of separation; and that one-ness, that pure consciousness or Unity Consciousness, can only come about if you recognize the Divinity within yourself first. Like the saying about love - if you cannot love yourself, you cannot love others. It is the same principle.

Through these spiritual practices we discover that inner force, we reach that reservoir of energy, for Divinity is energy. You can use any label that you like. It still remains an energy. You can't lift your hand without that energy. You can't walk two steps without that energy. So, the energy is functioning to make you walk and yet you have the thought, "I" am walking. Who are you to be able to walk? The energy is moving you. You are not walking, I am not talking; rather, it is the inner energy that is flowing out of you and because it strikes a chord, it flows through your mind and into your heart. It

is the oneness that people call "monism" or the Sanskritists call advait. So the goal and purpose in life is to discover that oneness. When you find that reservoir of energy within you, you will just bubble over. You become dynamic. You become vital and that vitality emanates from you and captures the hearts and souls of others around you. And when you see that Divinity within you, you will automatically and spontaneously, effortlessly, see the Divinity in others. And when you see the Divinity in others, you can't hate others because it is the same Divinity. And this is what is meant in the Bible, "Love thy neighbor as thyself," because your neighbor is not separate from yourself. So in this relative world, even if your neighbor is not separate from yourself, how can God be separate from you?

~ Gururaj

## AMS's New Toll Free Phone Number

Our toll free number is 1-877-747-4AMS (4267) This number will ring at the home of our Secretary, Mary Horne-Porter. Teachers are welcome to use this number in advertising.

## What's Happening Regionally:

**New York:** Tamaji and Merrill are thinking about producing a series of TV shows for their local market. They can be produced free of charge by the city of White Plains. This might result in a series of 20 or 30 thirty-minute shows. Initially they will be able to be viewed only locally. But we will own the rights to the programs, so we can send them to any station willing to air them. A banner on each show will direct people to AMS -- which catapulted us into getting a toll-free AMS phone number.

**Illinois:** Sutriya is offering regular classes and holds weekly chant/meditations at her meditation center twice weekly.

Dooreena is currently teaching medical students the basic "putting the attention on breathing" meditation practice. She offers weekly sessions to help students with test taking anxiety and stress related disorders. There is a very high level of stress for medical students, especially in their first year. Sometimes faculty members attend her sessions.

She teaches individual aspirants the full course when she can is also pursuing a masters degree in Educational Studies: Instructional Leadership program.



**St. Louis, MO:** Pashya writes: Recently, I was asked to speak to a high school psychology class about meditation. They had studied a variety of text book explanations of meditation. Although quiet at first, they soon were asking questions and wanting to know how I got involved in meditating. I told them about Gururaj and some of my early experiences which they found rather amusing. When speaking to teenagers I find telling the truth and finding humor in life experiences to be the best way to capture their interest.

We talked about the stress they were feeling as the end of their senior year approached and practiced some simple exercises to help gain a bit of calm in the midst of all the confusion. They seemed impressed that a few minutes of pranayama or stretching could actually help them feel more relaxed. We practiced breathing meditation for about 10 minutes. It was wonderful to see them relax into the exercise. Many of them were very surprised to discover it had only been 10 minutes, "It felt like half an hour", several students commented. "I felt like I was floating", said one of the girls and several others agreed. Spending time with these students reminded me of two things: first, how I love working with young people and secondly, what a gift meditation has been in my life.

**Canada:** Phillip tells us: Dealing with inflammatory bowel disease has offered me lots of opportunity to discover how meditation can help relieve pain. Of course I would never suggest abandoning medical treatment, but supplementary aides are always welcome in my book. Here's what I've found helpful:

- putting my attention on the pain. I often find that this brings up thoughts about the pain (such as "Owww....that hurts"). Then I can let these thoughts come and go as in meditation. I find this beneficial because the thoughts seem to amplify the pain a great deal. By not being involved in the thoughts, the painful experience is much more manageable.

- directing gurushakti to the pain or swirling the prep mantra in the painful area.

- visualizing myself free of pain, maybe surrounding the painful area or myself with a blue light or haze which Gururaj said was a very healing color. I also find that using the blue light enhances the clarity of the visualization.

**Indiana:** Mary reports: My ongoing teaching is continuing here in Indiana. Classes seem to be occurring a distance away - an hour for one, 45 minutes for the other. There is an ongoing class that has continued to tratak, it will be starting up again in the spring. Because I was looking for additional places to teach I have started attending the church where I taught classes several years ago. They are excited to have the possibility of a meditation teacher again. Since Greg died I have done little to promote GR's teachings, but it looks like I'm back on the road to doing that again.



## **Meditator Contributions**

*Darshan*

*together we stand  
nestled deep in our own spaces  
delicately interwoven  
mandala of dancing lights*

*chant energy rounds  
flowing blessed as the gong fades  
awakening in prana  
to wine and the breaking of bread*

*we are full now  
of such promise, shared purpose  
as dusk settles  
over the quiet drive home*

*Sarah*