



## **In this newsletter**

Thoughts from the 2009 Summer Course

Excerpts on the theme of "The Path"

Upcoming retreats

Dear Meditators,

Our summer retreat was an amazing experience. We have included some comments from a few people who attended.

A slide show of the Summer Course can be found at:

<http://www.flickr.com/photos/buzzpix/sets/72157621516636152/>

We have also included a portion of a transcript that was studied in small group meetings.

Namaste, Vidya

## **SUMMER COURSE JULY 2009**

Comments from meditators who attended the Summer Course in July:

When I was invited to participate in the AMS 2009 Summer Retreat, I felt curiosity and doubt. I had begun meditating with my teacher, Lorieta, in September '08. I hoped to learn how to still both my body and my mind. I listened as she explained the AMS practices and the teachings of Gururaj, but being the "Type A" personality that I am, more attention was given to how to actually meditate so I could learn to be at peace for at least part of the day.



When I decided to go ("it's only an hour's drive. I can leave if I don't like it") I had no idea what I was about to experience. Affection, kindness, and caring were everywhere! It was like a non-threatening vortex, drawing me into the center of things and surrounding me with love. Of course, I had to hold onto my doubt, and when I learned that with Doubt, I was accepted more deeply, I could not have been happier! I am honored to have my own mantra and a place within the AMS family. I look forward to the next gathering, be it small or large, formal or informal, and hope to never miss an AMS event. Thanks to everyone, especially Vidya, Roopa, and Pashya. You rock!!!

*~ Bonnie Devine*

I had prayed that something would be revealed to me on this retreat.

The first morning I woke about 5:30. Couldn't sleep so I decided to get dressed & walk around. I began just around the buildings & trails close by. I was chanting to myself & really just got lost in the beauty of the sunrise. All of a sudden I literally walked within 4 feet of a Mother doe & her boy. I stood still & for about 3 minutes they just grazed. Such beauty. I followed them into the woods down a road that seemed to have been used at one time. Here is the rest of what happened & how my mind went from enjoying the gifts of nature to complete unjustified total fear in seconds.

#### WALK IN THE WOODS

Sun rising

Birds echoing joy

Be still and listen

Gifted - Mother Doe & son

Breathing

Listen, squirrels playing

Posted - NO TRESPASSING

D.O.C.

Department of Corrections?

Department of Christians?

Department of Catholics?

Fear - out of mind control



Lost in the woods  
Attacked by nature?  
Beer cans  
Attacked by man?  
Listen!  
Be Still  
Behold a Buck  
Listen  
Dioces of Camden  
I am one with God  
I AM

In a heart beat I had let my mind completely ignore all that you had taught me, all that Gururaj had taught me, all that Byron Katie had taught me, all that Eckhart Tolle had taught me & most of all (to me) what Jesus had promised me. Fear is a mighty thing. When Merrill spoke of fear being a gradual process, I thought of my grandsons. Ethan is 8 and Bennett is 2. The fear Ethan has learned is much greater than his younger brother. Pashya talked about how our mind, body and spirit are all connected. Roopa spoke of finding peace in chaos. Jaisha spoke about my ego world vs. true reality.

Merrill made me think of a time that fear kept from doing something and a time fear did not stop me. What are my intentions? Am I to face my fear and gain a strength? MY intentions are now to face me, who I am at this moment; accept that I am made perfect in God's eyes. Would I like to change some things about myself? Hell YES. But do I have to change for others? Hell NO! My intentions are to just be ME.

My path is mine. Everybody else on this earth has their own path. I believe we all have spiritual gifts we pick up along these paths. I also believe that we are given these gifts to share with others. I met a lot of new people at this course & learned something new from all of them.

~ Sami Parker



## Exerpts on the theme of "The Path"

*(excerpts have been summarized or edited)*

### US 80-40 RECOGNIZING OUR DIVINE PATH

You do not need to find the divine path, for any path you take is only to the Divine.....We normally say Divinity is everywhere, omnipresent, so in whichever direction you look, you will find Divinity. But the easiest direction to look is to look within, for you know yourself better than anyone else would know you. And that makes the path much easier, quicker, by looking within, and looking within is the process.

What is the process? How do we tread this path within? This is what we have been teaching all the time. Meditation and spiritual practices are the path that leads one within.

. . . . You complete the full circle where bliss is experienced, a bliss that knows of no opposites. It is not pleasure, because pleasure will have pain. It is bliss that knows of neither pain nor pleasure. That is the stage man aspires to and will definitely reach. It can be done here and now..... But it requires patience. It requires perseverance. Nothing for nothing, and very little for five cents. In that state of meditation when one reaches deep, so many experiences are gained. So many things that are cluttering the subconscious mind [are]being dissolved. Remember it is not the meditation that dissolves it. Meditation only helps to dissolve; but what dissolves it is the guruhakti. . . .

The real part of the process lies in receptivity. You've got to make yourself receptive to God's grace; otherwise, His grace is of no use.

To be awake, to be patient, and to become accepting with the patience, and with the acceptance you become receptive. And with that receptivity you are awake. And when you become awake, you become aware.

Real wakefulness comes only in recognition, in the vastness of awareness, when all is seen in its true value. That is wakefulness. And the true value of things is divine. So we come back to where we started. We started with thought. But now the difference is that going through these experiences and practices, we know! Experientially we know the value of things. Everything



becomes divine to you in reality, not in the sleep state where you think you are awake.

. . . . So when we rediscover the value of things, we have reached that state of manifested divinity where bliss can be experienced. For then this table becomes blissful, this chair becomes blissful, people become blissful. In their sadness you see the underlying joy. For who is really sad? You are not a sad person, you are not a miserable person. No, you're not! Your mind is miserable, conjuring up misery all the time. Conjuring up sadness all the time. Creating troubles for it all the time. That's not you. It is this mind, so transient, so transient, without any substance. Now what is the quickest way in the process to reach divinity? Wakefulness! Awareness backed up by acceptance backed up by patience backed up by surrender! Don't surrender to anyone except yourself.

Pure surrender: not my will but thy will. Whatever comes, whatever I come across, whatever happens to me, I accept for He is the final law. That energy is the final law, and to make life more harmonious, recognize this divine law. That is all you need. All techniques and practices are aids. They are not the law. They are aids to make one receptive for that grace to descend. One can never go to God; God comes to you always. We just have to prepare the meal; that's our job. That's all we have to do.

The process to divinity is the conscious and unconscious desire of each and everyone, and everyone wants to bring this desire to reality. Everyone has that within themselves. The most direct way is to do your practices. Have patience. Patience creates acceptance. Acceptance creates receptivity. When receptivity is there, it just dawns on you. That is how you become healed and whole. That is the meaning of integration. Integration between mind, body, and spirit can never happen without grace. . .

The techniques are worth 30 percent; 10 percent is self-effort; 60 percent is grace, or gurushakti. That is the process.

American Meditation Society

Newsletter



## Upcoming Retreats

*(details will follow in the next newsletter)*

**Knoxville weekend retreat:** October 9 - 11, 2009

Sunnybrook Farm & Retreat Center

Walland, TN 37886

Cost: \$160

Contact: Becky Wiggins (865) 922-8421

[bjwiggins@comcast.net](mailto:bjwiggins@comcast.net)

**Thanksgiving Retreat:** November 25 - 29, 2009

Toddhall Retreat & Conference Center

Columbia, IL 62236 (fly into St. Louis airport)

Cost: double \$380 (\$95/day); Single: \$472 (\$118/day)

Contact: Mary Horne-Porter, (317) 831-7470

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