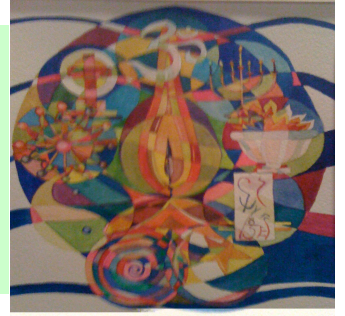


If you are unable to view this newsletter properly, click on or copy and paste this link to view it in your browser:
<http://www.americanmeditationsociety.org/newsletter/newsletter-aug10.html>

Click here to download a printable PDF version:
<http://www.americanmeditationsociety.org/newsletter/newsletter-aug10.pdf>

Home
About AMS
Classes
Events
Teachings
Contact Us

American Meditation Society Newsletter



Volume 18, August 2010

In this newsletter

Report on Summer Retreat and Photos

Dates for Upcoming Retreats

Exerpt from Gururaj - On Love

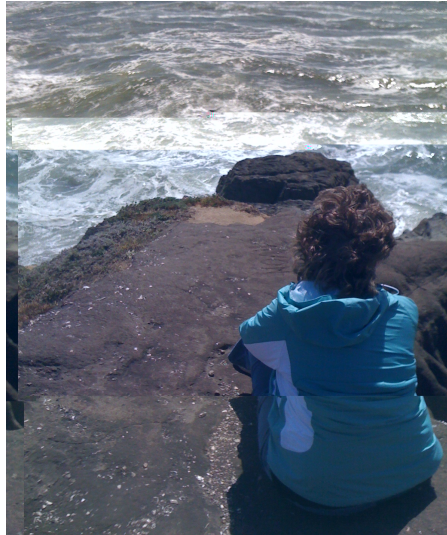
New Book Published

Dear Meditators,

This summer we had a wonderful retreat and have more planned.
See below to look at content of what we talked about.

~ Vidya





Praseela in meditation at the beach

Report on Summer Retreat and Photos

This summer's national course in Santa Rosa was small but mighty. I felt so awed and humbled by the expansive, uplifting power of the spiritual family connecting in Grace. I was re-inspired to take every

A highlight of this year was the California summer retreat. We chanted & meditated, and to give you an idea of what we studied together, here is a list of the satsangs/discussions. All talks were based on the universal teachings of Gururaj and incorporated tapes, DVD's and transcripts.

Friday PM - DVD and discussion - The play of life.
Saturday AM - Becoming Receptive to Grace - Praseela
Saturday PM - Perfection - Panu
Sunday AM - The Value of Effort - Jarid
Sunday PM - How Samskaras Rule our Lives - Vidya
Monday AM - Joy in Death of the Ego - Roopa
Monday PM - Fight the Good Fight - Sutriya
Tuesday AM - The Smile of Krishna - Jeff
Tuesday PM - The Benefit of Becoming the Observer - Mary
Wednesday AM - Divinity Flows Through You - Sujay
Wednesday PM - Forgiveness - Kanu
Thursday AM - Group Discussion - Integrating what we learned

Majestic Redwoods, this time with Meditators

Sue Carol, Sunita, Chutari, Phil, and Jarid ready for Satsang

The meditators that play together, stay together!

Dates for Upcoming Retreats

Knoxville:
October 1-3, 2010

NY Meditation Intensive with the Harmins:
October 23, 2010

Thanksgiving Retreat:
November 24-28, 2010 *GOBBLE GOBBLE!*

The Object of Your Love is Love - Gururaj

Excerpt- *From Darkness to Light*, p48-49

If I love you, what am I really loving? I am not loving you as a person, I am loving the Divinity that is within you. If love is God, it can only communicate with God and you are just the exterior frame. Therefore, love knows no differences. If someone does you wrong, and if you have the strength to love that person just as much, then you have some idea of what love is all about. Someone might besmirch you, someone might hurt you in some way; but, as Christ would say, "love your enemies." It is easy to love a friend, but learn to love thine enemy; that is the mark of portraying and living the living God. We don't want a dead God; we want a living God.

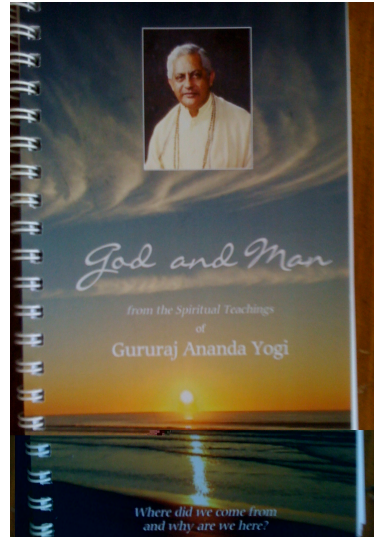
So, when a person passes away, what is away? Love is not away! Only the body is away; the outer frame is away. But love is forever there, and love knows no separation. If your dear one passes away, it does not mean that the dear one has perished. The spirit within man is immortal and eternal. If something is eternal, if it is there everywhere, how can it pass away? When you really love someone you are bringing into oneness the Divinity within you and the Divinity within the object of your love.

What is the object of your love? It is not the person. The object of your love is love. The object of God can only be God. Now, how can there be two gods? That within you is at-onement with that within me. When I realize this, then I can truly love. There is a difference between understanding and realization. You can understand an intellectual concept with the mind, but a realization is total assimilation. A realization permeates every cell, every pore of your body, and in that way you become that love. You do not need love anymore; you become that love. You are that love. Then if anyone does you harm, with distortions or malice or whatever, it does not hurt you, and you will still keep on loving, because that is your nature. You have actually become that.

~ Gururaj



New Book Available Soon!!!



God and Man

A new book, *God and Man*, will be available next month. The first release of 40 books were all sold on the summer retreat. Jasuti will have them available and for sale by late August.