



WELCOME TO OUR SECOND ELECTRONIC NEWSLETTER!

In this newsletter

This month there are three sections:

Section of a satsang on spiritual practice and expansion of the heart

An informative piece on what is happening in East Tennessee

Registration information for the summer retreat

We recommend printing this out and re-reading the brief satsang selection several times.

Namaste, Vidya

Spiritual Practice and Expansion of the Heart

A human being's heart is forever expanded. It does not require expansion. The core of the human personality, which we know as heart, could be equated with the spiritual self of man, the pure entity that resides within. One aspect of that pure entity is heart because the nature of the heart is to express, and what does it express? It expresses love.

The heart does not mean the little physical organ but the core of the human personality, the individual soul, if you would wish to call it that. The very nature of the heart is to express love, and being an indefinable quality or substance, its expression, love, is also indefinable. It is indefinable by the mind, but experienceable by itself. So when the heart is filled with love, what happens is that the heart experiences its true nature.



Why does the heart not experience its true nature?

It's because many blockages are created by man's actions, by man's thoughts, which could be put into the package of samskaras. This package of samskaras or these veils of our doings, the veils created by the seeds we have sewn, build a wall around the heart, and it is this wall that prevents the heart from expressing itself.

The only way the heart can express itself is through love. Love is a quality that does not require any mental analysis for as soon as one starts defining love, one is limiting love. The limitation takes place because we are defining with a limited instrument called the mind. And the mind, as we recognize it, or use it, is finite, while the quality of love is infinite.

So, the expression that comes through the heart cannot be the fullest expression of love because of the veils created around it. Dante has said that the greater the man the greater his love. So, the spiritual stature or the evolutionary status of man can be judged by how much he loves.

Now we are talking of real love, not that which is taken to be love. What most people practice in the name of love is but a form of hypocrisy. Love knows no need. It exists by itself, it does not need support. Yet, to express itself it has to find an object to which it could express itself. And in the expression of that love to an object, the heart expands more and more; and here by "expansion" we mean an unfoldment so that more and more love filters through.

Now that is the aim of our foundation, for the human being to reach the core of his personality, and by reaching the core of his personality, he starts opening the door. And in opening the door of the heart, more and more love filters through. It is like driving a car. The more you press the accelerator the more the jets in the carburetor open and more petrol flows through, and the car goes faster. But if the carburetor is dirty, if the jets are not clean, no matter how much you press the accelerator, the petrol cannot flow through and the car does not go smoothly.

So to make one's life go smoothly like the car, what we have to do is to clean the carburetor. How do we clean the carburetor? We clean the carburetor through our spiritual practices. Spiritual practices are effortless, but in its



effortlessness there are certain effects created. And the effects would be sometimes a bit abrasive. It is only by rubbing, polishing, and scouring the pot that it becomes clean. The finest iron or steel is always made in the hottest heat.

In the beginning stages of our spiritual practices we come to recognize the blockages and the dirt in the carburetor. And we start cleaning it. Now, if this cleaning is done without understanding, we could find it very challenging. If proper knowledge is given with the practices, then one's attitude in the cleaning process changes, and then we start saying that this cleaning is a must. The car can never remain stationary. It is the nature or the duty of the car to be driven, it has to move. If the carburetor is not cleaned, it rusts away.

When we do not accept these challenges, then life starts stagnating and whenever there is stagnation it could fester and lead a person into greater and greater misery. When these challenges are brought to us, when through our spiritual practices we could become so fortunate that all our faults and frailties are pictured before us, we look at ourselves squarely in the mirror. Then we ask, "Is this me? And if this me is so incomplete, if this me has so many faults and frailties, what am I going to do about me?" We make that decision, a real earnest, sincere decision - there has to be sincerity, because on the spiritual path there is a lot of cleansing required. And it is only with sincerity that one can persevere.

Sometimes a person is seemingly happy. By seemingly, I mean that he bluffs himself that he is happy. He is in a state of euphoria. If a person falls down in the snow and breaks a leg, when the time of death approaches, such a lovely warmth envelopes him and he does not want to get up. Then he passes away in this warmth. This is false warmth.

Many people that are not prepared to face their weaknesses are living in this kind of false warmth. But if only this person that has fallen in the snow would get up and walk around a bit or crawl around a bit and get the blood circulating he would be alive.

To recap, the nature of the inner core of man's personality is love. And love is forever trying to find expression. There's not a single man or woman in this



world that does not want to love or be loved in return because that quality of love is his or her inner nature.

I'll repeat this over and over again, the heart is forever expanded. The core of the human personality has that ineffable luminosity forever shining. It is because of our actions, thoughts, preconceived ideas and non-surrender and non-acceptance plus other things that build a wall around the heart. Therefore, I tell meditators throughout the world: **Be regular in your practices.** Your practices are specially designed for you for a particular purpose. If the wall is very thick, you use a bigger hammer. If the wall is very thin, you use a smaller hammer. And the practices that are given to you are very carefully weighed and evaluated to bring about the maximum result in breaking down this wall.

From Gururaj Ananda Yogi - Audio Tape USA 77-8

AMS activities in East Tennessee

AMS continues to thrive and grow in Knoxville as fast as the Dogwoods here in East Tennessee!

Despite missing Vidya's inspiring presence, Knoxville AMS teachers continue to teach classes and hold chant/meditation meetings to keep the group strong and to expand the teachings of Gururaj in the Southeast.

Regular Introduction to Meditation classes are being held at the Wah Lum Traditional Kung Fu and Tai Chi center in Knoxville, taught by Emma Woods. This is a four-week beginner's course that introduces the prep mantra meditation practice and chant. This course is open to everyone, and upon completion students become members of the Wah Lum meditation club. The club meets every 3rd Saturday morning at 7:30 a.m. for chant and meditation (we have to fit it in before Tai Chi class!!). These meetings are open to all AMS members who wish to join. Emma also plans to start teaching the intermediate meditation course from July onwards.

Sami Parker is holding regular AMS meetings twice a month at her home in Gallaher View, Knoxville. These meetings are a great opportunity for the AMS

American Meditation Society

Newsletter



community to get together in Sami's lovely home for chant, meditation, and discussion. These get togethers are enjoyable, often lively, and always full of shakti.

Meetings this month are being held on Wednesday, June 11th and Friday, June 27th at 6:30 p.m. Sami sends out an email with the meeting dates at the beginning of each month to the Knoxville AMS group and encourages y'all to join us!

Jim Lawler also continues to teach the Meditation for Stress Management Course at UT as a non-credit class each semester.

Summer International 2008 Course

Celebrating the 20th year since Gururaj's passing

Take a break and treat yourself to a 6-day immersion in meditation and spiritual teachings. Come to a restful meditation retreat in beautiful Santa Rosa, California. There will be meditation, chanting, purification practices and videotaped talks by Gururaj. There will also be silent meditation walks and talks by chelas as well as discussions and sharing. We will have special activities to commemorate the gift of Gururaj and his teachings in our life. The Angela Center is conducive to meditation and provides opportunities for swimming and walking. A confirmation letter with details will be sent when your payment is received.

Date: June 16-22 (beginning with dinner and ending with lunch)

Place: Angela Center, Santa Rosa, CA

Prices include room and board

Double: \$624 for 6 days; (\$104 per day)

Single: \$846 for 6 days; \$141 per day)

Email Vidya for International rates: vidya7@aol.com

American Meditation Society

Newsletter



Summer Course 2008 Registration Form

**** Please type information directly onto this form and print**

Name(s) _____

Address _____

Email _____ Phone _____

Payment by Check _____ Visa _____ MC _____

Card Number: _____

3-digit identification number (found on the back): _____

Your Signature _____

Vegetarian _____ Fish/Chicken _____

Special Diet Requests _____

Arrival Date & Time: _____

Departure Date & Time: _____

Single Room _____ Double Room _____

Roommate Request _____

American Meditation Society

Newsletter



Send this registration to: Sutriya Johnson, 490 Chancellor Dr., Edwardsville, IL 62025

Questions: Call Sutriya (618-656-8117) or Vidya (865-591-2159)

Transportation: Fly into San Francisco and take bus service to Santa Rosa.

You may also take a connecting flight directly to Santa Rosa. It takes about 1 1/2 hrs to travel by bus or car to Santa Rosa from San Francisco and Oakland airports.

Websites for bus services

Sonoma Airporter

<http://www.sonomaairporter.com/>

Airport Express

http://www.airportexpressinc.com/schedule_sfo_soco.html

We have used Airport Express in the past. You may also fly into Oakland or San Jose and rent a car.

Panu Collachi is coordinating pick-ups in Santa Rosa and taking questions about transportation. You may contact him at: 650-544-5528 or email: collach@cwnet.com