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July 2009 Retreat

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Dear Meditators,

We want to remind you to please register for the summer course right away. We must have the names and full payment to the retreat center two weeks before our arrival.

Jeff and Lorieta Carr have visited the site and report that the center is very nice, convenient to the airport, and well suited for our group. Food is reported to be excellent! Lorieta and I just went by there today to look it over and found that there are heated massage chairs in every bedroom on the second and third floor. The outside grounds are delightful and pleasant for walking, sitting and having group discussions. There is a very peaceful gentle energy throughout the grounds and buildings. You will be very comfortable at this lovely retreat center which invites quiet reflection.

The theme of this retreat is "THE PATH". What does it mean to walk one's path? For each of us, the answer is unique, and yet the path itself is universal. Throughout our week together, we'll explore our experience along "the pathless path".

Namaste, Vidya and Roopa

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AMS Summer Meditation Course 2009

Reflect – Refresh – Renew your meditation practices

Date: July 6 – 12th, 2009 (starting with dinner and ending with lunch)

Place: St. Pius X Spiritual Life Center, Blackwood, NJ 08012

Prices include room and board

Double: \$540 for 6 days (if you are coming less than full-time, it is \$100 per day)

Single: \$636 for 6 days (if you are coming less than full-time, it is \$116 per day)

St. Pius X Spiritual Life Center is situated in Blackwood NJ on 20 acres of land in a peaceful wooded setting. Walkways, a Meditation Garden and a Faith Walk add inspiration to a serene country setting. Across from the sprawling campus of Camden County College, the center is located 11 miles from Philadelphia and is easily accessible by car or public transportation. It is only 20 minutes from the Philadelphia airport. There is car service between the airport and conference center. The facilities are comfortable and inviting and the gardens and grounds are beautiful. The chapel is open 24 hours a day.

On this retreat there will be group chanting and meditating twice daily. There will be times for discussion, Video/DVD presentation of Gururaj's talks, discussion of practices, and meditation walks. We will look deeply at the workings of the mind and the unfoldment of our heart nature.

"...Through meditational practices we bring balance in the mind. There is a balancing of the impressions which constitute the mind. Through the practices we allow the light to cover the darkness. Spiritual practices are aimed at bringing light into life.

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...What has brought all the turbulence and turmoil and suffering and misery within you? Your mind. That's all. The mind is just a patterning, a bringing together of various kinds of impressions that are forever ready to associate themselves with the things you are thinking of now. That association brings about greater strength to the thought you have in your mind now, be it good or bad. It feeds. It feeds whatever is brought to the fore in your little conscious mind.

...Through meditation there is a hotline, where you can go beyond, transcend all the impressions in the subconscious mind and reach the superconscious level. We draw from there and fill the conscious mind with those energies, which in turn would reflect on the unconscious and make it clearer and clearer.

... Meditation and spiritual practices are designed to rid oneself of the patternings. The patterning is the stain or dirt on the glass window, the practices help one to cleanse the window so the full force of the Absolute can shine through."

~ Gururaj Ananda Yogi

A confirmation email will be sent with more details about transportation between the airport and conference center. This information will also be posted on the website.

Please click [here](#) for the Summer Course 2009 registration form.
Registration and FULL payment deadline: June 21st.

IMPORTANT *** We must have **PAYMENT IN FULL** two weeks prior to the retreat - **DEADLINE:** June 21st.

Email [registration](#) and credit card number to Babita or mail check and registration: Babita McKasson, 899 Rowan Rd, Makanda, IL 62958.

For further information contact: Babita McKasson phone: 618 529-4824, [email: Babitaji@aol.com](mailto:Babitaji@aol.com)



THE PATH

Excerpts from Gururaj about the path:

There is a path that one has to follow. But what one encounters on the path is unique to that person.

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There are different kinds of experiences, and different people could have different kinds of experiences, and yet they are all the same path on the path of evolution, on the path of unfoldment.

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The teacher shows you the path, but you have to walk with your own feet. There is no other way. No man can evolve you. You have to evolve yourself.

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The real way to bring any kind of reformation in society or to put society on the path towards Divinity would be on the individual basis.

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That is the secret of happiness: not to seek happiness, but to seek Divinity, and in its turn, happiness and ecstasy and joy dawn upon you... where you become established within self. As the Gita would say, first be established in the Self and then perform action.

Our process of meditation and spiritual practices is to find the stability that is within us to uncover and unfold the real I, the Divinity, the Heaven within that is there. And once that is reached, all else is added unto thee. You see our search always has to--especially people on the spiritual path-- aim at That. THAT!

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The path to the achievement of love which is, synonymous with the achievement of God could be filled with so many obstacles. These obstacles come about, and we have to have the strength within us, through meditational practices, through making effort in our daily lives, to overcome these obstacles and these problems. And it is not easy... It might take a hundred lifetimes...but everyone has to reach...home. Everyone has to go home!

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When the obstacles are there, and a person has a teacher, a guide, he does nothing for you. He only lights the path. He doesn't light you. The guru doesn't shed the light upon you; he sheds the light upon the path. You have to do the walking. The guru can't walk for you because then you will be standing still. He will be walking. ...the light is shed upon the path so that as you proceed you could see the potholes in the path. And that is guidance. And then, with that light that is shown upon the path, naturally you will feel some reflection of it upon you. You are not in total darkness, and that reflection upon you is the grace that flows to you, giving you the strength to go along the path to meet the beloved.

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The path to truth is the simplest path in the world. Only we make it complex by allowing our minds to work overtime and mixing itself up more and more and more.

In this vibration called the universe, the body is a part of it. And the mind is the entirety of it. There is only one mind. There are no separate minds, there is only one mind. But being encapsulated in the body, we regard it to be individual minds. And depending upon one's awareness, which means, in other words, the stage of one's evolution, and the stage of one's evolution is nothing else but one's awareness. If you say a man is highly evolved, it means he has a wider awareness. He can see in greater depth. He sees beyond the surface. He sees beyond the wall. That is called evolved state of evolution, widened awareness. And one's awareness could be so widened that one could become totally aware of the entire universe. Like the Upanishads say, if you know one piece of clay you know the entirety of what all clay is about. That is awareness.

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~ Gururaj Ananda Yogi

EAST COAST WEEKEND RETREAT REFLECTIONS

Comments from a few meditators who attended the East Coast weekend retreat in March:

The weekend full of meditation, good friends and lack of such modern devices as the cell phone, TV, computer, etc. left us with a feeling of peace, but also energized us.

~ Bob and Lorie

How grateful I am to the good God for leading me to Merrill and Tamaji. The weekend retreat was a wonderful introduction for me into the wondrous teachings of Gururaj Ananda. How simple and profound his teaching is and I think I benefitted enormously from the intense and wonderful program that you set up.

I am really starting to feel the benefit of the meditation and can't wait to get to the stage when I will live in the now and "just be." I am enjoying from "Darkness to Light" I have to read each chapter over and over, it really is a Study Book, it is so profound.

I am realizing more and more that the only path for us to live an enriched life is through meditation!!!!

I know that, that is all there is to set us free. How blessed we are to have these tools and how foolish if we don't nurture and use them!! Life is such a wonderful adventure filled with the Good the Bad and Ugly and we are all powerless to change anything, meditation does it.

~ Lola

The weekend Retreat in March was a totally enjoyable, all encompassing experience. I loved being away from life's routines. The Retreat House was a

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peaceful, quiet setting. I met so many nice people, many of whom I felt an immediate connection with.

Chanting and meditating in a large group is a deeper experience and helped me in my practice. We shared meals, conversation, and lots of discussion, led by our leader, Vidya. We went on walks, watched clips of Gururaj and others, practiced yoga and even sang songs.

All in all it was a revitalizing experience. I look forward to attending the next Retreat in July.

~ Abbe