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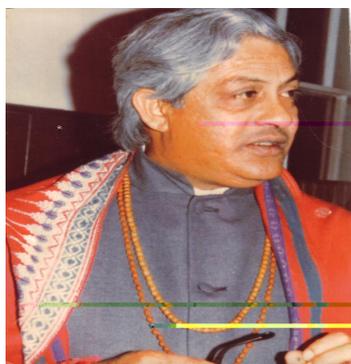
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Home
 About AMS
 Classes
 Events
 Teachings
 Contact Us

American Meditation Society Newsletter



Volume 20, October 2010



In this newsletter

Thanksgiving Retreat

Retreats Recap

Upcoming Retreats

Excerpt from Gururaj

Meditator Feedback

Dear Meditators,

We want to remind you to register right away for the Thanksgiving Retreat in the St. Louis area. We have also included some interesting quotes from Gururaj about the value of doing Pranayama regularly.

Namaste and Happy Thanksgiving! Vidya

2010 Thanksgiving Retreat

Date: November 24 - 28th, 2010

Location: Todd hall Retreat & Conference Center, Columbia, IL
(fly into St. Louis airport)

Cost: Double - \$380 (\$95/day), Single - \$472 (\$118/day)

Deadline: November 10 (After deadline add \$10 per day)

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

peacebypiece@att.net

Theme: The Nature of Love

"Through meditation and spiritual practices what we are doing,

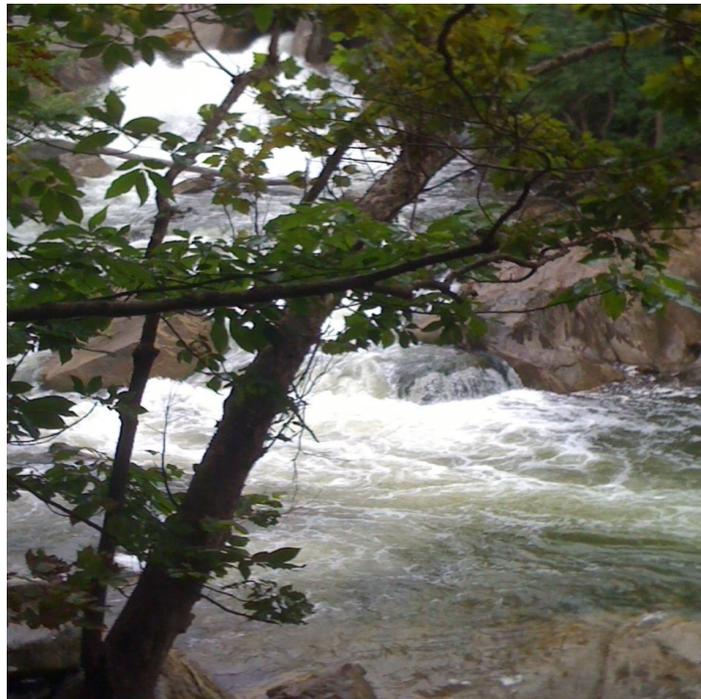
firstly, is allowing the mind to expand. Love does not need to expand, the mind needs to expand, and the mind expands greater awareness. When the mind expands in greater awareness, the ninety percent dormant areas of the mind are awakened, and through our meditation practices we dive deeper and deeper into far deeper levels of the mind."

~Gururaj Ananda Yogi -US77-14

This Thanksgiving we will come together to chant, meditate, do meditation walks and experience the silence within ourselves while we study Gururaj's teachings.

Take the opportunity to appreciate this special holiday with your spiritual family. We are returning to Todd Hall Retreat and Conference Center which is on 45 acres of beautiful land that offer scenic views and a relaxing and peaceful setting. It is located in the bluffs overlooking Columbia, Illinois, conveniently close to metropolitan St. Louis and only forty-five minutes from the St. Louis airport. Bus and train terminals are twenty-five minutes away. There are wild turkey, deer, and a wide variety of backyard birds. You may use the meditative labyrinth, visit the butterfly garden and natural prairie-grass preserve, or walk the wilderness trail. The sleeping rooms may be single or double occupancy. Each room has a private bath and individually controlled thermostat. All linens are provided.

REGISTRATION: Please click [here](#) for the Thanksgiving retreat registration form.



Knoxville and White Plains Retreats



Arts and Crafts time with Linda

Knoxville, TN Retreat

The weekend started beautifully and ended just the same. It was great to see all the regular Knoxville meditators and the meditators that had the opportunity to adventure South. The Pranayama practice has helped me immensely since reviewing it on the retreat; and now I do it as often as possible to stay calm, cool, and present. I think my favorite moment was our team building exercise Saturday night. Those who were there know to what I am referring. I cannot wait for the trip next October! ~Sean

Please click [here](#) to see Joe's video from the retreat if you can't see it above!



Thanks Joe!

White Plains, NY Retreat

Some thirty meditators -- including one or two beginners -- gathered in White Plains NY in October. By the time the sweet day ended, the beginners were as joyous as the rest of us. A beautiful day of meditating, chanting, sharing of minds and hearts. ~Merrill



Merrill and Mataji lead White Plains Retreat

Upcoming Regional Retreats

Retreat in the Poconos Mountains, PA

Date: March 25 - 27, 2011

Summer National 2011 Retreat

Date: July 7 - 13, 2011

Location: Marionist Retreat Center, Eureka, MO



Quotes about Pranayama from Gururaj

US 77-39

When we do this practice, what we are actually doing is attuning our little individual self with the universal self. In other words, we attune ourselves to the higher uplifting forces. That is one aspect of integration where you become one with the universe, and the other aspect of pranayama is also to purify oneself. When there is a rhythm created within oneself, then we become immune to various kinds of toxins. Especially in the times of pollution, I believe that is quite a problem in this country, pranayama is very important where you successfully expel these toxins from your physical system. Because, as I said, your physical system is very closely related to the subtle system within us. And that, of course, in the continuum is connected to the spiritual self.

US 85-08

When we say prana we do not only mean the breath. But within the air we breathe there is a subtle force which is the life force. For as you all know, when you don't breathe, you're dead. So everything in the world breathes: the plants breathe, the flowers breathe, everything breathes. So within prana is contained the vital force. Now what is the vital force? The vital force is Divinity itself, for Divinity is life. So every time you take a breath, remember that you are breathing in God. Have you ever thought of it in that way? Every breath you take, you're breathing in life and life is but divine. So one can refine one's breath by doing pranayama. By bringing the body into a regularity, you automatically instill greater prana or that vital force within you...which is so important! And the more regulated your body is through pranayama through your breathing, the more of the vital force is taken deeply inside. Because anything which is rhythmic can absorb the totality of prana.

US 77-27

"What purpose does pranayama serve?" The entire universe functions on a certain rhythmic pattern. Everything in the universe is done to a precision: the movements of the planets, the coming and going of seasons, the movement in the galaxies. Everything is done to a wonderful precision. And in that precision, in that motion, the whole universe is in a state of flux--a rhythmic flux or a rhythmic motion. Now, if you can stand apart from the universe, you would find the whole universe pulsating all the time to [a] rhythm.... Now, when we do the pranayama exercise what we are doing is tuning our individual rhythm to the universal rhythm, and thereby drawing upon universal forces. That is why pranayama is very important. Pranayama exercise is helpful in our mantra meditation and in our tratak meditation. All these practices that are given to a person as a program are very much interlinked with each other.

US 80-07

The purpose of pranayama is this: if you could stand apart from the universe, you'd find it vibrating at the same rhythm that you are given. So when you practice pranayama, what you are doing is attuning yourself, your individual self, to the universal rhythm. That means you become in tune with the universe.

The proper way of breathing always, that's apart from pranayama, is to breathe in. The breath goes to the stomach first, then it's pushed up, and then it's exhaled. And a person should practice that so that it becomes spontaneous, because that is the proper way of breathing.

US 81-37

Pranayama is very important and it also forms one of our general practices. It is very important [because] there are vital forces and those vital forces are contained in your mind, and your mind is universal. So you, for the purpose of concentration, objectify that vital force and think it to be outside you when in reality it is inside you. Those mental energies are inside you, for the entire universe is inside you. And to repeat again, the individualization is the greatest illusion we have to get rid of by developing a far greater awareness.

Now, pranayama is very important. Proper breathing in pranayama or controlled breathing, regulates your entire system. It brings your entire system into a rhythm and all rhythms are meant to be harmonious. Now, when the body is in harmony through breathing, you develop a sense of well-being, not only a sense of well-being, but you are being well. So, it is important. By bringing this rhythm into your particular system you become more and more attuned to the universal rhythm which is the same.

US 84-50

If you feel troubled of mind and you have some worry or something disturbs you, just do a few pranayamas. You will see your mind quietening down because pranayama brings your entire body into rhythm. And when your body is in rhythm, then naturally, the mind also becomes rhythmic. So when you have some problems on the mind, do some pranayamas. It helps a lot - taking in vital energy. And if you can stand outside the universe, the universe is using the same motion. So you're tuning yourself into the universal rhythm, which naturally helps you to make you more calmer.

~Gururaj Ananda Yogi

Meditator Feedback

We always welcome your feedback and additions to the newsletter!

If you have an experience you would like to share, photos, or anything else, please send it to Sean at seandev@me.com. Without you there would be no society in American Meditation Society! Here is a contribution from the last newsletter and thank you for all of the photos!

you for all of the photos.

What Happens
By: Jacob Salzer

what happens

when the busy noise of stressful lives
slows to a steady pulse
and becomes still

When the sounds of a city
fade away as children sleep

And the hollow walls
of those ancient buildings
begin to speak

their hidden voices
carried in the hearts and minds
of those who can listen –

when the people start to live
in this place
where no words can follow

and all language subsides,
even for a moment

to watch our words fall into their roots –
into the ancient harbor – (this empty page)

that carries them.

