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We want to remind you to please check the website regularly for information about upcoming intensives and weekend retreats around the country, as well as national and international retreats. We are working to keep this up-to-date and informative for you.

To find out what is happening soon - please click the "Events" link at the top of this newsletter!

Namaste, Vidya

Knoxville Area Meditation Retreat Fall 2008

"The primal Energy of which you are made, which you really are, is totally simple and uncompounded."

---Gururaj

The theme of this year's weekend retreat in East Tennessee is "From Complexity to Simplicity".

During this brief weekend we will allow the experience of simplicity. We will observe silence through meditation practices. We will notice balance and beauty through our senses of sound, sight, taste, and smell. We will utilize Tai Chi to notice movement and balance. We will practice awareness and joviality through art.

Join us for a weekend of meditation, relaxation, silence and allowing. This is an opportunity to get away from your daily routine and allow yourself to Bein

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the Here and Now. Short programs will include chanting, purification practice, silent walks, video tapes, discussion, & free time.

Please click [here](#) for schedule and registration form. You may type on the form, print it and mail to Beckie Wiggins at the address provided. Registrations are due by **September 26th**.

Thanksgiving Retreat

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

We are returning to Toddhall Retreat and Conference Center which is located 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.

Hearty home-cooked meals are served cafeteria style in a communal dining room. There is an enclosed private space for those wanting to remain in silence after the silent morning walk or during any mealtime.

Registration

The retreat begins with dinner Nov 26th and ends after lunch on Sunday, November 30th. The greatest benefit is received by attending the full 4 day retreat. We also welcome individuals who can only attend for a few days. Please arrange for your flights to arrive in the early afternoon on Wednesday and leave late on Sunday afternoon. This will simplify transportation to and from the airport. If you are flying, please notify Pashya: 314-388-0495 and she will help you coordinate airport limos with others who are flying. You will receive a confirmation letter with further details after you register.

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To register, please click [here](#) to open the form. You may type on the form, print it, and send it to Sutriya at the address provided. Registration is due by **November 1st.**

Course Pricing

Full Course (4 days)

Single Room \$456

Double Room \$364

Day Rates

Single Room \$114

Single Room \$91

Gururaj on the Benefit of Deepening Courses (*Spiritual Retreats*)

USA 77-01

There is a very well known old Biblical saying that where two people are gathered in my name, I am there. On a course such as this, when so many minds get together for one purpose, the purpose of self unfoldment, spiritual unfoldment, there is a certain force, a certain power that is generated. You must know that thoughts are things. Thoughts are tangible things. Thoughts could even be seen by one who has the ability to see them. Thought is matter but in a much more subtle form. So on a deepening course, people's thoughts are put into one direction. And when so many minds are put together in one direction, how much greater the force would be!

Another benefit would be if a guru should be present, he can, because of this close communication, impart certain spiritual energies which some of you could feel. When you would leave this hall you would feel lighter. Not enlightened yet! But you'd feel lighter, much happier at heart because every word that is spoken here contains one force. But it's apart from the mind, apart from the mind where some words of wisdom perhaps could be heard. There is a force of love that is conveyed through the medium of a voice. Through the medium of voice, of sight, of touch, and hearing. Then of course, group practices are very important. Sometimes a person has a slack period in meditation. When a person has a slack period in meditation, if that person will go and meditate in a group, it will zap the person up. That's an American word.



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So there are so many, many benefits. And the greater benefit is that people meet. There is a closeness being developed. The whole world after all is nothing but a family. But yet the families are so structured that even brother doesn't know brother. Sister doesn't know sister. Child doesn't know father. But in a deepening course like this people intermingle. There is an overflowing of love from their hearts, and that overflow comes because there is a force, a power regenerating love that issues forth all the time. Every human is filled with love because the nature of everyone is love. Love is just another word for Divinity. Now what we do in a deepening course is we open the can and let the love ooze out. Yes, that is what's happening. Sometimes it's bottled, bottled down. The can is not open. It's closed. There are many factors where deepening courses are very helpful. A great communication takes place between heart and mind with various people together in this big, wonderful family which we call this world.

Poem

Let my love be measured by giving and not by gain
For if gain I sought this life lived would be in vain.

Love then, yourself to lose, I say again and again
For the giver can only give as clouds disperse in rain.

Filled and full as a teardrop on a maiden cheek without stain
For heaving breasts heave, but to give all, all to her swain.

The blushing bride can blush no more, wheat becomes floured grain
For sweetness of the sugar comes from crush'ed giving of the cane.

Let my love be measured by giving and not by gain
For flowers too, its fragrance give, let me sing forever this refrain.

---Gururaj Ananda Yogi

Excerpt from "Glimmer of Love", a collection of poems by Gururaj Ananda Yogi.
Available from the AMS bookstore - call Pashya 314-388-0495 for details on how to order.