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American Meditation Society

Newsletter



Volume 19, September 2010



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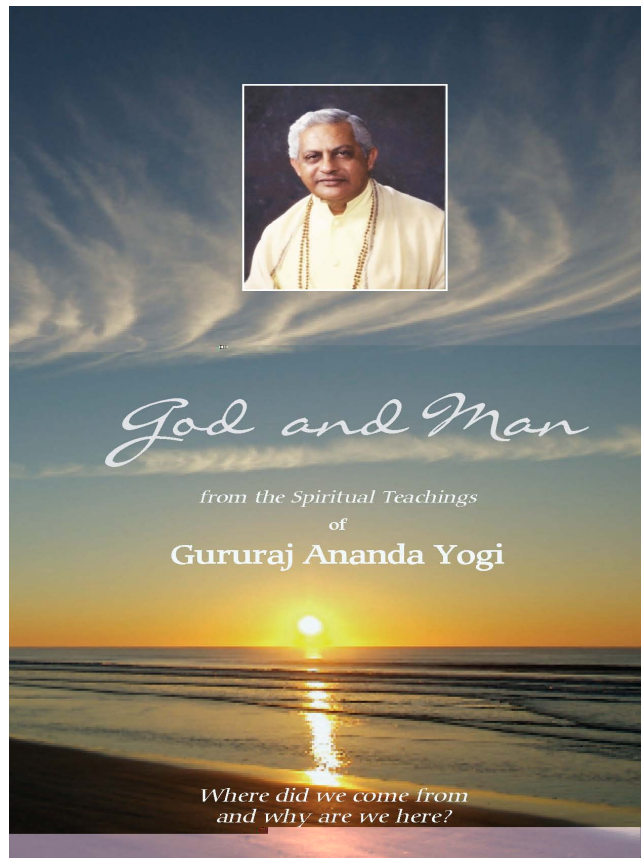
[Upcoming Retreats](#)

[Excerpt from Gururaj](#)

Dear Meditators,

Here is some information about our new book and upcoming retreats. Make sure to note the dates/location of 2011 Summer Retreat!

Namaste, Vidya



You can order your copy by emailing Jasuti at jasuti@comcast.net. This book is a very special presentation of a satsang that Gururaj gave in 1984. Each page of the book has one sentence or a short paragraph. You can read it straight through or fold over the spiral binding and have one page to look at and think about. There are several photos of Gururaj throughout the book. It makes a wonderful gift for anyone on the spiritual path. It is amazing to see how each sentence that he spoke stands alone as a full teaching! New students love this book. Cost is 10\$ plus shipping. Order your copies now. Great for Christmas gifts!

November 24 - 28th, 2010
 Todd hall Retreat & Conference Center, Columbia, IL
 (fly into St. Louis airport)
 Double - \$380 (\$95/day), Single - \$472 (\$118/day)
 November 10 (After deadline add \$10 per day)

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."

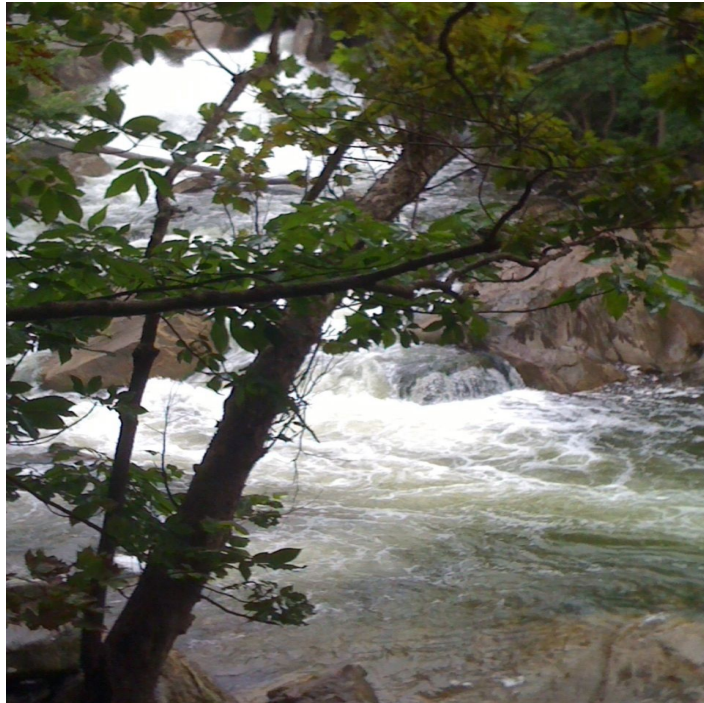
~Gururaj Ananda Yogi -US77-14

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 retreat is open to the public on a donation basis. For more information, please contact the retreat at 618-241-1111.

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.



September 25

712 9th Street S, Fargo ND

\$10

10:00 a.m. - ends 4:30 p.m.

The Search for Self

October 1-3

Sunnybrook Farm - Smoky Mountain Retreat Center, 33
Prospect Road, Walland, TN

\$160 (includes room and meals - Friday dinner through
Sunday lunch)

4:00 p.m. Friday - 2:00 p.m. Sunday

The Gift of Life

REGISTRATION: Please click [here](#) for the Knoxville Retreat
registration form.

October 23

The Wilson House of the First Baptist Church, White Plains, NY

\$30

10:00 a.m. - 6:30 p.m. (followed by potluck dinner)

Our Loving Nature - Why is it so difficult to be loving to some people - and sometimes to ourselves?

Merrill at m@mt44.net

March 25 - 27, 2011

July 7 - 13, 2011

Marionist Retreat Center, Eureka, MO



to Light ***Darkness***

Any person that does the spiritual practice that is prescribed for him with sincerity and regularity can in six months' time change any circumstance in which he is placed. For a person is definitely the master of his destiny, but not from the thinking level. The human being is master of his destiny if he uses the thinking level of his mind to draw upon that which is higher than himself: then life *must* change. If you put sugar in your tea, naturally it will become sweet; so what is that sugar in life? It is that Divinity within you that could so easily be drawn upon. This is easy, because this is

your true nature.

The ego-self falsifies your nature, covering it with veils of nescience, of ignorance, so that your true Self is really forgotten, and you say, "I am a creature of circumstances." Believe no such thing. You are a divine creature who is beyond all circumstances, for every person can rise above the conflicts of the ego-self. He can rise above the conflicts of the little conscious mind and view them in such a way that he is not affected. One of my favorite sayings is, "Two men behind prison bars; one saw mud and the other saw stars."

So, what happens to a person's mind when he draws upon his divine Self? That mind - those conscious and subconscious levels which have been troubling you up to now - will assume quality of the superconscious level, which is the level closest to the Absolute energies. It is like having a clear crystal; if you put a yellow flower behind it, it will appear yellow; if you put a red flower behind it, it will appear red; while really it is a colorless crystal. This mind is like that crystal. Once we remove all those colorings of the ego-self, we start realizing that there are no colors at all. There is only one color - white - but because it is refracted through the prism, you find all those blues and greens and yellows and what-have-you.

Through meditational practices a person is systematically led, step by step, from the conscious level of his mind through the various layers of his subconscious until he reaches that layer of the superconscious where there is nothing else but an equilibrium, a silence, or a quietness. The Bible would say, "Be still, and know that I am God." It is only upon reaching that level that you will recognize your real Self.

~Gururaj Ananda Yogi

If you have an experience you would like to share, photos, or anything else, please send to Sean at seandenvr@me.com. Without you there would be no society in American Meditation Society!

