

19<sup>th</sup> July '83.

Leigh Corner Cottage  
Leigh Hill Road  
Cobham  
Surrey.  
U.K.

To whom it may concern.

Dear Sir,

I am both a professional artist & musician. I am also trained by the F.M. Alexander Technique (in 1955) in 'Conscious Control of the Individual & method concerned with Co-ordination & relaxation, with teachers working in many hospitals, (& notably a teacher working at the Yehudi Menuhin School for Gifted Children in Stoke D'Abernon, Surrey). The method enables people to overcome stress conditions within themselves, & frees & stimulates the mind into a higher level of activity. As a music teacher of 38 years' experience, this extra knowledge I have proved invaluable in helping my students, & in developing my own potential.

I was therefore both curious & amazed to find, (since I am not a Sannyasin), among the followers of Bhagwan Shree Rajneesh & development of the same knowledge, as it were

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on parallel lines. I know what a tremendously useful contribution students educated in this knowledge can give to the world where too many heavily pressed business men, politicians, & professional people are suffering neuroses, cardiac arrest, mental breakdowns etc, where had they the knowledge, they could prevent these conditions arising in themselves.

Not only does Bhagwan Shree Rajasekh contribute this knowledge to the world. He teaches his students to live in peace & harmony on our ever-shrinking planet. He teaches respect for all forms of life in the world where natural resources are being used, abused, & threatened to the point of extinction. Again I am lucky enough to have studied the farming methods of Philip D'Oyler in the Dordogne Valley (Fr) in the 1930s, & Alan Chadwick's horticultural teaching & researches in the French intensive Biodynamic Method of organic gardening. The basis of these is that nothing is taken from the earth without being put back, thus increases fertility & productivity. These methods I myself. Bhagwan Shree Rajasekh is

3. ecological conservation & recycling also,  
both practically & philosophically, & / note  
& strong sense of responsibility & caring  
in the attitude to life of those I  
have met of his followers.

If a man of such immense stature, integrity,  
intellectuality, & peacefulness, - in other words  
a 'whole' man, should want to live in  
one's country, it could only be a great  
honour for that country & a great  
contribution to that country's mental,  
physical & spiritual well-being.

Yours faithfully  
Patricia A. H. Champness

Licentiate of Royal Academy of Music (performer  
1946)

Ex Paris Conservatoire of Music, London branch,  
1944-51

Ex head Roedern School  
Student of Kingston, Farnham, & St Martins (London)  
Schools of Art.

Pianist, organist, Teacher, artist, writer, gardener