

To Whom It May Concern

Mainz,
18th June 1983

I studied educational science and psychology in the University of Mainz, and attained a Master's Degree in 1975. I received a scholarship and then worked in a program for helping students to release stress situations during their examinations. During that process I deepened my knowledge doing self-experience and individual therapy. I trained with A. Lowen, Dr. Glyn Seaborn-Jones, Dr. Walter Baxa, Dr. Dieter Mittelsten Scheid, and it led me to working in the Coloman Center for self experience and individual therapy, a highly renowned place in Germany. Here they used the meditation techniques of Bhagwan Shree Rajneesh, as they thought them to be very helpful in the therapeutical process. I met many beautiful and extraordinary people who were his disciples and thus came across his books, which showed a very new, holistic approach towards humanistic psychology and human growth.

In 1980 I went to India to find out what it was all about. It was a very moving experience to sit at his feet and feel his love and stillness. I felt very accepted. Through my self acceptance I worked in a lighter way, I could treat my clients with more love and respect and I had more courage to even work with so-called borderline cases, because there was more trust in myself. The whole process of therapy seemed to have quickened. Bhagwan's teachings about living more and more in the present and to live life joyfully helped me to approach my clients in a different way, by helping them to see and understand their old programs and conditionings, and by coming together into a space where we don't try to solve problems, but to be just in the moment, lovingly and prayerfully.

I think what Bhagwan Shree Rajneesh radiates touches so many aspects of life, as can be seen at Rajneeshpuram, where they create a place where people live in harmony with Nature and themselves. It is a very holistic, practical and beautiful approach towards life. Seeing him again in America I felt the process of my inner growth goes on and on and I keep sharing it with my clients in my work.

I feel his contribution to make this world a little more peaceful by making people more aware and loving towards themselves and Nature is immense and the best example is Rajneeshpuram, where it can all be seen and experienced.

EXHIBIT "A-220"

With much love



Thekla Clemens