

Ma : a Shabda
Renate Seidemann
M.D. Neurology and Psychiatry

Güntzelstr.41
1000 Berlin 31
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TO WHOM IT MAY CONCERN

I am a disciple of Bhagwan Shree Rajneesh. I am 43 years of age, M.D. specialized in the fields of neurology and psychiatry.

After Qualification as a nurse in 63, I qualified as M.D. in Hamburg W-Germany. During medical studies I had been taken the opportunity to spend one year at the University of Edinburgh Scotland in 67. From there I went to see Dingleton Hospital in Melrose, which was then led by Maxwell Jones, founder of the concept of the Therapeutic Community. This concept which allowed much more understanding and personal growth than was possible before in the psychiatric field, was then not yet fully recognized. However since then it has been spreading worldwide through the free western world, and is now a most powerful concept of modern social psychiatry. Max Jones himself went to USA Denver/ Colorado in 1969 to carry on his work in the mental health field.- As I was deeply impressed by the work done at Dingleton Hospital and Max Jones' new approach to psychiatry, I felt motivated to move into this field myself. - After Qualification and clinical experiences in Hamburg, I came to Berlin West, and worked for several years in Neurosurgery and Neurology at the Freie Universität Berlin. After that until now I am working at a Psychiatric Hospital since 8 and a half years. Additionally I have been doing a 4-year training in Gestalt from 76- 80 (with Ischa Bloomberg, Isadore From, Laura Perls et al). During the last five years I am especially concerned with the ever increasing problem of alcoholism and drug addiction. I am working therapeutically with Gestalt methods in a special unit which is run by the principles of a Therapeutic Community for alcohol and/or drug addicted men and women. Besides for the last five years I have been treating mentally handicapped children living in a home and given support and advice to the staff.

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first came to know about Bhagwan in 1977 during a Gestalt-Seminar in England, where I met and lived with people calling themselves Sannyasins, disciples of Bhagwan Shree Rajneesh. I was impressed by their openness, freshness, liveliness and inspiring presence as well as their intelligence and humanity. At the same time I tried their meditations just for interest, and I experienced the effect of it, reaching far into my subconscious revealing insight of a new quality that astonished me. - Later on I came across more sannyasins and in Nov. 81 attended a big sannyasin meeting, which took place in Berlin. I then experienced an outstanding atmosphere of joy which was expressed by the sannyasins and was combined with great sensitivity, awareness and a sense of reality which impressed me and made me feel good. This even more as during the last years I had been observing and feeling a more and more pessimistic tendency, an increasing insecurity throughout the population, and an arising fear as to the future and the undissolved seemingly ever growing worldwide problems. This was especially felt in the condensed atmosphere of Berlin and even more so in the psychiatric field. So I questioned from where the sannyasins drew courage and strength for their positive mentality and attitude towards life, which obviously was not combined with a vagueness or blindness, but rather a very clear sign. Then slowly I started to feel the warmth and loving connection of the sannyasins, which obviously found their centre in Bhagwan. I then allowed myself to look more openly and attentively at his photos and found a quality of exceptional love in his expression. I realized that there was a path, which led beyond that, what I had known before. So I took Sannyas at the age of 42.

As the scientific field is concerned I have by now been reading several of his large amount of published books, and I am most impressed and enriched by Bhagwan's immense and deep knowledge both of the oriental philosophy and theology and of his knowledge of our occidental western world, from ancient to modern in a huge bow, and for the first time acknowledging and putting together to a whole, the different aspects, which at first sight may look as if opposing each other. It seems to me now, that looking at it in the oriental way alone is one dimensional, and looking from an occidental mentality and background alone, also gives a one dimensional picture. However looking at both and not denying one, help

helps us at least to a two dimensional sight, so that open questions of one side may be answered by the other side and vice versa. If however the aspects can be merged to a new Gestalt there might even emerge a new dimension, as a Gestalt is defined as being more and other than the mere sum.

As to my special field of medicine and psychiatry, I find in Bhagwan's books an immense insight in human nature, acknowledging that what has been known (eg Freud, Jung etc.) and going far beyond that point. In the Sannyasin communes and especially at Rajneeshpuraam I have got to know and experienced - besides the powerful meditations- a variety of most effective methods allowing healing and growth in psychic as well as somatic aspects and other respects, to a much larger degree than is possible by our medical and psychiatric means alone, as far as I can see it. His approach includes and connects all aspects from nutrition to growing and aging, death birth, male, female, soma, psyche, stress energy and so on.

Finally I wish to conclude that as we see our today's world problems, being more and more interconnected one influencing the other, we cannot afford any more to stick to narrow mindedness and stagnation or closing our eyes, but we must now start being open for development into new constructive and positive directions and dimensions, and reducing the fear, for which we urgently need the guidance of exceptional teachers and scientists such as Bhagwan Shree Rajneesh.

I myself am convinced that a big effort is needed, which not only includes the development of our mental state, but means a much more total approach with an expanding awareness and consciousness - a "quantum leap of consciousness" - to allow maturing towards the essential.

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