

1807 Indian
Way

Oakland
California
25th July

To whom it may concern,
this is a letter supporting
Bhagwan's teachings and understandings as a definite
exceptional value to the field of art. Through my own
personal experience, I have found my own career has
greatly changed & enriched with deeper insights.

As a qualified primary school
teacher and movement therapist, my interactions with students
has greatly changed since becoming a sannyasin. A more
loving, positive and creative attitude experienced of myself
allows me to be more available and valuable to my career.
By sitting quietly in communion with my master before sessions
I've found interacting with people pleasantly easier. No longer
does it seem like a problem solving time in which I
have to reckon with each participant's problem. Rather, it's
an exciting time when the energy of the group simply
allows each person to unfold and explore the parts of
themselves ready to be played with.

My support for people who are
exploring themselves became especially strong when I took
Bhagwan's techniques of Kundalini meditation and
'body awareness' to a Drug Rehabilitation centre, and
watched participants change. From

attitudes of... "What else is there to do... nothing" to becoming excited that there is more than what they were trying to get on the outside. Exploring their own bodies they were amazed at simple experiences that filled themselves, discovering that their bodies contained hidden mysteries.

At Rajneeshpuram, the physical growth of buildings and the landscape seems to be a reflection of the growth happening in the inner silent spaces of the Rajneeshies. Each time I come here, I am aware of a pulsating rhythm, cozing with energy. Bhagwan's silent presence is reflected all around, and the strength and courage that seems to touch and move through me comes back with me when I leave. Sitting in his presence I am engulfed in a massive dose of 'yes' to the overflowing *oe*.

Trusting this, my own being becomes a reflection of his love, passed onto friends & loves....

Ma Anand Navanita

