



**Imagine** a center~home that is open every day morning 'til night, where you can just drop in anytime and be welcomed with unconditional love. That provides a space of peace and quiet so you can rest, relax and hear yourself. A place for all to come to pray, meditate, just be and be inspired. That teaches simple, practical ways to empower you to be the best you can be, that restore hope, wholeness and harmony. Provides a place for you to go to be nurtured on all levels ~ staying for as long as needed to be refreshed and renewed. Surrounded by nature but not isolated. Where there is something of value for everyone.

*Everyone needs these things*, not just those whose circumstances make it easy to see the challenges they face. Even those who seem to have it all, have challenges and need time to recharge to be *their* very best. All that the Centre offers is not only restorative, but is preventive ~ it is easier to prevent illness than to restore health ~ and no matter how happy or fulfilled we are, we can always find more.

Such was the inspiration of Mata Yogananda in founding the Self Realization Meditation Healing Centres worldwide; and continues to be the aim of all of the Centre members, who give everything they have to create and sustain the Centres, living and working together in service to all of life.

The Centres are charities ~ so that all that is donated will benefit those in need, and can never be taken for personal or corporate profit. The Centre members are provided meals and lodging onsite in order to do their work of caring for all who come, day and night, and are paid a very small stipend when possible.

Please feel free to stop by the Centre for a visit so you can tell others from your own experience.

## How the Centre Began

The founding Centre in England was started 20 years ago; there are now Sister Centres in Wales, Canada, New Zealand, Australia and Michigan. The Centre in Bath, just outside Lansing, started as a contact center twelve years ago and received the blessing to become a Sister Centre in 2003. It was recognized by the IRS as a 501(c)(3) in October 2007. Unlike many nonprofits, which receive a significant portion of their income from grants, the Centre receives income from the services it provides. Fees are kept low and no one is turned away if they cannot pay – a sliding scale is used, ensuring that everyone receives what they need, without running up debts.

## Testimonial Excerpts (full texts are on our website)

“At a time when I was deeply grieving the loss of my Mother and three little ones, the counselling and healing at the Centre was the only thing that brought me back from a very serious depression without taking synthetic medication.” – Cathy

“Yoga keeps me sane. It makes me feel good, both physically and mentally. It is *extremely* relaxing! It has taught me so much. I can now settle myself down in high stress situations by using my breathing. My posture has improved 100%.” – Denise H., Bath



Photo of Darrell and Leslie R.

“I have been coming to SRMHC since early 2008 on several personal retreats. I find that being here is the best thing that has ever happened to me in a long time. I, along with my husband, are in Ministry and it's very time consuming and people oriented, and we love the work of the Lord, but, in order to care for others, we have to stop and take care of ourselves. My husband just last week came here for his very first retreat of this kind, and has not stopped talking about his experience and the peace that was restored to him. We encourage anyone who feels tired and burned out to come here and have your purpose redefined for 2009.” – Leslie and Darrell R., Gary, Indiana (photo)

“Rose buds with attention of Love and Devotion, become beautiful blooms ~ *so can you.*”

*Mata Yogananda Mahasaya Dharma*

## 2008 Accomplishments

The Centre provided 241 appointments for Natural Spiritual Healing or Progressive Counselling; 220 overnight accommodation/retreats; 144 students; 190 visits to the Centre; answered 64 calls for help and 53 requests for daily prayer; 48 came to free talks. These numbers have been relatively stable over the past three years.

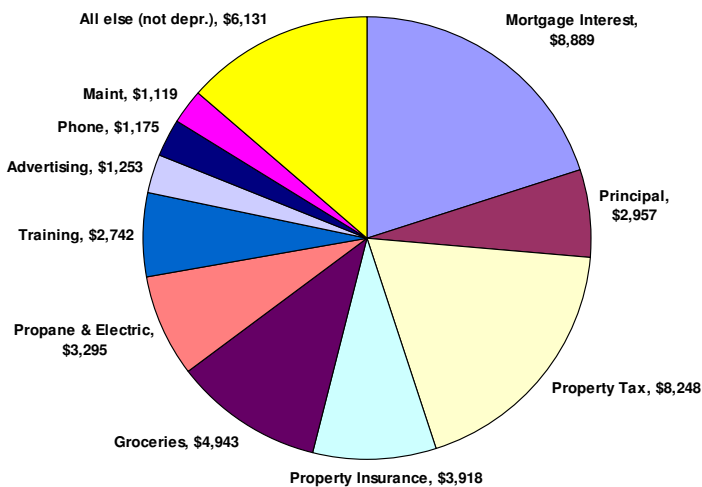
## 2008 Free or Reduced Rate Services

The Centre is open all day, every day for anyone to visit free of charge including attending the twice daily prayer and meditation times; and also provides answers to calls for help/guidance, sends daily prayers on request, gives talks and informal gatherings at no charge.

The Centre reduced fees to those who could not pay in full by the following amounts: \$9,588 for Natural Spiritual Healing and Progressive Counselling appointments, \$1,579 for accommodation/retreat, \$291 for yoga, and \$905 for courses.

## Expenses

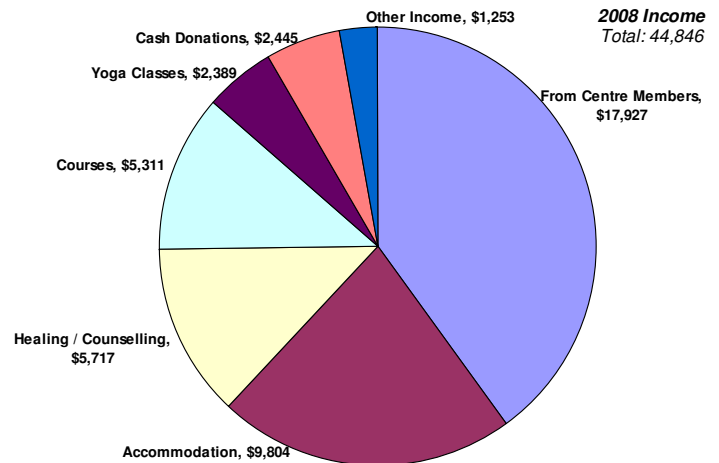
For the years 2003-2007 administrative costs averaged 16% including start up fees, and far less than 1% for fundraising (the 2008 percentages are not yet calculated). Fifty-five percent of the costs of the Centre are for the mortgage, insurance and property taxes (our tax appeal is pending with the Michigan Tax Tribunal). Stipends are not being paid. The chart below shows the 2008 expenses of \$44,670:



*As a 501(c)(3) Nonprofit, the Centre's annual accounting reports are publicly available and we would be happy to answer your questions.*

## Income

A large part of income is, and has been, donations from Centre members – they have donated the equity in the property, most of the Centre's furnishings and equipment, and car. They also donated funds in 2003-4 to add handicap-accessible bedrooms, bathroom and entrance, and continue to cover the shortfall and the reductions in fees for those who cannot pay.



## We Need Your Help

The Centre needs to continue to grow to become self-sustaining and expand. More than ever, with all the fear about the future and real economic challenges we are all facing, people need the kind of help the Centre provides to stay peaceful, positive and healthy.

- ♥ We need your help to tell everyone you know about the Centre and to put up posters in your area. Word of mouth is priceless and very effective.
- ♥ You probably know of at least one group, school or company that can benefit from a class or workshop, help us to connect with them.
- ♥ If you hear of anything which may help – fundraising opportunities, local papers or publications that might print our events in their calendar or would like to do a story on the Centre, other promotion opportunities like health fairs – please pass it along.
- ♥ Gifts of time are invaluable to the Centre's work: volunteer for an hour, a day, a week or more; or donate a service or skill, even something as simple as snow plowing would help enormously.
- ♥ We need Donors to help meet the expenses, ensuring the Centre can maintain the same level of services as it becomes self-sustaining, and to expand to help even more people.

Everything given in Love receives a Blessing ♥

Self Realization Meditation Healing Centre – 7187 Drumheller Road, Bath, Mich.  
(517) 641-6201 – [www.SelfRealizationCentreMichigan.org](http://www.SelfRealizationCentreMichigan.org) – a 501(c)(3) Nonprofit