



Self Realization Meditation Healing Centre

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November 2009

Dear Family and Friends,

In joyous anticipation we send our 2010 Course Program and look forward to seeing you!
Put yourSelf first ~ mark your calendars and make your reservations today.

Yet to come in 2009:

- ♥ Meditation Foundation Class November 28
- ♥ Peace & Quiet Weekend November 28-29
- ♥ Christmas Celebration Retreat December 24-27
- ♥ New Year's Gathering December 30-January 1
- ♥ Open House January 1, 2010, from 2 to 4 pm. Bring someone new!

Gift Certificates make Loving Gifts

Need a gift idea for a loved one, or yourself? Or do you know someone who needs encouragement to connect with the Centre? For \$10-15 you could give a priceless gift of relaxation and upliftment with a daytime or evening retreat including a lunch or dinner. For less than \$60 ~ an overnight retreat with three of our delicious, home-cooked, love-filled meals. The possibilities are limitless, call Joanne for more details.

We also have all of Mata Yoganandaji's books and talks, including [In the Land of Truth](#), which features beautifully illustrated spiritual fables for children - of *all* ages.

Opportunities for Inspiration and Community

All of us are definitely living through a wonderfully progressive time ~ come join us on Sunday afternoons for spiritual refreshment with one of Mataji's Inspiring Talks. The unconditional love energy of Mataji's voice uplifts our whole being. We will sit in the quiet together in the upstairs living room for the tape, followed by meditation for as long as you wish. Feel free to bring friends. Check our website homepage for dates, times and titles of these gatherings and other informal community get-togethers.

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Centre Updates

We have new family members ~ kittens, Maggie a calico, and Coulton a grey/black/white tiger, who joined us in July. With the installation of a cat-flap they are free to roam outside. We just ask your help to not let them into the Centre through the other doors – this way we can keep them out of the guest rooms. They will love to meet you soon!

Thanks to a donation of woodchips, a good portion of the new woodland walking trail in the Centre's woods is mud-free. If you are quiet, you may well see some deer.

Expansion

We are taking the Light out through healing clinics, Meditation Foundation classes, and booths at expos, farm markets and craft shows. Please help us by passing on any ideas or opportunities in your area.

Speak with Joanne if your group would like to hold a workshop, class, meeting or retreat in the loving, peaceful space here at the Centre.

Share in the Joy of helping others

You are needed ~ Please contact us if you can put up posters or volunteer.

We sincerely thank all who have lovingly and generously donated their time, energy and resources to help with the Centre's work this past year — *You have made a difference!*

The Centre is open for all to come for quiet reflection, prayer and meditation morning and evening every day. The Winged Prayer is said each evening at 9 pm. Daytime visits are also welcomed, *please call ahead to check the times possible.*

Finally, we warmly welcome you to join us on Christmas and Easter mornings for our Meditation Gatherings. If possible, please let us know you are coming and if you would like to reserve for lunch. We gather at 10:15 and start at 10:30, sharing in song~chants, inspired thoughts, and Mataji's Blessing, followed by meditation for as long as you wish. These are such beautiful times with many deep healings, please feel free to tell others so that they too may have the opportunity to come and receive.

We look forward to being of service to you in the coming year and beyond.

With our Love and Blessings to you,

The Michigan Centre Family

P.S.: If we haven't heard from you in three years or more, and you would like to continue to receive mailings, please tell us by phone, letter or email. Thank you!