



# Self Realization Meditation Healing Centre

7187 Drumheller Road, Bath MI 48808, USA  
Phone (517) 641-6201 Fax (517) 641-8336

www.SelfRealizationCentreMichigan.org  
Email: info@SelfRealizationCentreMichigan.org

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Dear Family,

Joyful fall greetings to you all! Enclosed is the Centre's 2013 Course Program. Many new opportunities are in the air! In September we have a very special Kriyaban Retreat Day, for **Pure Meditators** who have already received the blessing of the Kriya One Breath, with Satsanga – a joyous gathering of like minds, a time to share Song~Chants and spiritual insights bringing blessings to all- as well as the wonderful opportunity to learn or refresh your practice of Mi~Lee – stage five of Transformation Yoga that allows one to develop intuition even further. There will also be a series of Spiritual Knowledge evenings with an International Teacher, which allows each person to open up and explore their own ideas and beliefs with the help and guidance of a Direct Disciple of Mata Yoganandaji, the founder of the Centre. Also in September, there is the opportunity for **Pure Meditators** to refresh and deepen their **Pure Meditation** practice, which is essential for ongoing spiritual progress; do reserve your place early for this very special yearly event.

The annual start date for Natural Spiritual Healing students will be in April ~ don't miss this unique opportunity to learn how to help people at the deepest level. The course is accredited Professional and Self-Development training of the highest level. Put your Self first by making your plans and reservations today! And pass the word to anyone else who might be interested! If you have never received a Natural Spiritual Healing, make your appointment today- a trained practitioner will help you develop the art of balance in all areas of your life.

We're delighted to announce the release of a number of New Publications available from the Mother Centre! *'Gods in the Making: Your Life Questions – Answered'*. Mata Yogananda, Self-Realized Master, speaks from her heart to yours, answering your deepest spiritual and practical life questions. From God to Guru, Money to Relationships, Children to Karma, you can find answers within. Let unconditional love show you the way – to the God within you.

*'Visualizations For You'* Mata Yoganandaji's latest book. Within the book there are 7 visualizations that can be used to find deep relaxation and peace. Accompanying the delightfully illustrated book is a CD in which Mataji takes you through each visualization, as well as talking about Covering Over, Expansion and Breathing.

*Now on CD* : Inspiring Talks 1, 2, 3 and 4 in the Inspiring Talks series. Mata Yogananda talks on real life issues with love and understanding of the difficulties we all must overcome in our progress back to consciousness of our spiritual nature. Mataji has recorded this series of talks so that her words may reach out to those not able to be with her, yet are needing the encouragement and demonstration that it is possible to live a God-centered life in this world today.

Now available from the Michigan Centre:

NEW! Dharma Issue 17 ~ *Rise to Change* ~ our annual magazine full of inspiration from **Pure Meditators** around the world.

Soon we hope to have more copies of the new *'Visualizations For You'* book and CD ~ the first ones went quickly! If you'd like to reserve a copy from the next delivery, contact Joanne.

**Pure Meditation** stools now in stock! Please call to reserve yours today.

Like so many of us, the Michigan Centre has really moved forward this year: Come take a look at the wonderful work done on the gardens and pond this summer by two Master Gardener volunteers. We have new chips on most of the trails, thanks to a donation of chips and two loving men who moved them all in one afternoon! In the wooded area there is a new space just for the practice of Mi~Lee. The old deck was taken down by Bath school students on Unity

in the Community Day, and a new one is in the planning stages ~ again thanks to donations. If you know of any other volunteer programs or people looking for places where their help will be greatly valued, please let us know of them so we can keep our Centre moving forward.

The whole Centre is being cleared out and reorganized. In the process we recently held a rummage sale to raise funds for the Charity. We still have sale items - come by the Centre and have a look before November 15<sup>th</sup> and see our beautifully tended gardens at the same time.

The Centre has an important project in-store for 2013....a fresh coat of stain! Join us June 29<sup>th</sup> & July 13<sup>th</sup> to help keep your Centre looking fresh and new! We know how busy schedules can be so please put these dates in your planner and RSVP that you will be part of the joyful service and amazing tea breaks, now. Seva weeks and weekends are also available throughout the year, please ask. There are countless blessings to be received by giving of your time, energy and resources.

We now have the wonderful blessing to gather together on Friday evenings at 8:15 to Chant some of the Song-Chants given to us by Mata Yoganandaji - helping us to open our hearts and go deeper into stillness and peace, followed by **Pure Meditation**. On Sunday evenings we will gather at 7 to listen to the words and wisdom of Mata Yoganandaji's Inspiring talks, helping us to have a greater understanding of Spiritual truths, followed by **Pure Meditation**. Every other evening we will still gather at 8:30 for **Pure Meditation**. Please come and bring your friends and family, staying as long as you feel to.

Enclosed are some of the Centre's beautiful new posters to help spread the Light. Will you please put them up at your favorite coffee shop, health food store, library, your office or school, or ask a local store or workplace if they would put one in their employee break room? Because the Centre is a 501C3 Nonprofit, many places will gladly help us in this way. Your ongoing help in this way is a vital part of letting more people know about the opportunities that are here for them at the Centre. Would you please join the Posters and PR Family, helping us in this way 3-4 times a year? We also have a new color brochure that needs someone to edit in Adobe Illustrator or Inkscape ~ would you or someone you know be able to help with this vital project?

We are transitioning to a new email address: [info@SelfRealizationCentreMichigan.org](mailto:info@SelfRealizationCentreMichigan.org) Please use this when you contact us. You can help us save resources by sending your email address, so that we may send you emails rather than mail.

Thank you for all your prayers, your loving thoughts and the help that you have given ~ lovingly and generously donating your time, energy and resources to help with the Centre's work ~ You have made a difference!

There are a number of special projects, large and small, that could use *your* help. We are also in real need of regular help with cleaning, preparing meals, shopping, mowing and shoveling, computer work which can be done from your home, and even taking away the recycling. No amount of help is too small ~ many hands make Light work, and everything given in Love receives a blessing, so contact Joanne to find out more and come share in the joy of being of service with us!

Finally, we warmly welcome you to join us on Christmas and Easter mornings for a special message from Mata Yoganandaji and **Satsanga**. 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 **Pure 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 seeing you soon.

With our Love and Blessings to you,  
*The Michigan Centre Family*

From *Gods in the Making*

**'People who live the same day to day, miss out on many of God's gifts for  
God's Spiritual gifts come with change.'**

*Mata Yogananda Mahasaya Dharma*