

Dear Family,

Joyful fall greetings to you all! We hope you have had a wonderful year, full of the Blessings of Life. Here is a link to the [Centre's 2016 Course Program](#). Many new opportunities are in the air!

More and more souls are seeing the benefits of putting Pure Meditation in their lives. **This five day Course, coming to us through Mata Yogananda Mahasaya Dharmaji**, is the foundation of the Spiritual Teachings of the Centres ~ practicing it daily and taking the fruits of it into daily lives transforms and enhances every aspect of life ~ work, relationships, play. You too can have all the benefits of this life affirming Course ~ finding peace, love, joy and progress towards your own Self Realization. Many people are now hearing about mindfulness ~ the [Pure Meditation Course](#) teaches mindfulness and much more all in one Course. Life can be unsettling at times and the Pure Meditation 'tools' mean that we can learn to be ourselves whatever is happening around us.

Mata Yoganandaji recognizes the demands in people's lives at this stage of life, and knows how much *everyone* would benefit from Pure Meditation and the 'tools for life' offered, so is offering a unique opportunity to learn Pure Meditation over the course of two weekends in **February 2016, the 6th & 7th and 13th-15th**. Places are limited, so call soon to make a time to speak to a Course Teacher and book your place.

We understand that for most, the season from Thanksgiving to New Years is one of celebration, and that for many this can also bring materialism and a lot to do, which can threaten a lack of balance and harmony, and therefore a lack of energy. With this in mind, to uplift you there are a number of opportunities remaining this year to help you to make the most of this time with grace:

Silent Retreat	November 20-22
Nurturing Retreat	December 5-6
Christmas Celebration Retreat	December 24-27
New Year's Gathering	December 31-January 1

Each has a unique emphasis and to find out more or book your place, please contact us. If these dates don't fit in with your other commitments, we would be happy to arrange a personalized retreat, *just for you*.

As you are preparing for this time, we ask you to remember us when doing any online shopping with Amazon. Shopping through smile.amazon.com is a simple and automatic way for you to support the Centre every time you shop, at no cost to you: Amazon will donate a portion of the purchase price to the Centre if you designate us as your charitable organization.

If you already are a Pure Meditator, do book in for a **Pure Meditation Refresher** each year. We can reach further depths within ourselves and learn more each time we come. There is the opportunity to learn or refresh your practice of Mi Lee and if Pure Meditation has been practiced regularly, on the first Pure Meditation Refresher you may receive the uplifting and progressive Kriya One Breath which really speeds progress towards Self Realization. If you haven't been using your Pure Meditation or tools, this is the time to refresh your practice. **The only opportunity for this Course next year is September 24-25.**

Do you ever wish that you were more connected to the abundance of healing energy that is naturally around us? Or have the desire to help others do the same? If you've ever been drawn to the [Natural Spiritual Healing Course](#) and simply couldn't see how you could manage a five week Course over two years, there is another opportunity you'll want to make the most of. **The Course will be offered on weekends, beginning with 5 weekends in April and May 2016.** 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 published by the Mother Centre!

For the first time the entire Inspiring Talks series, CDs 1-9, is now available in Michigan. Mata Yoganandaji

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. Mata Yoganandaji has recorded this series of talks so that her words may reach out to those not able to be with her, yet in need of the encouragement that it is possible to live a God-centered life in this world today.

Our recent delivery of Dharma Issue 20 ~ **Life is Sacred** ~ sold out upon arrival in September. We are planning for another delivery soon and if you wish to add this treasure to your Spiritual Library we suggest you place your order by December 1, to insure a copy awaits you. This annual magazine is full of inspiration from spiritual seekers around the world, with updates from each Centre, and as always Divine Insight from Mata Yoganandaji. This is YOUR magazine: your offerings of articles, stories, drawings or poems are welcomed by the editor. Contact the Mother Centre to see how you can contribute.

We have two Pure Meditation stools now in stock! Each beautifully handcrafted from beech wood, and further enhanced with fine upholstery. They greatly improve posture in Meditation, making it easier to sit and imbibe for longer periods of time. Please call to reserve yours today.

You may know that the Centre has had a number of challenges this year, with many large, expensive repairs needed. We've come through them with God's Grace and with your valued help. We invite you to come take a look at the wonderful work done to your Spiritual Home. There have been improvements inside and out. Your donations of time, energy and skills have helped make the Centre an even more nourishing space.

We have many other projects, large and small in mind, including converting a storage space into a much needed additional bedroom, to house more souls who are wishing to come and imbibe in the peace here. If you or anyone you know has these types of skills to offer we would greatly appreciate your help. Maybe you know of 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. There is something for everyone: no matter your skills or time availability. There are also still places for long-term residential Seva. Many hands make Light Work, and everything given in Love receives a blessing, so contact us to find out more and come share in the joy of being of service with us!

All are welcome to join us Friday evenings at 8:15pm 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 silent Meditation, in any way you practice. On Sunday evenings we gather at 7pm 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 silent Meditation. Every other evening we gather at 8:30pm silent Meditation with Winged Prayer at 9pm. Please come and bring your friends and family, and stay as long as you feel.

We look forward to seeing you soon.

With our Love and Blessings to you,

The Michigan Centre Family

From *The Truth Eternal*

If we have Pure Meditation
and practice this spiritual and scientific art
with patience and perseverance,
then we can achieve Self Realization in one lifetime.

Mata Yogananda Mahasaya Dharma