

Kayresonpuram, Oregon 97111  
July 2 1983  
Ma Anand Ammy

To Whom It May Concern :

I am a graduate of Boston College School of Nursing awarded with a cum laude Bachelors of Science in 1975. Upon completing nursing boards I received my registered nurse license and was accepted into the National Honor Society of Nursing. From 1975-1977 I practiced as a medical-surgical nurse specializing in rehabilitation of both the child and the adult in the Boston area.

Moving to San Francisco catapulted my education and practice to blend traditional medicine with alternative modes. While practicing as a neonatal intensive care nurse I worked towards my masters in play therapy at San Francisco State University in 1978. Between 1978-1980 my focus moved towards an intensive study of naturopathic healing methods at the North American College of Natural Health Sciences in Mill Valley, CA. Simultaneous study of psychic-intuitive healing at the Rajneesh Psychic Institute in Berkeley, CA. resulted in my work as a health resource consultant. Here my practice began to focus on the physical body through nutrition and physical fitness and the psycho-emotional body through methods of stress management such as meditation and visualization.

As a medical advice nurse at Kaiser Medical Center and Children's Hospital Medical Center, San Francisco between 1978-1980 a blend of allopathic and natural healing was integrated into my practice. Using traditional diagnostic techniques to efficiently evaluate both adult and children's symptoms, self healing methods could be utilized to either alleviate a clinic visit or relinquish some of the anxiety prior to entering the medical system. Also this initial contact via telephone was the beginning of a self health education for each person enrolled in these health maintenance facilities.

For me the strength in my own practice as a health resource consultant.

came in conjunction to practicing the meditative techniques of Bhagwan Shree Rajneesh. Until then my practice was theory; working on myself provided the greater insight into the effects of meditation and self-acceptance as the foundation of healing. Bhagwan Shree Rajneesh's methods of therapy and meditation are the ultimate examples of blending allopathic and alternative modes of healing. Once I became more open to accepting my own anxieties as a potential for illness I began to see, through his meditations, that deep relaxation is a step ladder to high level wellness.

Conducting stress management groups at Childrens Hospital Medical Center, San Francisco provided the opportunity for utilizing his techniques to alleviate stress related illness such as migraines, hypertension and obesity.

In 1980 I travelled to India as a disciple of Bhagwan Shree Rajneesh and in the past three years have gone deeper into my own self healing as a basis for my health practice.

In many of his discourses regarding health Bhagwan reminds us that healing does not come from the outside. Medicines can only help the body to bring its own healing force into action. A healed person is a whole person; one who has taken the time to look into his physical, emotional and spiritual bodies. He reminds us that medicine heals physically, meditation heals spiritually. The basis of wholistic health, the health system of this age, is to look at all levels of existence and go to a higher level of wellness.

Awareness, which comes through meditation, is the path to understanding our potential health defeating patterns. Self-acceptance and self-love, which comes through meditation, is the path to accepting these patterns and gradually allowing them to change.

Bhagwan Shree Rajneesh advocates total acceptance and celebration of every situation. He reminds us to accept illness

The minute we stop the fight against it the energy used struggling against illness is used to heal. The human organism is naturally balanced, once we relax and let it do its natural work it can heal itself.

Bhagwan Shree Rajneesh is a healer from the heart not the head. He reminds us that the West suffers from hypertension because it has forgotten the language of the heart. Only from the heart can we learn to relax. Logic, when it becomes the major focus, creates anxiety, depression, migraines. When the heart and head can operate harmoniously a high level wellness can be attained.

Bhagwan Shree Rajneesh is a living example of a balance between the heart and the head. And the U.S.A., in its commitment to health and freedom is healing his body and allowing us here to experience his heart, his charisma and his deep understanding of health and wellness.

Sincerely,

Ma Anand Ammy