Ma Amrit Sadhana . P.O. Box 10, Rajneeshpuram OR 97741

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TO WHOM IT MAY CONCERN

I am writing in support of my spiritual Master, Bhagwan Shree Rajneesh. I have been a disciple for three years, and each day is more abundant than the last. He gives spiritual direction in every area of my life at all times, whenever I am aware of it. He has exceptional ability in innumerable areas and has personally influenced my life in relationships, self-image, my attitude to life, my ability to actively celebrate my life beyond and during my work and career. My field is in Social Work (where I assist people in crisis and difficulties of all kinds, helping them to take responsibility for their own situation) and also my career in Dance Therapy and Movement Education (where I help people to become more aware of bodily tensions, of ways they are restricting their lives so that they relax, feel their energy and dance and celebrate life more, applying this to their ordinary activities). Bhagwan has helped me focus more clearly on my goals and taught me how I can reach people in a non-judgmental way; help them play a little more, enjoy and respect themselves more, and be grateful for this wonderful opportunity to love life and live it. He has helped me realise this, so from personal experience I can help others experience the joy of dancing, of expressing themselves without tension. They feel their joy, instead of focusing only on their misery, as is usually the case in the area of social work. I have been in His presence and done his meditations, and lived with other sannyasins continually over the last 3 years.

My qualifications are in two professional areas. Firstly I have a Bachelor of Social Work degree from the University of New South Wales, Sydney, Australia (1974). I then was employed by the New South Wales Health Commission in the area of Crisis Intervention. Then in London for three years I was employed by the local government — the London Borough of Southwark, where I focused on working with people having numerous problems — families in crisis, juvenile delinquents, the handicapped, psychiatric rehabilitation, and the aged. I was a specialist in Conjoint Family Therapy and also was trained in Gestalt, Transactional Analysis, and Psychodrama techniques. In this field of Social Work, Bhagwan's influence enhanced my own feelings about how I could most authentically assist people.

With a non-judgmental attitude, seeing each as an individual, my focus is on people becoming totally responsible for their own life situation, and on maximising their potential so they can recognise how profoundly beautiful their life is. Most clients focus on their problems so, with Bhagwan's direction, I could redirect their sight to enjoying and loving life while still recognising and accepting emotional dilemmas and helping them to cope with them.

In my other profession, as Dance Therapist and Movement Educationalist, Bhagwan Shree Rajneesh influenced me in going beyond the dancer, becoming lost in the dance itself - in the flow of momentum and gravity - natural forces that influence movement. I trained with the Natural Dance Workshop in London, England, and with the San Francisco Dancers Workshop, California, with Anna Halprin, a leading explorer in the field of Movement Education in America.

I have led courses, workshops and given innumerable individual sessions and performances. My study was concerned with Movement without tension, allowing the natural flow of energy and joy to emerge in one's daily use of the body in all applications.

Bhagwan has spoken much about Dance, and his active meditations, his dancing sannyasins and all the celebrations allow for free expression of joy and love through dance. I have shared this with others through my work. I have also studied at the Rajneesh University in Rebalancing Body Work where the body is realigned to relax tensions and allow a more balanced and freer movement. As a result life is lived more fully and openly. The body is our temple, it needs to be nourished and celebrated, because from it we approach the rest of life.

I had a traditional Jewish upbringing, my grandfather was an orthodox Rabbi in Australia, my father is an eminent physician, my mother is a potter. As a sannyasin I feel my whole life is religion, a beautiful meditation; no longer restricted only to holy days and meal times.

Recently I took part in the second Annual WorldCelebration at Rajneeshpuram, which was a wonderful week of joy and excitement. Being in Bhagwan's presence gives peace and love and a trust in silence and in the truth. I have experienced absolute gratefulness in being alive, the mystery of life, its changeability, its ups and downs, its wonder and magic, its dance and joy. Rajneeshpuram is the most wonderful place, full of laughter and energy where everyone is a friend - a sister and brother. Each is equal and loving each other in the truest sense: accepting and respecting everyone as individuals. In my career fields and in my life generally, Bhagwan Shree Rajneesh is continually my guide and Beloved.

Bhagwan is a genius in allowing and generating positive energy in every aspect of life; such a wonder is a crucial necessity in today's world.

Love.

Ma Amrit Sadhana

Ma Amno Sadhana