

To whom it may concern

I must really thank Breguer. So much beautiful change is happening in my life. I feel at home with him, I can live my life more totally than ever before. I feel my body and my feet solidly on the ground. I don't remember it ever being so beautiful walking, looking at the sky, looking at the stars and being in the mountains. I never thought that this could happen in a desert land of America for from the big cities I always dreamed of living in.

Every day I love my mother more and more. It isn't so important if we can't meet each other as often as we did before. Never before have I felt more love for her and for all my family than now. She also feels this joy and she is so happy for this change. I never went to Poone, I never heard Breguer speak but the first time I met him, last year here in America when he was driving along the road, suddenly I felt a lot of energy inside me. I started to cry and to sing and this happened every time I saw him in the next seven days when he was sitting silently in the chair during the set song.

It also happened that my relationship with my friends opened up to deeper love. Now I feel more of

with them and I lost most of the negativity that  
usually kept me inside me without finding a way to do  
it. After one year travelling and visiting with our  
messengers I returned to Italy. Each person remarked : «  
What happened to you? You look so beautiful now!  
You are so full of smiles and laughter and your eyes  
are so clear! »

My sister told me : « Now I can talk with you without  
being afraid that you may get angry and negative  
without a reason! » My uncle said : « You seem  
much younger! What have you done? » When I said  
to him that I was thinking of returning to Progeresha  
he said : « Beautiful! This is so important for  
everyone! »

Because as Bhagwan said : « What everyone needs is  
more love. »

He Bodhi Sushri

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