

*Self-Realization Fellowship*  
*Hidden Valley Ashram*



**NEW HOW-TO-LIVE CONDUCTED PROGRAMS FOR  
2018**

Next year Hidden Valley Ashram will offer two week-long Kriya programs and four new three-day programs. These new programs originate in Guruji's "How-to-Live" teachings, as outlined in the Self-Realization magazines throughout 2017.

*The Body Temple and Its Divine Purpose*

January 18 - 21

*Mental Engineering For Creating  
A Positive Inner Environment*

May 17 - 20

*The Development of Selfless Social Arts  
for Everyone's Highest Good*

July 12 - 15

*Applied Spiritual Science:  
From Individuality To Universality*

September 13 - 16

We hope you will join us for all four of these programs in Guruji's teachings. Each one builds on the others, yet there is much to be gained by attending even one.

[Click here](#) for more information.

Our week-long Kriya programs,  
*Deepening Your Practice of Kriya Yoga*

March 16 - 23

and

October 26 - November 2

Besides these programs, Hidden Valley would like to extend the opportunity for you to create your own informal program while you are here at other times.

Either individually or as a small group, we will help you explore any aspect of Guruji's teachings that appeals to you. Please contact our office for details.

## **YOUR DONATIONS AT WORK**

Caring for the many buildings, the cultivated landscapes, the orchards and even the native oak groves has kept us busy. During five years of drought, most of our native oaks were in fragile condition. We kept them alive with a proactive stewardship that included regular waterings, pest control and devotion.



A grand specimen 200+ year-old  
California live oak

In our hillside orchards, it's taken all summer to replace a 30 year-old failing irrigation system for the trees that give you the delicious oranges, grapefruit and lemons when you go to the kitchen, and the avocados too. Going from a deteriorated manual watering system to one that's digital, wifi connected and automated is going to make those oranges even sweeter, giving them both the water and fertilizer they need, when they need it. We hope the new system will be fully functional by Thanksgiving.



The irrigation controller arrives



New and old booster pumps

If you haven't been to the ashram in a while, you'll see some new landscaping around the office. Here a thirsty lawn was replaced by a drought tolerant kaleidoscope of color.



Drought tolerant and water wise

## THANK YOU

Because of you, Hidden Valley continues to serve Gurudeva's growing family of devotees from all over the world. Thank you for all your prayers and heartfelt support.

Not only do your donations help us to meet our operating expenses, they also accomplish much needed projects, such as refurbishing the old buildings, the irrigation systems for our orchards and improving the landscaping with sustainable drought tolerant plantings.



When making a donation, please make your check payable to  
Self-Realization Fellowship,  
writing Hidden Valley Ashram on the memo line.

You can mail them to  
Hidden Valley Ashram  
16455 Old Guejito Grade Road  
Escondido, CA 92027

You can also [donate online](#)

May Thanksgiving bring you an abundance of blessings. We  
look forward to seeing you soon!

In Guruji's friendship,

*Hidden Valley Ashram*



*A Natural Place for Realizing Your True Self*

Email: [info@hvasashram.org](mailto:info@hvasashram.org) - Website: [www.hvasashram.org](http://www.hvasashram.org)  
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**Be sure to ask about our resident volunteer program**

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