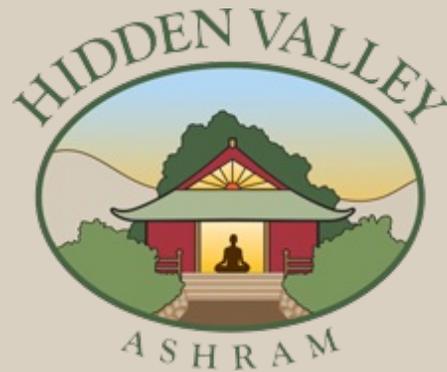


Self-Realization Fellowship



The greatest influence in your life, stronger even than your will power, is your environment. Change that, if necessary. Until you are mentally strong, you can never be what you want to be without a good environment to help you. When you are having difficulty in trying to change for the better, spiritual company and other uplifting influences are essential.

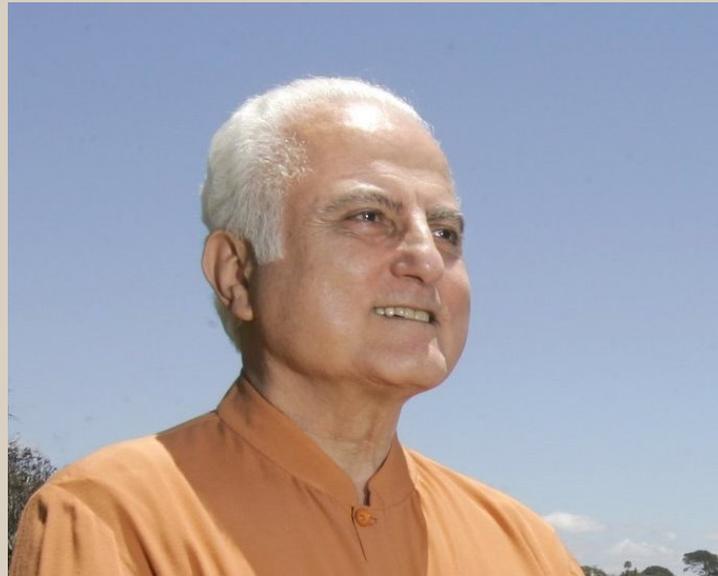
-- Paramahansa Yogananda --

September Weekend Program

The weekend program Sep 13-16 was entitled From Individuality to Universality, with a focus on going from limited mortal consciousness to universal awareness. Some of the feedback included "Everything was excellent!", "A week in heaven!" One devotee wrote "My eyes were pouring tears of joy" after a period of chanting. And during the guided meditation a devotee had this experience: "What happened during Friday night's meditation? I was breathless for a long time -- maybe 25 minutes. I had to consciously breathe."

Satsang With Bro. Ramananda

On Saturday Sep 8 Bro. Ramananda visited from Encinitas and gave a satsang in the Fellowship Hall where he shared stories about his time serving with Sri Daya Mata and his visit to India. It was a special treat hearing from this long-time disciple of Master. Thank you, Brotherji!



Janmashtami at Hidden Valley



Janmashtami was celebrated outdoors in the evening in front of the Garden Chapel. Here are flowers of devotion offered by devotees during the ceremony.

Memorial Day Pizza Extravaganza

On Memorial Day ashram residents and guests enjoyed homemade pizza baked in Hidden Valley's brick oven, in a process that dates back 400 years. These holidays provide an opportunity to enjoy the divine friendship we share with each other, along with good food and movie entertainment in the evening. Janmashtami was celebrated the night before, so the

first slice of pizza was offered to Bhagavan Krishna.



Service Opportunity at Hidden Valley

Did you know that Hidden Valley Ashram has its own automotive facility onsite? We use it to perform preventive maintenance and minor repairs to our vehicles and farm & garden equipment. We are currently looking for an experienced auto mechanic. Do you have at least 5 years of professional experience as an auto mechanic? An aptitude for working with mechanical tools? If yes, we'd be interested in speaking with you! Your skills could be put to good use by joining us as either a resident or a local volunteer. Please call for more details.

Hidden Valley often needs skilled help in a variety of areas, please stay tuned to future newsletters if you're interested in serving.



2019 Hidden Valley Calendar

We're close to finalizing our calendar for 2019's conducted programs at Hidden Valley. We'll have three weeklong Kriya programs (they've become very popular) and three weekend programs. Dates and titles will be announced in next month's newsletter, please stay tuned.

In Guruji's friendship,

Hidden Valley Ashram

A Natural Place for Realizing Your True Self

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