

To whom It May Concern :

I have had numerous jobs all focusing on people : the major ones being a dance teacher for The American Contemporary Dance Company for 5 years , and a patient advocate at Country Doctor Clinic for 2 years . I also was a body alignment teacher and practitioner for the last 6 years .

In addition to teaching, I have also worked with the public as a waitress in several very popular restaurants in San Francisco. I also worked as a fruit picker, truck loader, factory worker, as well as being a research assistant for the Department of Family Medicine at University of Washington. My experience has been wide and revealing, not only with

human nature, but as a ground to broaden my experience across cultural, economic, and personality distinctions.

I have performed Contact Improvisation Dance in solo and group performance throughout the United States. I have trained in jogging and martial arts including tai-chi, kung-fu and escrima. Throughout this exploration, I have sought to push past physical barriers alone and with partners.

I have started several independent businesses in graphics; fabric design; and gourmet catering. Again, this way of synchronizing creativity with fulfillment & need has shown me a great deal about service and human nature.

I have been waitressing at Zorba The Buddha in Portland. I have a great deal of waitressing experience, but never before have I

seen such support and harmony between workers. The daily awareness to dissolve distinctions between job yields open channels of communication between dishwasher, cooks, waitresses, or bar tenders. The presence of Bhagwan is a constant and effective arrow to the target of moving with patience, from the heart. Anxiety producing situations have the realized potential of being transformed into supportive, affirmative growth experiences.

While cleaning, as while waitressing I feel able to pour out my whole self into the work. In the past, I would have judged cleaning as a lowly thing to do. Now, I not only see but experience a softening and cleansing of my being. The work is no longer "work" in a classic sense.

The word "work" has very negative connotations of drudgery, boredom, and slavery in our culture. We have become out of touch with work as a creative adventure.

Bhagwan's very presence for me sings out that the work, whatever it is, is creative. Washing the floor indeed can be as creative as painting.

Coming from a very artistic, creative background, this was a leap for me to make. I am grateful beyond words, for the gift of presence for each work, each act. I am letting go of the old conditioning around work, and coming to realize it as worship. This practice is to bring full joy and total love to each act.

Bhagwan has and continues to bring my perception of so called "trivia" to a recognition of the divine in each act. I could never have seen and moved with this without his presence.

Sincerely,

A handwritten signature in cursive script, appearing to read "Milly Sonneman", followed by a horizontal line.

Milly Sonneman