

RBT Temple

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To whom it may concern,

Since 1976 I have worked first as a psychiatric assistant and later as a drug abuse counselor. I love this work and have always sought ways to improve my understanding of and communication with the people I was attempting to help. I soon found out that this understanding and communication was only effective insofar as I understood (and communicated with) myself. This led me to search more deeply in the field of psychology and then to experiment with meditation. The first part of the search was fascinating and the second beautiful, but I was left with the feeling that something was lacking. Reading psychological textbooks eventually made me feel I was groping the ~~and~~ interminable maze and meditation like repressed energy that I did not know how to handle, it puzzled and quite frankly, frightened me.

Sometime in 1979 I read a book of Bhagwan Shree Rajneesh, my immediate fear was "aha", "here is someone who knows" language was clear and simple, not cloaked in academic mumbo-jumbo, and what he

saying more sense, commonsense. My mind
opened up in relief, I wanted to read more
and more of what this man had to say.
So I went to a Rajneesh Meditation Center
to acquire more books and soon started
doing the meditations. This was ~~the~~ not the
sort of meditation I had experimented with -
Bhagwan's meditations first release suppressed
energy and emotion and then give space for
the stillness to happen. My first experience of
Dynamic Meditation was amazing, I went before
work one morning and found myself afterwards
driving to work singing at the top of my
voice - I hadn't felt that good for years.

In the course of my work I had become
more and more convinced that talking was
not the most effective tool, whether the
talker was the client or therapist or whether
the talking happened in a group or individual
session. Movement was needed, a complete
experience of body and mind. I had
worked with a movement therapist and found
her work very useful, where the client was
willing to participate - but I was still left
with the feeling that something was lacking.
My experience of Dynamic Meditation helped
clarify this, the something lacking was energy,
- Dynamic Meditation both releases and builds
energy, it releases the energy we repress in
the form of anger, jealousy and other negative
emotions and allows that energy to flow
which is happy, playful, loving.
I took time out from my work to go

more deeply into this for myself. I did
Rajneesh Therapy Groups and regular
meditations and found myself changing. I
became freer, happy, much more in tune
with myself and others, much more intuitive.
When I returned to my job, I found
myself to be a far more effective counselor
- I was happy, glowing, playful and this
transmitted itself to my clients. I found myself
showing my clients that it is possible to have
fun without drugs & alcohol, just by being
ready to embrace life, to dance with it,
not be serious about it, and at the same
time to become more responsible as awareness
and alertness increase.

The "pursuit of happiness" is a basic
tenet of American life and yet many
Americans, rich and poor, are miserable. The
teachings of Bhagwan Shree Rajneesh are
not only consistent with that ideal, they
are working, there are around 350,000
of his disciples on this earth, happy (and
hard-working) people, to prove it. The yearly
festivals are another proof, this year 15,000
people came to our annual celebration and
there was no crime, there were no fights - but
there were 15,000 people laughing and singing
and dancing together. There were 15,000 people
sitting at the feet of their silent Master,
in silence and love.

I now live in this commune and am

constantly amazed at how happy we all are here, how full of laughter and how energetic. We are transforming this desert-land already the creeks are blooming through our careful conservation efforts, we are growing all our own (luscious) vegetables on land that was, two years ago, covered with sage. A miracle is happening here and the one behind it all is Bhagwan Shree Rajneesh.

Words cannot express my gratitude and love for Bhagwan, for the transformation I find in my own life, for this miracle happening here on the ranch, for the fact that He is here on this earth at this time.

We all sorely need to learn to live together in harmony and happiness, America needs it, the world needs it. Here at Rajneeshpuram in the presence of Bhagwan this is already happening, this is the example and it can spread way beyond these acres of sage & juniper.

We, the Sannyasins, are instruments of this transformation and He is our inspiration. Bhagwan Shree Rajneesh is a man of extraordinary ability and should be allowed to stay in this country.

Yours truly

Ma Deva Parami
Marilyn Hochstadt