

Dear Friends ~

Suddenly a season of great and righteous change is upon us. The Conscience of our nation has been profoundly impacted by the outpouring of grief and anger over the tragic deaths of George Floyd in Minneapolis, Ahmed Aubrey who was on a jog in his Georgia neighborhood and the incident in NYC of the "Central Park Karen". These injustices have unleashed a tsunami of pent up emotion - much of it channeled into nationwide peaceful protests - some of it turned into destructive behavior causing even more human suffering and usurping media attention.

Each of us knows that we are all a work in progress - individually and collectively. Our country's founders knew this brilliantly when they fought for and won our independence from Britain and then created our extraordinary and overarching body of laws - our Constitution - highlighted below in the Constitution's Preamble and First Amendment:

We, the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity....

~Preamble to the US Constitution (1789)



Congress shall make no law...abridging the freedom of speech...or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

~First Amendment to the Constitution (1791)

As Yogis and Yoginis, we are continuously challenged - by the people around us and the events of our lives - to keep our Consciousness elevated, living in remembrance and expression of the Highest Truth:

God Dwells within You as You

See God in Each Other

~Siddha Yoga

~Baba Muktananda

May we all remain safe, in good physical and mental health and may we continuously rise up to the challenge of living in remembrance and expression of Highest Consciousness and may our Nation heal itself with righteous action.

Transformation is never easy but,, sooner or later, it is inevitable.

Sincerely,

~Pam Flynn Kimelman

Shakti looks forward to reopening soon.

