



Everyone! Come!

Our door is open, our vision is clear.

—Ghalib

Let's do it! With those words, Roy Eugene Davis responded to my request and accepted me as a disciple on the spiritual path of Kriya Yoga. That moment ushered in a soul-life journey beyond my greatest dreams. I could not see the road ahead, but the fire in my heart lit the one thing I could see clearly. When he asked about my life plans, I proclaimed, "I have come to assist you with this work." I was 30 years old.

I didn't know what my bold statement meant, what I could contribute, what such a commitment would require, or how it would shape my life. What was unmistakably clear to me was that I had received the gift I had searched for my entire life—the golden key to unlock the wisdom of my soul. Intimations of true freedom and perceptions of divine joy filled my heart and mind. They overflowed as a compassionate desire for all to access the inner path of Self- and God-realization with its practical wisdom for healthy, fulfilled living. That soul desire became my prayer: *May I serve. Make me a bridge between East and West, between generations of enlightened teachers in this tradition who came before and those yet to come. Let me be a lamp on the path for seekers of God.*



40 Divine Years: A Long time!

Contemplating forty years of service and surrender, I researched the significance of that number in various traditions—like the Jews wandering forty years in the desert or rain for forty days during the flood. Forty, as a spiritually potent number, basically signifies “a long time.” That long time is associated with spiritual maturity and transformation—a rite of passage to a new consciousness.

CSE’s forty years of surrendered service have been transformative. What began with a prayer and blossomed as a vision has unfolded over time to serve thousands of people worldwide with a message of hope and tools for spiritually awakened living that change us for good.

When the work began, my teacher reminded me that what we accomplish outwardly can be helpful, but spiritual awakening is what matters. As Yogananda told him, the organization is a hive, but God is the honey. Without a connection to the Source, even a beautiful gathering place is just a building. After a couple of decades wandering from rented place to rented place in Silicon Valley, we found our home in the Rose Garden area of San Jose. It has become an oasis of peace, a place for soul renewal and God-communion.

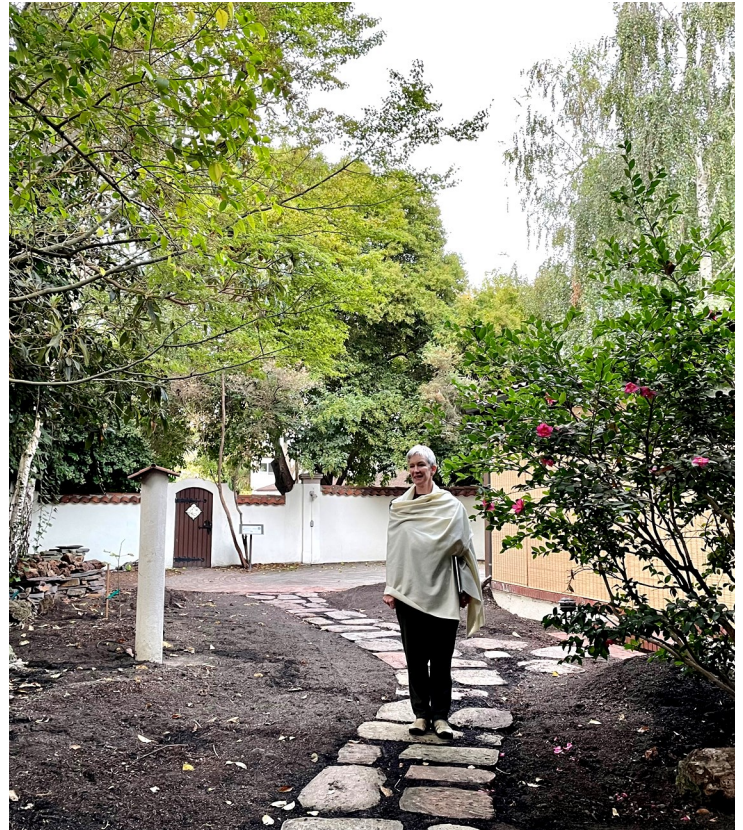
As I reflect on the significant milestones of this ministry over four decades, I am grateful that there are too many to list. What truly stirs my heart and opens my eyes to the power and presence of God’s supportive grace in this ministry is you—you and so many others like you who have contributed so generously over the years. I see wave upon wave of bright souls with hearts attuned to the global vision of an awakened world, pouring out gifts of dedicated service, financial support, compassion, creativity, and wisdom. Beyond any location we inhabit, whether at headquarters, an affiliate center, an outreach program, or part of the global online community, you are the place where the sweet honey of God’s presence becomes real nourishment for life.



The Lighted Path Ahead

During the shelter-in phase of the global pandemic, we migrated most of our programs online, and Center headquarters was closed for over a year. We are again offering programs onsite and joyously renovating the meditation garden spaces for outdoor contemplative practices, community gatherings, and personal renewal. As I write to you now, gardeners are working on the path below my office window.

A few months ago, we discovered many lovely handmade concrete steppingstones during the transformation of the magnificent oak tree area in the east garden. We envisioned how beautiful the stones would be as a pathway from the center of the property to the west garden. The light of divine grace, presence, and power has continually revealed itself in mysterious ways as teams of volunteers work in the meditation gardens. This time, as they dug the soil to lay the stones, they discovered that the path they had envisioned was already in place. What? There, hidden beneath a layer of soil, were the same beautiful handmade stones wending their way to the labyrinth area. Imagine setting out to lay a path and discovering that there was already one in place. The symbolic teaching did not escape us.



Keeping in mind our time and present need, we set out to forge a way forward. Yet beneath that deep desire is always the unseen path—the supportive presence of divine grace that brings our worthy dreams to fulfillment. Step by step, the way is revealed. How apt a metaphor for our time! After nearly two years of a pandemic, global political unrest, and environmental stress, we long for a clear path forward. Yet, there is still so much uncertainty. Beneath the changing pathways, an eternal, unchanging way exists—the journey from the darkness of fear to the light of love, from ignorance to Self- and God-realization.

As we take one step with faith, the next is revealed. We all have a most precious opportunity today to be ready for what our time requires. Answering the needs of this time will hone our soul powers of presence, wisdom, and compassion.

Awaken to the One Truth known by many names

Yoga Yatra: Pilgrimage to Your Divine Self

Yatra is a Sanskrit word for pilgrimage. I offer it as a guidepost and an invitation for us in the days, months, and the year ahead — *a yoga yatra* — pilgrimage of, and to, the divine Self. It is not necessary to journey to some far-off holy place to follow the spirit of pilgrimage.



Is pilgrimage not to walk with eyes, heart, and soul alert to the holy presence? To be open to divine encounter, inspiration, guidance, and healing? To meet fellow souls on the journey and know we are one in spirit? To honor the earth and all her creatures as holy? As a community, let us step into this time with that open-hearted intention—to recognize it all as a sacred encounter, open to learning, connecting, growing, seeing life with fresh eyes, and discovering what matters most.

CSE's Yoga Yatra year, from the 40th anniversary of our first service in October 2021, to the 40th anniversary of my ministry ordination in 2022, will be a time for us to walk together, awoken to our highest potential, and serve the need of our time. Our ministry emphasis during this yatra year supports spiritual awakening through several avenues:

1. meditation with daily global offerings, additional retreats, teacher training, supporting meditation groups in the field, and fostering new ones;
2. resources for healthy living (physically, mentally, relationally, and globally);
3. expanded online offerings for the growing global community;
4. assistance for newcomers to find the path and establish a practice, and
5. additional opportunities for Kriya Yoga initiates and disciples to dive deeper into the timeless wisdom of this path.

I invite you to join me on this beautiful soul pilgrimage adventure. Exactly where you are, precisely there, is the holy place. It is your place—luminous, shimmering with divine light and grace. Return to it. Tend it. I offer three commitments or vows as we begin this yatra year: *Live simply, love abundantly, and awaken fully.*

With love and deepest gratitude,

Yogacharya Ellen Grace O'Brian (Uma)



ANNIVERSARY CELEBRATION

Sunday, October 17, 2021

10:00 AM (PT)

ONLINE & ONSITE at CSE

www.CSEcenter.org

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