



Sadhana Mandir, Rishikesh, India.

April 25, 2017

Out of India

Issue 4 from Rishikesh

Our time here at Sadhana Mandir is over for now. We have been studying and practicing meditation. But it is more than meditation itself. The study also includes the many aspects that influence personality—mind, ego, memory, soul, consciousness, and the Devine, as well as the body. In turn, they all influence the quality and depth of meditation and life itself. It has been a challenging two months. As part of that effort we recently finished an intensive ten day seminar on meditation.

We will have been here two months and week when we leave tomorrow. But most of that time has been spent in pursuing spiritual practice so there is little to add here beyond what we have already said in the earlier releases of *Out of India*. A few things of note have happened however.

Spring (Summer?—it's already been over 100°--38°C) is here. Leaves have sprouted on many of the trees. Flowers are everywhere. And more and more birds have returned to the north, particularly the 'rain bird' that whistles a laud call that slowly goes up the music scale. We love it. It reminds us much of south India.

After 13½ years we decided to make new wedding rings. A goldsmith divided the gold of mine and made two rings—one became two—a symbolic as well as a physical act—our wedding renewal.

For the last three or four times I have been in India I have been threatening to get a big bell—simply because I like big bells. So a couple weeks ago I bought a big, brass bell like you see on a fire engine or on a steam engine. It shall be our new door bell.

So now in the interest of better seeing our pictures, please go to the pictures of Rishikesh. I just listed them on the [India Index page](#) under **2017 Trip**. They are much better shown in that larger format there than they would be here.

We are only one2 days away from heading back to Santa Fe, New Mexico. We'll fly out of Delhi very early on April 28. Petra will stop in Germany to spend three weeks with her mother and I'll continue on to Santa Fe.

Peace and Joy,

Petra and Mike

P.S. I finally published this May 2 a few days after I returned to Santa Fe.