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To Whom It May Concern :

I am 47 years old , studied mechanical engineering 1955-60 at the Technical University of Stuttgart , W-Germany and finished with the graduated degree "Diplom - Ingenieur". Then I studied Law , specially Patent Law and passed 1965 the Patent Law examination at the German Patent office in Munich . From 1965-76 I ran my own office as Patent Attorney in Esslingen . I was dealing many difficult patent law suites up to the German highest court ( Bundes gerichtshof ) .

Due to physical and psychological stress I got 1976 in a very bad physical and psychological crisis ( strong back and neck pains , severe head ache ) what caused me to sell my office end of 1976 at the climax of its financial volume and gain .

Searching first relief in Yoga , I found in april 1977 to the several meditation technics of Bhagwan Shree Rajneesh , especially Dynamic Meditation , Kundalini Meditation , Nadabrahma Meditation which all use at-first active phases as dancing or shaking and/or breathing technics for losening the body and releasing physical tensions - followed by passive phases as sitting or lying down and just listening or being in total silence . Doing these meditations 1977 ca. 200 times regularly daily ( mostly in the morning Dynamic and in the evening Kundalini meditation ) I recovered totally my physical strength , got rid of my back and neck pains and came to enjoy a flexibility and vitality of my body which I

never had before. Slowly slowly I also started to enjoy the silent phases of those meditations, i.e. what that is: not concentrating on a certain thought or imagination but only watching what is going on in the mind, in the body, in the feelings.

I experienced sometimes a few seconds when I just felt that I was totally in that what was going on around me without any disturbance by my mind or my emotions. These experiences -at-first momentary were so new and joyful that I decided to go more into it by getting a disciple of Bhagwan and using the methods which Bhagwan has developed for his disciples to live as a so-called Sannyasin in the outer world. These "methods" are: wearing red clothes, the Mala and using the new name given by Bhagwan. These "methods" seem to be very simple but they turned out to be immensely helpful to get more watchful, more aware about everything what is going on outside around me (also in my social contacts) and inside in my mind and feelings.

From 1978-81 I lived in Poona, India, first doing several Therapy groups and then working in the Ashram of Bhagwan. Oct. 1981 - Feb. 1983 I lived in a German Ashram. In those years I lost by and by my psychological tensions, I got more and more joyful about all the small things of life; my social contacts became happy and I "discovered" quite new talents in my being in music and healing (massages).

Since February this year I give public music sessions.

in Germany on various instruments with a therapeutic tendency by inviting people during the session to play with on instruments or by making certain vocal sounds. All with the effect to unburden the people from their tensions by more playfulness.

All this is only possible by being more and more in this "silence" which Bhagwan means. That's no big thing. It's an absence of disturbing thoughts and emotions when I want to relax. I don't know if this is a "religious" experience or what else religion is. I feel only the joy and intensity of living which is there when such a silent state happens.

Having shown the way to get to such silent states (developping the special meditation techniques and the described "methods" for living as a Sannyasin) is the most immense value of Bhagwan's teachings for humanity. Just in the simplicity of these methods is their value. Complicated ways can developed easily. But simple methods which work are rare. It is as with technical inventions: the most valuable are the very simple ones which go apart of complicated solutions and find use of a simple "knack".

So it is with Bhagwan: His immense work was to go through the methods of all the main religions of East and West and to develop

Very simple methods which work.

And this living in Rajneeshpuram. I came last year and this year to the Festival and I felt the immense joy and energy which was poured out by nearly everybody. Specially the residents of Rajneeshpuram radiate such a joy of life during all the time - being on duty or after work - that is incredible. You can feel: it's only possible by enjoying all what happens as it is, i.e. the movements of the body during work, the own skill and energy, the own intelligence, the interactions with other peoples etc - all what nature has given to us and giving us permanent as a gift.

And Bhagwan's silence during Satsang and Darshan you feel that He is enjoying his pure being totally, that He is totally relaxing. And this is infectious: suddenly you can come also to this state of silence - may be only for seconds, but it feels worth to go on along this way.

And He expressed in Poona many times that he loves the Americans, their energy and intelligence because only such people can understand his new way to get more consciousness.

With love and thankfulness to Bhagwan

Ushant Ushant