



Trees, animals, birds, plants, forests, mountains, lakes and rivers — everything that exists in Nature are in desperate need of our kindness, of the compassionate care and protection of human beings. If we protect them, they in turn will protect us.

- Amma

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GreenFriends is a global grassroots environmental movement which promotes environmental awareness and local participation in conservation efforts throughout the world.

GreenFriends is one of the projects of [Embracing the World](#), a not-for-profit international collective of charities founded by internationally known spiritual and humanitarian leader, Mata Amritanandamayi (Amma)

To join the Pacific Northwest GreenFriends Litter Project, write Karuna at karunap108@comcast.net

GreenFriends News



Would You Help the Litter Project Reach the 10,000 Hour Mark?

As of January 24, Litter Project members have picked up litter for 9,209 hours. If we work diligently as individuals and as satsangs there is a chance we could reach the 10,000 hours mark before Amma comes to the Seattle area this summer. Are you willing to help in that endeavor?

Towards the end of each month, Karuna writes everyone who has been part of the Litter Project and asks if they have any minutes or hours to contribute to the monthly total. If you already receiving those emails, would you be willing to increase your focus on picking up litter and reporting your times each month? It doesn't matter how small or how big your contribution is. It all helps.

If you are part of a satsang, would you consider encouraging the satsang to hold one or more litter work parties. Keep a list of first names and how many minutes/hours each person worked and email it to Karuna at karunap108@comcast.net. We keep track of the number of people who participate as well as the number of hours.

If you aren't on the Litter Project list but are willing to contribute, please write Karuna at the above address so she can add you to the monthly request for litter pick up times.

It would be fun to tell Amma we made it to 10,000 hours, but even more important than that we will be working as individuals and as groups to help Mother Nature.

Green Friends Events

Saturday February 3

Greenbelt Restoration Work Party (Beacon Hill, Seattle)

10:00 to 1:00

Contact Karuna at karunap108@comcast.net

Sunday February 4

Garden Work Party at Maltby

9:30 to 4:30

Contact person: Yasas drenn108@gmail.com.

GreenFriends News

Saturday February 10

Snoqualmie Valley Seed Exchange

Cedarcrest High School

29000 NE 150th Street, Duvall, WA 98019

11:00 am to 2:30 pm

There are more details in this newsletter

(This is not a GreenFriends event but it may be helpful in your GreenFriends activities)

Sunday February 11

Garden Work Party at Maltby

9:30 to 4:30

Contact person: Yasas drenn108@gmail.com

Saturday February 17

Greenbelt Restoration Work Party (Beacon Hill, Seattle)

10:00 to 1:00

Contact Karuna at karunap108@comcast.net

Sunday February 18

Garden Work Party at Maltby

9:30 to 4:30

Contact person: Yasas drenn108@gmail.com

Sunday March 4

PNW Litter Project

Kick Butt Day 2018 Work Party - International District in Seattle

10:00 to 12:00 noon

Contact Karuna at karunap108@comcast.net

GreenFriends News

GreenFriends Program Guide Group Ads

The end of the Program Guide fundraising for Amma’s 2018 Pacific Northwest Tour is fast approaching. There are three group ads that you can contribute to:

1. PNW GreenFriends ad
2. PNW Litter Project ad
3. Lokah Samastha Sukhino Bhavantu peace ad

The size of the ads will depend on how much money we are able to raise.

- Quarter Page - \$200 for Local/\$500 for National
- Half Page - \$325 for Local/\$950 for National
- Full Page - \$500 for Local /\$1500 for National

If you are willing to donate to any of these ads, let Karuna (karunap108@comcast.net) know the **amount of your donation** and **which ad you want your donation to be used for**. She needs to know that information so we know what size ad to ask the Program Guide team to design. You will receive payment directions as soon as she receives your email. (You will be able to pay either by cash, check or credit card.)

Know that your donation will be appreciated no matter how large or how small it is. Thanks for considering contributing to this endeavor.

Only through love and compassion is the protection and preservation of nature possible. - Amma

Pacific Northwest GreenFriends

- Tree Planting and Habitat Restoration
- Organic Gardening and Permaculture
- Recycle-Reuse-Renew
- Litter Project
- Monthly Newsletter

For more information write to karunap108@comcast.net

The Pacific Northwest Litter Project

“Nature on its own is indeed beautiful and clean. The hills and rivers do not need us to clean them; In fact it is nature’s water which cleans us; it is trees which purify air for us. Because we have littered, we have spoilt its pristine beauty.” - Amma

For information write: karunap108@comcast.net

PNW Gardening

Maltby Garden Plans, 2018 by Yasas



Here at the Maltby residence we are gearing up for another happy year of gardening. Last year was bountiful in every way and our gardens doubled in size. Devotees came from around the region to participate in the monthly Seva Days that were filled with camaraderie and community spirit. Above all, everyone enjoyed the peace and joy lively here since Amma's visit in June.

This year I will try to keep you informed in these pages about what is happening at the Maltby property and about opportunities to visit, to do Seva, and to learn and/or lead informal gardening skills workshops and hands-on applications. I also hope to share something about the methods we are using and the purpose or practical value of these approaches. My hope is that all Green Friends will come and spend some time here, to help make these gardens happen, to share their knowledge and skills, and to further gardens back home.



PNW Gardening

Three of the areas of focus that Amma gave us are serving as guides for the development of the Maltby property's gardens: Mother's Kitchen, Farming, and Care for Nature. This means we are aiming to grow food and feed people, especially the poor and hungry, and to do it in a sustainable manner, so that Nature is preserved rather than depleted. We also want to provide support and encouragement to everyone who is interested in learning to grow food.



Growing food is a precious skill -- or, basket of many skills -- yet one which is becoming forgotten. This has left modern society vulnerable to disruptions to our food supply. The last century saw stable climate conditions which enabled farms to steadily feed a growing population. But this stability is not the historical pattern; and with climate change extreme weather is becoming common. Amma's solution? Every individual can learn to grow at least some food—to help feed their family, neighbors, and those who have no food.



PNW Gardening

For 2018 we plan to further expand the Maltby gardens to help us be resilient in the face of changing climate. For example, we plan to grow the three staple foods that have fed people on this continent for millennia, the so-called Three Sisters: corn, beans, and squash. We also plan to use varieties that grow well in spite of extreme swings in weather.

By planting heirloom varieties and saving the seeds of those that grow well we will develop seeds that each year are more well-suited to our local conditions. And further, we will have our own seed bank so we are not dependent on the availability of commercial seed. (For details and resources on seed saving, please see Vandya's excellent article, "Seeds of Life, Seeds of Healing" in the [November 2017 Green Friends Newsletter](#).)



Just like last year, there will be a monthly Seva Day on the 4th Saturday of every month, from 9:30am until 4:30pm. The day includes a simple meal with garden vegetables. Those coming from afar are welcome to spend the night before and/or after the Seva Day to make their travel easier. Please contact Yasas at drenn108@gmail.com if you want to stay overnight.

This year there will also be a weekly Garden Seva Day, every Sunday from 9:30am until 4:30pm. Everyone, whether experienced or new, is warmly welcome to come. Lunch will be potluck.

If you have any specific skills or knowledge you can contribute, or particular area of interest, please let me know -- there are needs and opportunities for everyone! Email to Yasas at drenn108@gmail.com.

PNW Gardening

Backyard Herbal Medicine – Awesome Aloe



Hi Herbal Friends, it is time again to practice gratitude for the very powerfully incredible herb – Aloe. Aloe is in a family with over 350 different species! Some of these amazing species can grow up to 60 feet tall and ten feet in diameter! What diversity!

Here in the PNW, Aloe, also known as Aloe Vera, is usually seen as an indoor plant that is very easy to grow. Aloe is a perfect choice to cultivate because of her amazing healing powers. Aloe is famous for being one of the favorite healing herbs for sunburns and cuts. Usually people buy a bottle of Aloe and keep it in their cupboard to use as needed.

In the past year, I have really learned to rely on Aloe as a major partner in health. I have learned to use Aloe in its natural state, from the plant itself. You'll be amazed at how quickly cuts will heal with the help of Aloe.

It is because Aloe is so astringent (causes skin to contract) that she can help to heal wounds super speedily. Aloe Vera is also antibacterial and antiviral.

Aloe has been used for over 3,000 years throughout Africa.

Aloe is such an important herb for herbalists! In addition to healing cuts, burns and chapped skin, Aloe also has been used for the following challenges.

- digestive tonic
- wound healing
- healing chapped skin
- antiviral
- antifungal
- antibacterial
- antibiotic (mild)
- anesthetic (local)
- laxative
- purgative (used as an anecdote to poison)
- great for cold sores and herpes
- great for hemorrhoids
- mouthwash
- lowering blood sugar (taken internally)

PNW Gardening

Here are **three quick easy ways to start using Aloe** intentionally and medicinally:

Before you gather the herb, please thank her before taking medicine, and always give something back to the plant. What you give back is up to you, a chant, song or simple message of gratitude. Try to return the used portion of the herb back to the base of the plant. That is a loving traditional action.

1. Wound Healer- Next time you get a cut or a wound of some sort, carefully cut a piece of Aloe from the plant. Look carefully at the plant and decide which leaf is the right one to cut. Thank the plant in advance for her medicine. You can put a small piece of Aloe on the wound and then put a band aid right over it. Remove the Aloe after 15 minutes.

2. Keep an Aloe plant healthily growing in your home. After a couple months, baby Aloes will start to come up. Transplant them by carefully removing them and putting them in new pots with soil. Share them with others and spread the Herbal Wisdom and Love.

3. Use a diluted form of aloe. Harvest an Aloe leaf. Using a knife, scrape the mucilaginous gel into a bottle that has an eye dropper, add water and shake. This dilution can be used to drip onto wounds as needed.

As with many plants, always remember herbs are medicine, so please use with care! Pregnant women should use special caution with herbs.

If you want to start working with Aloe, I can easily give you an Aloe plant to start your journey. Since they are a succulent, they don't require that much water. They store water in their leaves. If you live in the Seattle area, let me know and I can deliver! (To contact Visala send an email to vhohlbein@msn.com.)

Peace and Happy Herbing!

~ Visala Hohlbein



PNW Gardening

Snoqualmie Valley
8th ANNUAL
SEED EXCHANGE
GATHER & EXCHANGE SEEDS & KNOWLEDGE
a free community event for all gardeners and small farmers

Share, Collect, Learn and Grow

Saturday February 10, 2018

from 11:00 am to 2:30pm

Cedarcrest High School

29000 NE 150th Street, Duvall, WA 98019

The 8th Annual Snoqualmie Valley Seed Exchange is a local gardening event for everyone to share free seeds, collect planting tips, and learn growing techniques to grow a vegetable garden for the Pacific Northwest climate.

The seed exchange is now a project of [Sno-Valley Tilth](#), in partnership with Cedarcrest High School Future Farmers of America club, and Strategies for Provident Living.

This is a FREE community event for all ages.

Live Demonstrations and Gardening technique talks

In addition to the free exchange of seeds, there will be a variety of informational gardening technique talks and live demonstrations starting at 11:30.

Seed and Plant vendors

As in previous years, Cedarcrest High School students will be selling garden art and potted flowering bulbs. Check our website for updates on other exhibitors and vendors.

For more information: Visit our website: snoqualmievalleyseedexchange.org

Questions? Email: svseedexchange@gmail.com

Tree Planting and Habitat Restoration

Greenbelt Restoration Work Party: January 21, 2018

The first work party of 2018 was held on Sunday, January 21. Sixteen people participated: 2 GreenFriends members, 9 students from UW's Introduction to Environmental Science course, 3 neighbors, a high school student and her mother.

The group was enthusiastic and accomplished so much. One team worked to remove ivy and blackberry root balls from a section of the property we haven't tackled before.



Another team worked in the "rack zone". When the blackberry vines that had been growing on this property for 30-50 years were initially cut down, we discovered an old house foundation. A volunteer suggested that we use the foundation to store all of the racks that hold the blackberry rootballs, ivy and bindweed that we dig out. [Note: We put the debris on racks so it stays off the ground. That way the plants won't re-root, and by having air flow coming up from

Tree Planting and Habitat Restoration

the bottom of the rack, the debris will decompose faster. Also keeping the racks in one area, rather than scattered throughout the site, gives us more planting space.]

When the debris decomposes, it becomes new soil. Our plan is to spread the partially decomposed materials throughout the foundation and build new racks on top of them. Eventually there will be a thick layer of dirt in the foundation and we will be able plant beautiful shrubs and ground covers in it.

During this work party, we started taking the racks apart for the first time.



As each one was disassembled, a new rack was built on top of the partially decomposed debris, and then the ivy and blackberry root balls the other team had just removed from their work area were placed on top of the new racks. It will take several work parties to redo all of the racks but we got a good start.



Rebuilt rack that is ready for new root balls and ivy. Rebuilt rack that has new root balls and ivy on top.

Tree Planting and Habitat Restoration



Rack that is ready to be rebuilt because the debris on top of it is dead.

For the last part of the work party, John and Jason worked in an area where ivy had killed two trees by wrapping itself around the tree trunks.



While they were doing that, the rest of us moved 1,000 square feet of burlap bags from the street into the Greenbelt. I had no idea we would be able to move all of it in an hour, but we did!

Having the bags in the Greenbelt will give us easier access to the burlap when we are ready to spread it over newly cleared land. [Note: Spreading burlap bags over the cleared land helps prevent weed growth. Over time they will decompose and enrich the soil.]

In the past, we have dumped the burlap into mounds.

Tree Planting and Habitat Restoration



At a work party last fall, one group of students laid the burlap bags flat. Those bags were so much easier to spread than the wrinkled ones, so we decided to place all of burlap we were moving into flat piles!



Tree Planting and Habitat Restoration



Mother Nature really blessed this work party. The weather forecast app said the chance of rain at the beginning of the event was 90% and that the rain would continue throughout. The reality was that it sprinkled as I was setting up ahead of time, and we had NO rain during the three-hour work party. About an hour after the work party was over, it poured. Grace prevailed.

Thanks to everyone who helped by leading or being part of a team as well as to the neighbor who was willing to come early and help everyone sign in as they arrived.

Our next work party will be Saturday, February 3. If you live close enough to participate and want to join us, you would be more than welcome! If you are interested contact Karuna at karunap108@comcast.net.



Tree Planting and Habitat Restoration

How and When to Move a Tree by Tirtha



Find out ahead of time how big your tree will grow, so you can plant it in a spot where it can reach its full size without becoming a problem.

Photo Credit: [Waxwell](#)

Because Amma has so regularly encouraged us to plant trees, I decided I would write something tree-related for the PNW GreenFriends newsletter every month. I see it as a way to support our PNW/GreenFriends focus on planting trees.

With all of the research I've done so far, it's really struck me how long it takes a tree to reach any size, and how easily we may choose to cut them down. Maybe, with some information, we might choose to move them instead. Since this is a good time of year for transplanting, when the trees are more dormant, I decided to focus this article on that topic.

Think about the last time you moved – remember how stressful it was? It is much worse for a tree!

Moving or transplanting a tree is quite a big deal. It is definitely stressful for the tree, and a fair bit of work for you. If a tree is growing in the wrong place, however, and you are otherwise considering cutting it down, transplanting might be an option. (The same basic techniques also work for transplanting shrubs.)

To have a chance at success, the tree will require more watering for the next year or two. Researchers say transplanted trees and shrubs need about one year to recover for every inch in diameter of the tree's trunk.

It's best to move the tree only if you can plan on doing a lot of watering. This will be essential to the tree's survival, as

Tree Planting and Habitat Restoration

it will be stressed and extremely vulnerable after being moved. There may be some die-back, no matter how careful you are, as the tree will lose some of the roots that helped maintain its size until now.

- 1). First, **learn what the tree needs**. Does it prefer full sun, or shade? How big will it grow, and therefore how much room should you allow around it, so the trunk and canopy will have space to expand? It's worth taking the time to research the tree type and make sure you're going to put it in the right place.
- 2). Figure out **where you will relocate the tree**. Without digging it up yet (don't expose the roots to air any longer than necessary), dig lightly around the tree to judge the size of its root ball. This will help you to know how big a hole to dig at the new site. You might also want to check with your municipality that there's no reason not to dig there.
- 3). Then **dig the new hole** for the tree, in its new location. It should be twice as wide as the root-ball you just measured, but no deeper. Resist the urge to dig a deeper hole, or to refine the soil underneath – either of these can cause water to collect, inviting root rot.
- 4). You may need to arrange for helpers before you dig the tree up, as it may be heavy. One website suggested you'll need help if the tree is more than two inches in diameter.

Before you move the tree, make a mark, or tie something on one side. For instance, mark the south-facing side of the tree, so that side can still face south after transplanting.

Begin **digging the tree** about three feet out from the trunk, or outside the area you have identified as the main root ball. Try to get as much of the main root ball as possible, including the soil. Although this makes the tree heavier to lift, it will help the tree to survive. The roots that do much of the work of keeping the tree alive are tiny, and easily destroyed if you removed all the dirt in order to move the tree. The familiar soil type is also less of a shock to the tree at the new site.

You will likely need to cut some roots. Make the cuts cleanly. Ragged cuts won't heal as easily, and can then become an entry point for pests or disease which could shorten the tree's life. Cleanly cut off any roots that got shredded or damaged in the move.

When you have dug all around the tree, slip the shovel underneath and start to pry the root ball away from the soil. When you have it loosened, move the tree and root ball onto a tarp, which you will use to drag the tree over to the new hole you have already dug.

Ensure the tree is straight in the new hole, and shovel the dirt back in to fill in any holes. Create a ring of raised earth around the outer edge. This will allow water to seep in rather than running off, helping the roots stay moist. Water the tree well. This will also help get rid of air pockets.

Tree Planting and Habitat Restoration

Cover the area with about three inches of leaf mulch or bark mulch. This will provide nutrients for the tree as it decomposes, help retain moisture, and also protect the roots from needing to compete with grass for water.

Do not mulch right up to the trunk, however! This is a common mistake which stresses trees unnecessarily. Mulching against the trunk can create rot and invite disease. Keep mulch a few inches away from the base of the trunk. (See previous [GreenFriends article](#) on root flares.)

Watering: One site recommends daily watering for the first two weeks, and then weekly watering for the next year. Another recommends weekly watering for the first two years – probably a good idea with the droughts the PNW has had in recent years. ‘Weekly’ means keeping an eye on the weather, and watering even in the winter, if there hasn’t been a decent rain that week. Well-drained soils can use about 1” of water per week, sandy soils up to 2”. (Put an empty tuna tin in the watering zone to measure).

Water often enough that the soil is moist, but not wet. Watering should be done either early in the morning, or late afternoon or early evening, when the heat of the day won’t cause much of the water to evaporate. The first growing season will be the transplanted tree’s hardest, so make especially sure it doesn’t dry out then. You can scrape a small hole two inches deep, and feel the soil to check for moistness if you’re not sure. It shouldn’t be wet all the time, just moist.

Considerations:

The best time to transplant a deciduous (leafy) tree is in the winter, while it’s dormant. Of course, that only works if the ground isn’t frozen. Early spring, before the buds appear, or late fall, after its leaves have fallen, are next best.

Late summer or early spring are the best times to move evergreen trees.

A transplanted tree may benefit from staking, especially in windy areas, to prevent it from leaning or being uprooted before it develops new roots. But don’t stake too tightly – it should allow some movement. Be sure to remove the stakes after one or two years.

Do not fertilize a transplanted tree until it has a well-developed root system, in three years or so.

If your tree is fairly mature, you might want to take the time to prepare the roots before transplanting. This should be done six months to two years ahead of time. Root pruning can create more feeder roots within the root ball area, which can ensure a more successful transplant. More intact roots mean less shock for the tree. The following website has a good discussion of root pruning: [Transplanting or Moving Trees and Shrubs in the Landscape](#)

For shrubs, one site suggested treating transplant shock by watering with water boiled with white sugar;

Tree Planting and Habitat Restoration

or with compost tea; or with water that has an aspirin diluted in it (only aspirin, no other pain killers!). One of these may help the plant recover from transplant shock. It is also suggested to prune a shrub (but not a tree) after transplanting, to encourage it to focus on growing its roots. [Caring for New Transplants](#)

Suggested Readings:

[Moving mature trees](#)

[Video of two mature trees being transplanted](#)

[More info about moving mature trees](#)

Tree (and Shrub) Planting Stats

One of our PNW families recently planted **30** Brazilian Cedar Trees in Panama. The atmosphere was filled with hope for the future and gratitude for the opportunity to serve Mother Earth.

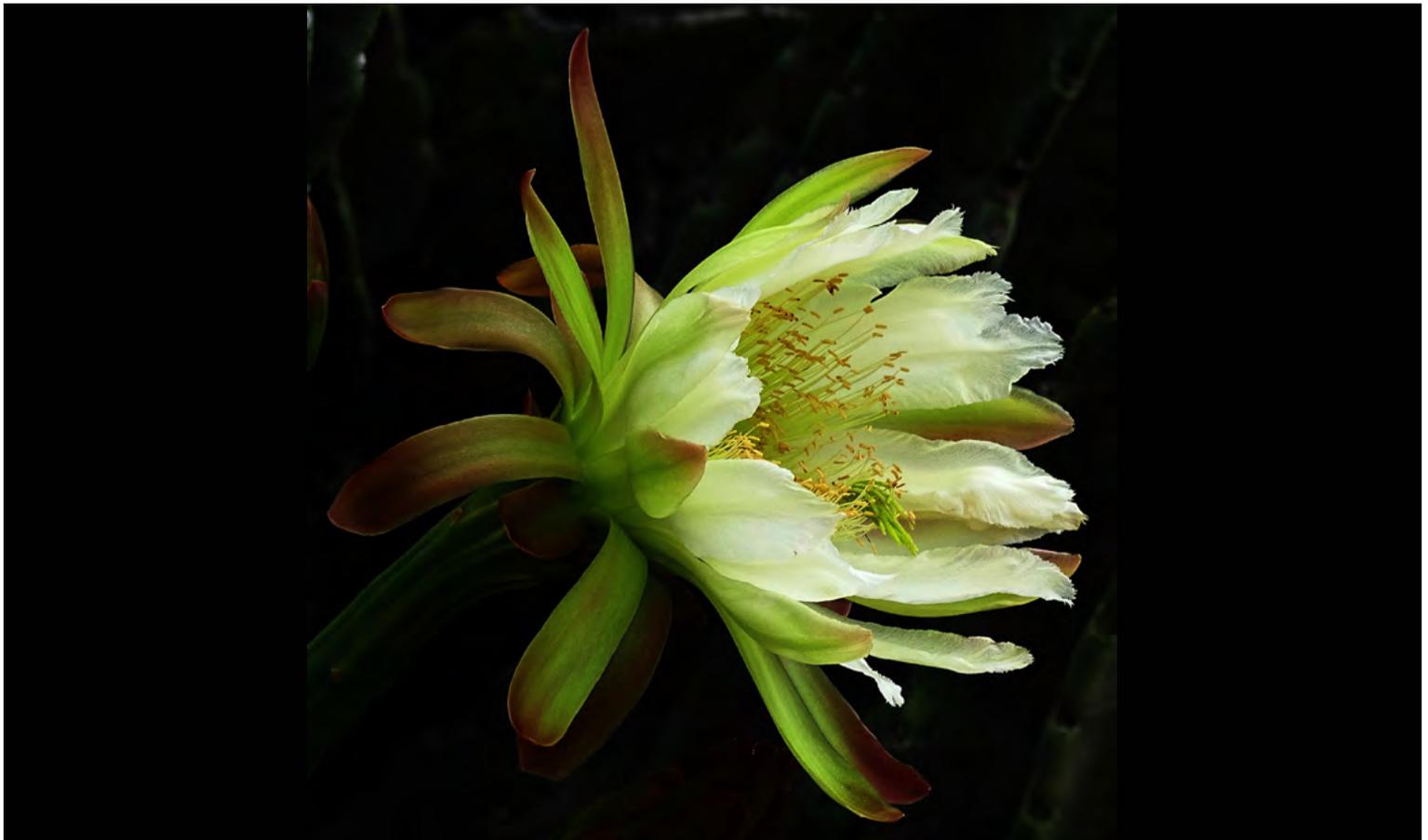
Karuna planted **2** Hemlocks and **1** Douglas Fir (and 4 shrubs) in Mt. Baker Park during a Martin Luther King Day work party.

Total: PNW devotees have planted **369** trees (and **449** shrubs) since our Tree Planting project began the last week of September 2017.

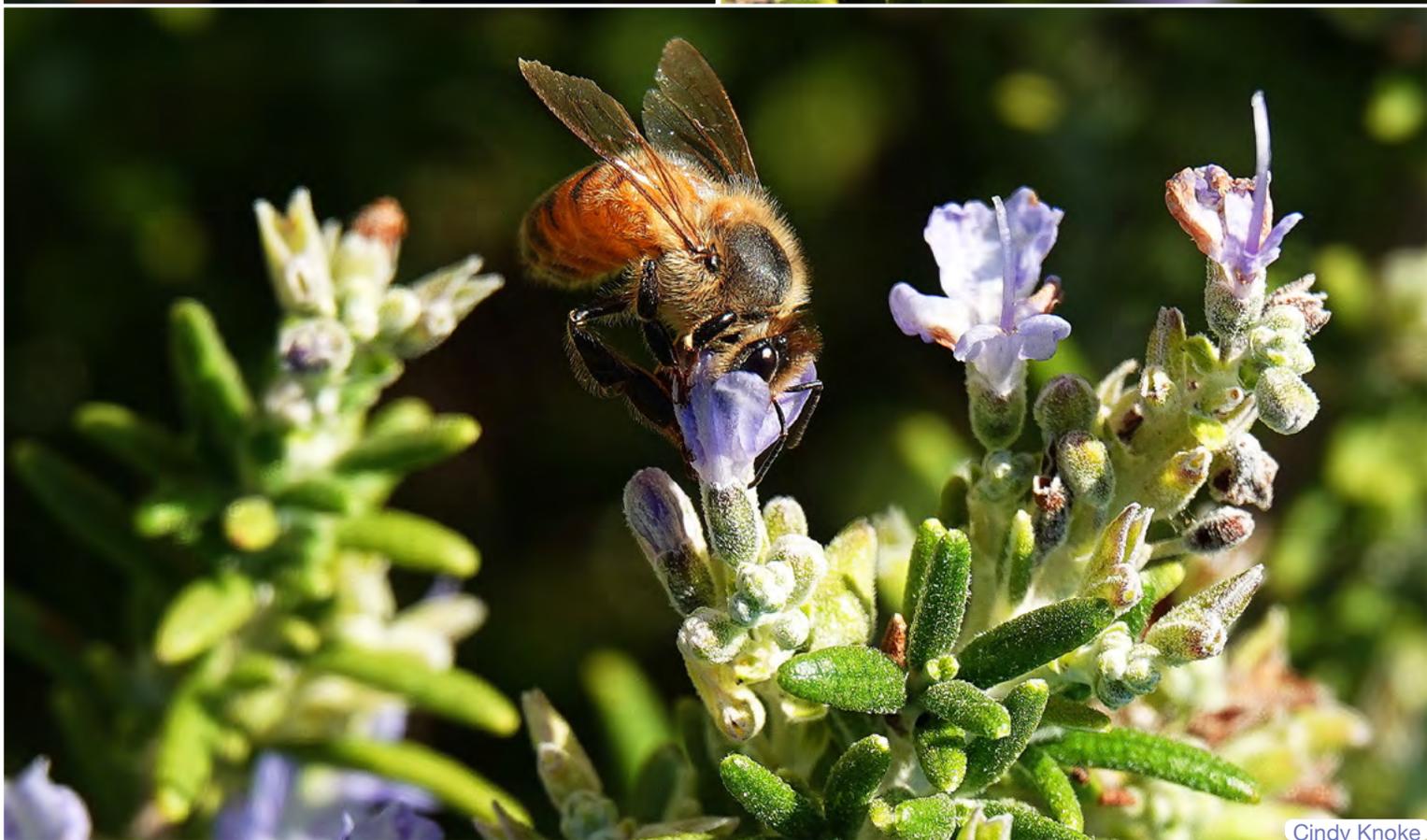
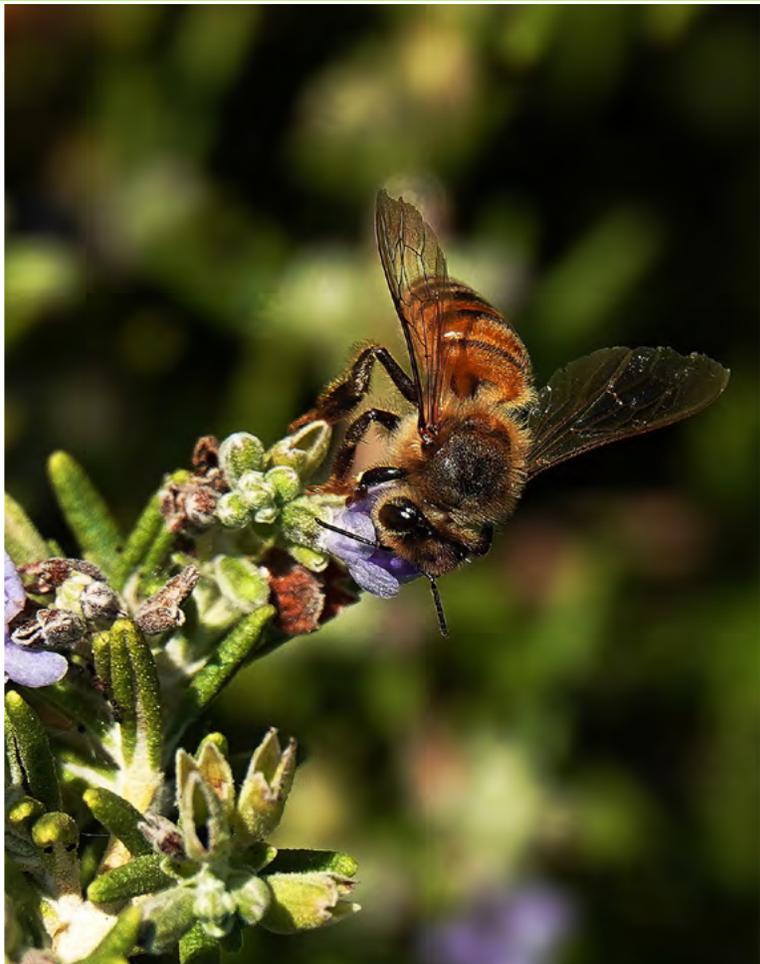
Please send reports of any trees and shrubs you plant to karunap108@comcast.net so your numbers can be counted. Send pictures and information about what you planted whenever possible.



Nature
Beautiful Nature Photos by Cindy Knoke



Nature



Cindy Knoke

PNW Litter Project

PNW Litter Project Stats

In January, **35** Litter Project members and their friends picked up litter for **88** hours. (Average **2.5** hours; Median **1** hour; Range **1** minute to **20** hours) We have picked up litter for **9298** hours since the project began in July of 2011.

TerraCycle Stats

TerraCycle is an organization that recycles items that are normally considered unrecyclable. They have credited us with turning in **321,224** cigarette butts since 2013. We have also sent them **394** Drink Pouches, **732** Cereal Bag liners, and **2,997** Energy Bar wrappers.



PNW Litter Project

Kick Butt Day 2018



The PNW Litter Project's 7th year of participating in [Kick Butt Day](#) is coming!

This day of activism is sponsored by the Campaign for Tobacco Free Kids.

The [Campaign for Tobacco-Free Kids](#) is a leading force in the fight to reduce tobacco use and its deadly toll in the United States and around the world. Our vision: A future free of the death and disease caused by tobacco. We work to save lives by advocating for public policies that prevent kids from smoking, help smokers quit and protect everyone from secondhand smoke.

The first national Kick Butts Day was held in 1966. While the actual day this year is Wednesday March 21, the PNW Litter Project celebrates it at any time during the month of March.

PNW Satsangs: Consider supporting Kick Butts Day by holding a cigarette butt pick in March. Keep a record of the number of people who participated and how many hours/minutes each person worked. We will be using that data as part of the Litter Project report and it will also be given to the Kick Butts organizers for their final report.

Individuals: It is fun to support Nature and our community in this way with a group, but if that is not possible consider doing it on your own, or with your friends or family.

In Seattle: This year Seattle's work party will be held on Sunday, March 4 (from 10-noon) in the International District of Seattle. We will meet at [Hing Hay Park](#) and then spread out throughout the district.

Everyone: Please let Karuna know karunap108@comcast.net if your satsang is going to have a work party, if you are going to participate as an individual, or if you want to join the Hing Hay Park work party in Seattle.

Amritapuri Gardens

A Visit to Kuzhitura Farm by Karuna Poole



On December 27, I went to Kuzhitura Farm. The farm is a 20-minute walk south of the ashram. I have been visiting it annually for the last four to five years.

This time, when I entered the farm, I saw two friends weeding a tulasi and basil field.



My attention was then pulled to a form of “spinach” I had been introduced to last December. It is so tender and can be eaten either raw or cooked. I loved it so much that last summer I ordered some seeds in the U.S. and planted them, but they didn’t sprout. I’m going to try again this year even though it probably doesn’t get hot enough in Seattle to grow that type of spinach.

Amritapuri Gardens



I saw so many beautiful flowers.



Amritapuri Gardens

In the middle of the property, there was an Amma altar...



... and many other beautiful and interesting sights. Everything grows so fast in the tropics. Some plants that were a foot-tall last year or the year before have a height of five-feet now.



Amritapuri Gardens



I saw butterflies, birds, and a dragonfly. I tried to take photos to show you but they all moved too fast, so I gave up and looked at them for myself. When I took the time to observe them, I noticed there were at least a dozen types of butterflies. The colors and markings on their bodies were exquisite. Maybe someday you will go to Amritapuri and see them for yourself!