









# GreenFriends North America NEWSLETTER

FIRST QUARTER 2023  
JANUARY - MARCH



## INSIDE THIS ISSUE

 <b>LET OUR HANDS BE GOD'S HANDS</b>	<b>p. <u>2</u></b>
<hr/>	
<p>Message from Amma about service to the world.</p>	
 <b>FROM SAP TO SYRUP</b>	<b>p. <u>4</u></b>
<hr/>	
<p>Volunteers at the Canadian ashram harvest nature's sweetest gift.</p>	
 <b>A LOVE LETTER TO TREES BY HERMANN HESSE</b>	<b>p. <u>7</u></b>
<hr/>	
<p>100-year-old essay reveres the noble example set by a tree.</p>	
 <b>LOAVES AND FISHES STORY</b>	<b>p. <u>9</u></b>
<hr/>	
<p>Turtle Barn Organic Farm in Edmond, Oklahoma has its own yearly version of the "loaves and fishes" story from the Bible.</p>	
 <b>MOTHER NATURE AND THE SPIRITUAL WEB OF LIFE</b>	<b>p. <u>13</u></b>
<hr/>	
<p>Longtime devotee reflects on the transformation that has occurred on the land of the San Ramon ashram, by the loving efforts of devotees over the decades.</p>	
 <b>EMBRACING THE TREES, SOUTHWEST REGION REPORT</b>	<b>p. <u>19</u></b>
<hr/>	
<p>Tree planters in Colorado and New Mexico have been doing their part.</p>	

GreenFriends strives to communicate the importance of treating Nature with respect and gratitude.

We invite each of you Green Friends to share your ideas and experiences with your own gardening efforts as well as experiences with animals.

For more information, write [info@greenfriendsna.org](mailto:info@greenfriendsna.org)

To subscribe to the GreenFriends North America newsletter, go to <https://lists.ammagroups.org>

Website:  
[Greenfriendsna.org](http://Greenfriendsna.org)

# LET OUR HANDS BE GOD'S HANDS



 /MataAmritanandamayi



## MESSAGES FROM AMMA:

“The entire world looks up to those who have the heart to do selfless service.  
While the modern world teaches selfishness,  
nature always teaches us to live in harmony with our fellow human beings and nature.  
God takes care of those who serve both humanity and nature.”

“May all my children be able to do something good for the world...May we all become the hands of God.”



Amma shared a story for emphasis:

"In a village, there was a beautiful statue of a Mahatma with outstretched arms. On a plaque, beneath the statue, these words were inscribed, “Come into my arms.”

Over the years, the arms broke off. The villagers loved the statue and were very upset. They gathered together to try to decide what to do. Some suggested that the statue should be taken down. Others objected, saying that new arms should be made.

But, finally, an old man stood up and said, “No. Don’t worry about making new arms. Leave it without arms.”

The other villagers responded, “But what about the plaque underneath? It says, ‘Come into my arms.’”

The old man replied, “No problem. Just below the words ‘Come into my arms,’ you should add, ‘by letting me work through your hands.’”

We must become the hands, eyes and ears of God. Our inspiration, strength and courage must come from God. Then, fear, doubt and sin will never stain us.

The sun does not require candlelight. Similarly, God needs nothing from us. Sooner or later, the body will perish. Therefore, isn’t it better for it to wear out from activity than to let it rust away from lack of use? Otherwise, what’s the difference between people and worms? Worms also eat, sleep, reproduce and eventually die. What more are we doing with our lives?

Children, whether or not God exists might be a source of debate. Whatever be the case, no rational person can ever say that suffering humanity does not exist; we can see suffering with our own eyes. Amma considers service to such people to be the worship of God. Amma prays that this self-sacrificing attitude awakens in her children. May the world come to realize through all of you that the waters of love, compassion, selflessness and sacrifice have not dried up in human hearts."

**Om Lokah Samastha Sukhino Bhavanthu**  
**Om Shanti Shanti Shantih**



# FROM SAP TO SYRUP: MAPLE TREES AT THE CANADIAN ASHRAM



The sweetness of seva in loving relationship with nature



## MAPLE SYRUP. COULD THERE BE A SWEETER GIFT FROM NATURE?

Sevites (volunteers) at the Canadian ashram were already harvesting honey from the bees, but extracting maple syrup from the trees is a relatively new venture. It all started in the summer of 2019, the last time Amma graced the ashram with her physical presence. The ashram's next-door neighbors

gifted Amma some maple syrup that they had made from trees on their property, and Amma began enquiring about maple trees on the ashram property.

So while the weather was still warm, and while the leaves were still on the trees, a small group of us went to the back of the ashram property, into the forested area, and marked which trees were maples. After the leaves fall, of course, it becomes much harder to decipher the type of tree one is looking at.

Next, through autumn, we did our research and gathered some supplies: food-grade buckets, taps, hoses.

After a long winter, we went out and tapped our first trees. As our boots crunched through the snow we looked at all the bare trees around us, grateful for the foresight to have marked the maples in advance. Even then, it was hard to find them all.

Using a drill first, we made a small hole in the south-facing trunk of the tree. We inserted the taps, connected the hoses, and placed the other end of the hose in the bucket, being sure to fully cover the bucket so thirsty animals or insects couldn't get in.

This needs to be done when the weather is just right: cold at night and warming in the daytime.



Tapping the trees

The sap runs through the tree, out the tap, through the hose, and into the bucket. Once the bucket is full - about a week later - one can either replace the bucket with a clean empty one or remove the tap. We removed the tap.

We carried our dozen or so buckets out from the forest, back to the building.

The sap is a clear liquid, resembling slightly sweet water. To look or taste the sap, it's amazing to think this will turn into maple syrup. But after lots of boiling, it will indeed turn into that thick and sticky syrup we all know and love.

Within a few days of bringing our buckets in, we set to work in boiling it down to syrup. (You don't want to let your fresh sap sit out too long before boiling it down; it's possible for it to go bad.)

We dug three large pits and filled them with firewood. Using huge pots (the size you might see in use on Amma's tour), we set our sap over the fire, watching it slowly simmer away.



From fires to syrup

After hours of tending the fire, the sap started turning from clear to amber. For the final stages, we moved the amber liquid to smaller pots and boiled it inside, where we could keep it clear of smoke and ash, as well as pay attention to our candy thermometer.

Once it hits 104 degrees Celsius (that's 219°F for those in the US), it's ready to bottle.

Maple syrup is truly nature's gift, and these bottles were inspired directly by our beloved Amma.

"Plant trees. It is a blessing to do so. Trees outlive us and provide fruit and shade to coming generations. Together we can restore nature's beauty to the face of the world. Planting a tree is selfless service to society. Just as we enjoy the presence of trees planted by people in the past, we too should plant for the future generations." — Amma

We are grateful to generations passed, who planted and nourished these trees. We lay this project down humbly at Amma's feet.



# A LOVE LETTER TO TREES

## BY HERMANN HESSE

Hermann Hesse, noted German author and winner of the Nobel Prize in Literature in 1946, is famous for a number of his novels, including *Francis of Assisi*, *Demian*, *Steppenwolf*, *Siddhartha*, and *The Glass Bead Game*.

A lesser known, but nonetheless powerful 100-year-old essay called *Love Letter to Trees* is published as an example of how trees inspire us all.



### **A LOVE LETTER TO TREES BY HERMANN HESSE**

---

“For me, trees have always been the most penetrating preachers. I revere them when they live in tribes and families, in forests and groves. And even more I revere them when they stand alone.

They are like lonely persons. Not like hermits who have stolen away out of some weakness, but like great, solitary men, like Beethoven and Nietzsche. In their highest boughs the world rustles, their roots

rest in infinity; but they do not lose themselves there, they struggle with all the force of their lives for one thing only: to fulfill themselves according to their own laws, to build up their own form, to represent themselves. Nothing is holier, nothing is more exemplary than a beautiful, strong tree.

When a tree is cut down and reveals its naked death-wound to the sun, one can read its whole history in the luminous, inscribed disk of its trunk: in the rings of its years, its scars, all the struggle, all the suffering, all the sickness, all the happiness and prosperity stand truly written, the narrow years and the luxurious years, the attacks withstood, the storms endured.

And every young farm boy knows that the hardest and noblest wood has the narrowest rings, that high on the mountains and in continuing danger the most indestructible, the strongest, the ideal trees grow. Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach, undeterred by particulars, the ancient law of life.

A tree says: A kernel is hidden in me, a spark, a thought, I am life from eternal life. The attempt and the risk that the eternal mother took with me is unique, unique the form and veins of my skin, unique the smallest play of leaves in my branches and the smallest scar on my bark. I was made to form and reveal the eternal in my smallest special detail.

When we are stricken and cannot bear our lives any longer, then a tree has something to say to us: Be still! Be still! Look at me! Life is not easy, life is not difficult. Those are childish thoughts... Home is neither here nor there. Home is within you, or home is nowhere at all.

A longing to wander tears my heart when I hear trees rustling in the wind at evening. If one listens to them silently for a long time, this longing reveals its kernel, its meaning. It is not so much a matter of escaping from one's suffering, though it may seem to be so. It is a longing for home, for a memory of the mother, for new metaphors for life. It leads home. Every path leads homeward, every step is birth, every step is death, every grave is mother.

So the tree rustles in the evening, when we stand uneasy before our own childish thoughts: Trees have long thoughts, long-breathing and restful, just as they have longer lives than ours. They are wiser than we are, as long as we do not listen to them. But when we have learned how to listen to trees, then the brevity and the quickness and the childlike hastiness of our thoughts achieve an incomparable joy. Whoever has learned how to listen to trees no longer wants to be a tree. He wants to be nothing except what he is. That is home. That is happiness."

~ HERMANN HESSE



# TURTLE BARN ORGANIC FARM LOAVES AND FISHES STORY



Teens planting



## **TURTLE BARN ORGANIC FARM IN EDMOND, OKLAHOMA HAS ITS OWN YEARLY VERSION OF THE "LOAVES AND FISHES" STORY FROM THE BIBLE.**

The "loaves and fishes" story refers to when Christ fed a large crowd with a small basket consisting of a few loaves of bread and a small quantity of fish. The food in the basket miraculously multiplied to feed several hundred people. In a similar manner, Turtle Barn Organic Farm started with just a few plants that have miraculously multiplied into a bounty that has been offered to local residents, churches and community organizations. We hope sharing our story will give you ideas for sharing nature's bounty in your yard.

Besides growing fruits and vegetables, for many years, Turtle Barn Organic Farm hosts “Free Tree and Plant Adoptions” in March. We send an email inviting people in our community, friends, and family to visit and adopt some of our extra green friends.

People are so appreciative of our offerings. They know the trees and plants we share will grow in our climate. We’ve found many people want to pay for the plants. We suggest they donate to Embracing the World charity and include the website for donations in the email we send.

From one Hardy Hibiscus Rose of Sharon Tree (bush) planted in 2002, we now have more than can be counted! We have enough two-foot seedlings each year to share 150 with a local church youth camp, another 75 with a church for gifts for Mother’s Day, and more than 60 to share with friends.

We especially love adopting Hibiscus Tree seedlings out to caring, new homes. Our first hibiscus tree was dug from our parents’ home. My father was born in 1916 and is long gone, yet his prized hibiscus trees live on and continue to feed bees, hummingbirds, and butterflies. They delight people with their beauty and hardiness.



Adopting a pink shamrock plant is always popular



This year we added book adoptions

Some of the other jewels from my father’s garden that flourish on the farm and give us many extras to share every year are his Yellow Cannas, 4 O’clocks and Irises. Many of these are old, prized heirloom varieties that are not easily found these days. People may also take cuttings of our heirloom rose bushes and Forsythia to root at their homes.

We originally adopted some plants from friends’ gardens; and now we have extra that can share (pay it forward). Nature loves to share her gifts and bounty and we do, too.

Last year, we added a new adoption option. There is a saying that we spend the first half of our lives accumulating ‘stuff’ and the second half of our lives getting rid of it. We are in our 70’s and spent much of last spring letting go of books, clothing and items we knew we’d no longer use. We included this in our adoptions. Our unneeded ‘stuff’ was adopted by someone else. One person’s junk is another person’s jewel.



There is a similar sharing and donation table in front of the Amritapuri temple composed of items others no longer need that are being recycled. San Ramon has Gopi's Emporium on the walk up to the temple, which sells used items, and Kalika's Amma resale shop is always a hit on Amma's North American tour.

Perhaps our adoptions will inspire you with ideas for sharing. So many of the valuable tree seedlings that come up every spring in our yards are pulled up as if they were weeds. Let's share nature's bounty with others and not destroy trees and plants that are so needed to help our environment.

Here is an excerpt from a recent email promoting our many plant adoptions:

**Email Subject: FREE PLANT AND BOOK ADOPTIONS AT TURTLE BARN ORGANIC FARM**

We have many free plants, trees and over 300 books that need caring, adoptive homes!

Come dig plants to adopt at Turtle Barn Organic Farm. Saturdays in March and April between 10AM and noon.

Adopt saplings, plants and books. We have tools you can borrow to dig up plants to take home.

Bring plastic tubs, boxes and buckets to safely transport your adopted plants.

Some of the plants up for adoption are:

(All are perennials) Research on Google for photos, sun and water needs.

- Redbud tree saplings
- Oak seedlings
- Native Persimmon seedlings
- Elm Seedlings
- Small Redbud trees and Mulberry trees
- Hardy Hibiscus Trees (shrubs)
- Rose of Sharon bushes
- Native Ferns
- Four O'Clocks plants with red flowers
- Vinca with blue flowers
- Orange Day Lilies
- Lily of the valley
- Black-Eyed Susans
- Privet bushes
- Extra lettuce starts
- Shamrock plants with pink flowers
- Chocolate mint, apple mint and spearmint
- Cilantro
- Comfrey
- Chives
- Lemon Balm
- Honeysuckle
- Yellow Cannas
- Yellow mounding Black-eyed Susan's
- Herb seeds
- Jerusalem Artichoke tubers
- Pampas Grass
- Banana Tree Pups
- Cuttings of several varieties of houseplants

All are free and need caring, adoptive homes.

If you want, you can donate directly to Amma's charitable activities at: <https://donate.amma.org/>  
For information about Amma's worldwide charitable activities go to: [www.embracingtheworld.org](http://www.embracingtheworld.org)





Rose of Sharon tree seedlings

While Turtle Barn Organic Farm's free plant offering may not be quite as miraculous as the Loaves and Fishes, it is still miraculous that all of these plants not only grow but proliferate to the extent that we have so many to give away each year. And what greater gift is there to give away living things for free?

**~ ANASWARA SUE TARR  
EDMUNDS, OKLAHOMA**



Foxglove

# MUSINGS ABOUT MOTHER NATURE AND THE SPIRITUAL WEB OF LIFE



Kasturi in 1995 at the San Ramon ashram garden shrine



## **WHEN I FIRST MET AMMA, I WAS STUDYING TO BE AN ACUPUNCTURIST AND CHINESE HERBALIST.**

---

I was learning how every little thing in nature is useful, not only in the great biological web of life, but for human health and healing as well. Even insects, pieces of wood, shells and stones are useful for healing in Chinese medicine.

Also, when first meeting Amma, I began to learn about the oneness of Shiva and Shakti, of consciousness and nature, and I experienced many beautiful moments of that awareness while out on the San Ramon, California ashram's spacious property. Amma had dedicated the land as an ashram and I could feel her subtle presence even in the air there.



I began to drive out to the MA Center in San Ramon soon after it had first been purchased, and I initially found the land and its structures to be sleepy and neglected. A neighbor's cows roamed the arid and weedy grounds, and I was greeted on my first approach to the Main House by a massive black bull blocking the road about midway up. Could it be Shiva himself – stern, unmoving and mysterious – issuing a challenge to me?

'Are you sure you want to do this?'

'YES!' was my spirit's courageous response.

But not feeling quite so brave after all, I decided to go back to my car. I made my way down the winding road and parked. Then I hiked up the pathless hill through knee-high weeds and grasses, finally reaching the ashram's house where I introduced myself to its residents.

From the deck of the main house, I could see that the ashram's property was surrounded by rolling hills, like the lap of the divine mother Herself, and I felt at home there right away.

As I said, at first glance the property looked abandoned and neglected similar to a desert, arid and asleep. Over the years, as the ashram community grew, we labored in the gardens and hillsides to WAKE UP the land.

We showed love and nurturance to the land with water and weed removal. New trees and shrubs were planted resulting in the gardens, orchards and ponds being restored! I can't help thinking how, just like this, Amma also finds us in a spiritually asleep state or in need of healing and renewal. She wakes us up to our real divine nature and restores our beauty and aliveness. In this way, we can each begin to bear fruit and nourish others and ourselves - by her amrita varshini, shower of nectar!







At Amma's ashram and on her tours, there are many opportunities to work with plants hands-on. In the early years, we often did 'petaling' seva, and when it was our turn to do pada puja to welcome Amma, we learned to make garlands. Handling the flowers imparted an ethereal feeling of light and positive vibrations and was a meditation on Light and Consciousness in itself

While studying Chinese Medicine with a Daoist healer, I learned the spiritual properties of the parts of plants:

- Seeds represent the endless possibilities of life, as well as the pathway of our individual lives, which has been planted before our births. Eating seed-based foods strengthens our determination to fulfill our life's goals and dharmas.
- Roots help us to feel connected to others, to feel our oneness with the community of life, and to communicate and work with one another, just as the recent book, *The Secret Life of Trees*, by Colin Tudge reveals.
- Bark, wood, twigs, and branches fortify us and protect us against external threats or challenges. They shore us up and protect our integrity.





Diverse planting supports biodiversity in the orchard.

- Leaves represent and bring nourishment to our being, including both physical and emotional nourishment.
- Resins, like frankincense and myrrh, are good for healing wounds, whether physical, emotional, or spiritual. Amma often speaks to us about our wounds, for example, when she says that the good doctor will suck the pus out of our wounds, and even though it hurts in the moment, it has to be done, and frees us from inner toxins. She is like the divine healer who watches over our healing process in order to bring it to a successful conclusion.
- Lastly, flowers relate to consciousness, and to fulfilling our higher destinies, our vocations and the fulfillment of life. This is why the term 'flowering' is used in so many spiritual traditions to indicate the fullness of consciousness, the awareness of oneness, of the all-pervading divinity, and our opportunity to become one who is in the state of "*purnam*", one "*who is full and therefore has no need to fulfill desires.*" (Srimad Bhagavatam 8.1.16)

Shakti is nature herself, and through her maya we learn many lessons, grow as human beings and transcend our egos. Working directly with nature through gardening, cooking, herbalism and healing, or through working with animals, children or the elderly, we have a wonderful opportunity to grow spiritually and to expand our awareness.

The Rig Veda includes a 'Hymn to the Plants':

*Plants, which as receptacles of Light were*

*Born three ages before the Gods, I honor*

*Your myriad colors and*

*Your seven hundred natures.*

*A hundred, oh Mothers, are your natures*

*And a thousand are your growths.*

*May you of a hundred powers make whole what has been hurt.*

*Plants, as Mothers, as Goddesses, I address you.*

*May I gain the energy, the light, the sustenance,*

*Your soul, you who are the human being.*

*Where the herbs are gathered together*

*like kings in an assembly,*

*there the doctor is called a sage, who destroys evil, and averts disease.*

*As they fell from Heaven, the plants said,*

*'The living soul we pervade, that man may suffer no harm.'*

*The herbs which are in the kingdom of the Moon,*

*Manifold with a hundred eyes,*

*I take you as the best of them,*

*For the fulfillment of wishes, as peace to the heart.*

*The plants which are queens of the Soma,*



*Spread over all the Earth,  
Generated by the Lord of Prayer,  
May your energy combine within this herb. -*

Rig Veda, X.97 (translation by Pandit David Frawley, Vamadeva Shastri)

Thank you, Amma, for leading us on this path by your loving healing life-giving example.

Aum Amritesvaryai Namah!

**~ KASTURI MATTERN, CALIFORNIA**



San Ramon Ashram, March 2016

# EMBRACING THE TREES PROJECT SOUTHWEST U.S. REGION, FALL 2022 REPORT



Colorado tree-planting crew



## THE LATEST REPORT OF ETT ACTIVITIES IN THE SOUTHWEST REGION

As part of the GreenFriends North America Embracing the Trees (ETT) project, various regions in the U.S. and Canada regularly report their progress in planting trees in their area. In addition to finding direct tree planting opportunities, the different regions are encouraged to find other organizations to partner with who may already have tree planning projects.



## COLORADO

Colorado ETT coordinators have currently identified three non-profit organizations to potentially partnering with in planting trees. Depending on timing and logistics, tree planning could begin possibly this Spring.

### **Douglas County Conservation District's East Plum Creek Restoration Project**

We enjoyed a successful planting event last May 14th planting at the [East Plum Creek Revitalization project](#) (in partnership with Douglas County Conservation District) in Castle Rock, Colorado. The East Plum Creek Restoration Partnership is an extensive stream habitat improvement project along a nearly one-mile stretch of East Plum Creek, a central wildlife corridor, as it passes through the Historic Lowell Ranch in Southern Castle Rock. The importance of East Plum Creek is due to its position in the central wildlife corridor that connects thousands of preserved acres of National Forest, State Parks, State Wildlife Areas, and Douglas County Open Space. Impacts to East Plum Creek do affect the Plum Creek and Chatfield Watersheds. We hope to continue volunteering annually.



East Plum Creek

### **Denver Digs Trees**

For 40 years, the [Denver Digs Trees](#) program has been offering sizable, free and low-cost trees for all Denver residents. People have enjoyed volunteering once or twice yearly for the past few years and we're hoping to continue this seva by helping plant more trees, especially in lower income neighborhoods of Denver.

### **HighLine Canal Conservancy**

The mission of the [HighLine Canal Conservancy](#) is preserving, protecting and enhancing Colorado's meandering 71-mile canal, in partnership with the public. This is a cherished greenway hosting a plethora of wildlife that connects people to nature and to varied communities from the foothills to the plains. We will see what tree planting opportunities present themselves.

We're still encouraging people to undertake their own planting projects on their private land, or to partner or foster tree planting undertakings of interest in their area, as folks are spread widely throughout Colorado. We encourage them to contact us with any plans, for brainstorming, volunteer coordination, etc., and for the reporting of trees planted.

When announcing a volunteer opportunity to the Colorado satsang via emailed ETT newsletter, we've been highlighting previous events with photos as well as sharing devotee's private-land plantings with pictures. We strive to consolidate as much information as possible, to not overwhelm with information and will likely continue sending our own ETT newsletter announcements bi-annually or so.

If a new planting opportunity presents, we can also include that update in the monthly Colorado Satsang announcements. We've also been sharing these ETT announcements via the various zoom satsangs.



## NEW MEXICO

### Planting Trees from Seeds

Santa Fe volunteers gathered for orchard maintenance at the Amma Center of New Mexico and to plant seeds for a number of tree varieties. Tree seeds were planted in an outdoor raised bed that had previously been 'double dug' and enhanced with mushroom compost.

Tree seeds that were planted included:

- Plum
- Apricot
- Black Locust
- Black Walnut
- Ginkgo Biloba
- Desert Willow
- Kansas Hawthorn
- Nettleleaf Hack

All of these varieties are suitable for both the arid climate and the elevation. The idea is to see what sprouts in the spring and then nurture the sprouts to saplings. Eventually the survivors will be transplanted into the ground, either on the Amma Center property or given to volunteers to plant on their own property.

### Orchard Maintenance

Orchard maintenance involved clearing a space to the drip line around each of the Amma Center's twenty-plus fruit trees, scattering "orchard mix" and then covering the area with straw as mulch to prevent the birds from eating all of the seeds.

Orchard mix is a combination of:

- Buckwheat
- Field peas
- Daikon radish,
- Oats
- Harry vetch
- Red clover
- Purple Pelletier clover
- Blanket flower
- Plains coreopsis.

It serves as a nitrogen-fixer and soil-builder plus breaks up clods in the soil.

All of this effort was under the supervision of wonderful Kelsey, a local arborist.

One remaining task is to paint the trunks of the orchard trees with water-based paint. And why would we do this? The sun in New Mexico is so strong and constant that tree trunks can actually get sunburn. They start to blister and peel which can lead to the eventual death of the tree. Putting white water-based paint on the trunks acts just like sunscreen for us humans.

Please contact [trees@greenfriendsna.org](mailto:trees@greenfriendsna.org) for more information. Please include the city and state you live in when writing to us.

~ MUKTA IN COLORADO AND VISHWAN IN NEW MEXICO



Kelsey leads the way to planting



Planting the seeds



The beds are put to bed

To learn what Embracing the Trees is doing in your region and get involved, contact your regional coordinators!

REGIONAL CENTER	REGION	EMAIL
Amma Foundation of Canada	Canada	<a href="mailto:trees.ammatoronto@ammagroups.org">trees.ammatoronto@ammagroups.org</a>
Amma Center Iowa	With Midwest Region, MAC Chicago	<a href="mailto:trees.ammacenteriowa@ammagroups.org">trees.ammacenteriowa@ammagroups.org</a>
Amma Center New Mexico	<b>Southwest Region:</b> New Mexico, Arizona, Colorado, Utah, Wyoming	<a href="mailto:trees.macnm@macenters.org">trees.macnm@macenters.org</a>
MAC Atlanta	<b>Southeast Region:</b> North Carolina, South Carolina, Tennessee, Mississippi, Alabama, Georgia, Florida	<a href="mailto:trees.macatlanta@macenters.org">trees.macatlanta@macenters.org</a>
MAC Chicago and MAC Michigan	<b>Midwest Region:</b> North Dakota, South Dakota, Nebraska, Minnesota, Iowa, Missouri, Wisconsin, Illinois, Indiana, Ohio, Kentucky, Michigan	MAC Chicago: <a href="mailto:trees.macc@macenters.org">trees.macc@macenters.org</a>  MAC Michigan: <a href="mailto:trees.macmi@macenters.org">trees.macmi@macenters.org</a>
MAC Dallas	<b>Mid-South Region:</b> Texas, Oklahoma, Kansas, Arkansas, Louisiana	<a href="mailto:trees.macdallas@macenters.org">trees.macdallas@macenters.org</a>
MAC DC	<b>East Central Region:</b> Delaware, Maryland, Virginia, West Virginia, DC, Pennsylvania	<a href="mailto:trees.macdc@macenters.org">trees.macdc@macenters.org</a>
MAC Los Angeles	<b>Southern California Region:</b> California (Santa Barbara and south)	<a href="mailto:trees.macla@macenters.org">trees.macla@macenters.org</a>
MAC New England	<b>Northeast Region:</b> New Hampshire, Maine, Massachusetts, Rhode Island, Vermont	<a href="mailto:trees.ammane@ammagroups.org">trees.ammane@ammagroups.org</a>
MAC New York	<b>Greater New York Region:</b> New York, New Jersey, Connecticut	<a href="mailto:trees.macnyc@macenters.org">trees.macnyc@macenters.org</a>
MAC San Ramon	<b>Northern California Region:</b> California (Northern), Nevada, Hawaii	<a href="mailto:trees.macsr@macenters.org">trees.macsr@macenters.org</a>
MAC Seattle	<b>Northwest Region:</b> Washington, Oregon, Idaho, Montana, Alaska	<a href="mailto:trees.macseattle@macenters.org">trees.macseattle@macenters.org</a>



When we find **harmony**  
within ourselves, it will benefit *nature*  
and be **reflected** throughout  
*Creation.* ~ *Amma*



  /MataAmritanandamayi



IF YOU RECEIVED THIS NEWSLETTER BECAUSE  
SOMEONE FORWARDED IT TO YOU, AND YOU WOULD LIKE TO SIGN UP  
FOR OUR MAILING LIST, PLEASE CLICK HERE:

[\*\*SUBSCRIBE\*\*](#)