

WINTER 2014 - 2015

A message from the President of the Board of Directors



JOHN CANNADAY

Dear Friends:

We are so excited to bring you our first “reveal” of the Hermitage Newsletter. We have been working for over two years to update our materials and communications to show off the amazing programs we offer. What motivated such a significant change? We have heard from so many people, especially our youth who genuinely and fervently desire meaning and purpose in their lives and

are hungry for what meditation and spirituality can bring to them. We know 21st century culture requires a 21st century approach to reaching them. To this end we are tirelessly looking at every strategy; technology, web based approaches, branding and marketing, mobile applications, etc., to get the message in a format that so many rely on now.

This new approach demanded a new look, and what you have in your hands is just that. Please know, we continue to offer the charismatic and engaging programs that Fr. Justin is so famous for! And we are continually looking at innovative ways to help satisfy the hunger so many have for a deep, enriching and successful life.

As you know, printing and postage costs become an ever increasing challenge to organizations such as ours, yet we have so much more we want to share with you beyond the limits of these four pages. For those who are “connected to the internet” we will be publishing an expanded version of this newsletter on our website and encourage you to visit us there for more content.

We welcome your feedback! We are very interested in the content you find most useful so that we continue to provide it for you. Please drop me a note (John@HermitageIndy.org) with any suggestions or comments.

Cheers to an exciting new chapter in the life of the Hermitage!

Help Us Continue the Legacy...

We have so much to be thankful for... a beautiful facility, more and more visitors who come for our enriching programs, the indefatigable energy of Fr. Justin and his inspiring message. Yet there is so much more we want to accomplish.

As the year draws to a close, please help us continue this important work. The program fees only cover a portion of the overall costs of keeping the Hermitage alive and prospering. We know it's essential to build a presence “on the web” and through various social media, all of it coming with its own costs. As with so many small non-profits, our future rests with your continued support.

Please, please, consider making a generous donation to us and help support our mission, so this organization and our work can continue to inspire more people, especially our youth. You can call or email us and we can process your donation over the phone or via email. Call Lulu at 317-545-0742 or Lulu@HermitageIndy.org
Thanks!

THE HERMITAGE BOARD OF DIRECTORS

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Those of you who have studied meditation with us here at the Hermitage know firsthand how life changing meditation can be.

more and more fun!

Many of our students use meditation to overcome illness and promote healing. A pastor who was having severe migraine headaches on a regular basis came to the meditation class specifically to control these headaches. When we got to headache control in the workshop, he paid close attention. The next time he felt a migraine coming on, he applied the simple technique he learned and was able to stop the headache before it became a migraine. He no longer has headaches and is saving large amounts of money because he no longer needs medication nor the assistance of a doctor.

A doctor took our meditation workshop because she wanted to find out if meditation could help her with high blood pressure. She purchased our CD on relaxation and began using it 3 times a day. Within 10 days her blood pressure went down to normal and she has been

able to control it simply by using that CD when she needs to. – Now, when she gets patients with high blood pressure she sends them to the Hermitage with a prescription that reads:

“Volume 7, three times a day, once after each meal.”

If you meditate on a regular basis, please tell others about the value of meditation. If possible bring family and friends to the workshops we offer. If you do not meditate, or not understand meditation and its effects, please come to our workshops, read our books and use our CDs.

If world peace is to happen, we (you and I) have to do our part to inform others about meditation, work to instruct more individuals in this important mental practice, and let the power of the Divine work through us!

Fr. Justin

*I AM
CONTINUING TO
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AND MORE FUN!*

Recently one of our graduates shared this story: *I was in the Success: Full Living workshop taught at the Hermitage. In one of the meditations I realized that when I change my thoughts I change my life. One night, after the workshop, I got lost going home. I would usually get very nervous and distraught, even panicky. Then I remembered that if I think in a positive way I will have a positive experience so that is what I did. I thought, “I may have to go down streets I have never seen before. I can enjoy the ride wherever it takes me.” I relaxed, found my way home and was relaxed the entire trip. I am continuing to move my thoughts in a positive direction and my life is becoming*

ENERGY CIRCLES (Meditation Support Groups)

It is much easier to keep meditation in your daily life if you have the support of others who are meditating every day. These support groups exist wherever Fr. Justin's courses have been taught.

In Indianapolis, contact LuLu at 545-0742 or 250-6888. In Katy, TX contact Pat at 281-703-8666. In Australia, contact Alison at 011-61-04 1795 7161 In Omaha, contact Karen at 402-498-5708 In Europe, contact Marietta at +41-22-349-8077 or +41-79-342-9977. Also see our website

Success:Full RELATING Coming this Spring!

Do you want to enjoy all your relationships? Understand the principles which govern relationships? Use painful relationships to help yourself?

Relationships bring us great joy BUT relationships also bring us real pain and sorrow. This statement is true for us today as it has been for centuries. However, we

all have free will. That means that we can choose to enjoy all of our relationships, whether they be with ourselves, with others, with things, with life experiencers, or with God.

The key is: KNOWING how you relate and UNDERSTANDING 7 principles that govern all relationships.

Free Opening Lecture:

Monday, April 27, 2015 7:30 PM

Workshop:

May 2 and 3, 2015 9-5PM

Call Lulu for sign up for more info! 317-545-0742 or

Lulu@HermitageIndy.org

Poetry from our SuccessFULL Living Workshop, January, 2014

Here is an example of the deep and powerful reflections a SuccessFULL Living participant shared at our recent SFL workshop.

The Hermitage is a place

to nourish your soul, to find like-minded people who are also conscious of the direction of their journeys.

It is a place to connect with God, as God values you, sees you, loves you. It is a place to connect with the divinity within.

Let your path lead you here

And you will leave with a wiser understanding of your own power, to create the amazing life you dream.

(Graehme Hall)

An Incredible offer from a Board Member to all of you!

Susan Boatright, Attorney at Law, and a member of our Board, is offering to prepare special legal documents for you at NO CHARGE. This generous offer is for anyone who desires to make a legacy gift to the Hermitage, (or to Fr. Justin personally), as part of their estate plan. This includes a simple gift or bequest in a will.

In simple terms, if you want to leave the Hermitage a gift in your will, please contact her to prepare that free of charge. If you'd like to make a change (codicil) to you existing will, she will also do that free of charge. We are so grateful to Susan for this generous offer!

These legal services are a gift to the Hermitage. Call Susan at her office 317-507-2099 or the Hermitage as 317-545-0742 or Lulu@HermitageIndy.org

**...LET YOUR PATH
LEAD YOU HERE
AND YOU WILL
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WITH A WISER
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Success:Full LIVING, In TWO Formats!

The purpose of this workshop is to introduce you to the "Life Mechanism"; a simple, yet effective way to identify and achieve the goals you seek for a happy, successful and satisfying life. This workshop utilizes tools of meditation, visualizations, affirmations and concrete practical exercises to help you choose a life that brings you contentment and

deep personal well-being.

Incorporating the best insights of Neuroscience, Quantum theory, and Positive psychology Success: Full LIVING crafts an experiential program which gives you tools you can incorporate in your life the very first night.

The program is specifically designed for those who are

young or young at heart; and those who want to find their unique purpose.

Beginning in January, 2015 we will be offering TWO formats of this exciting program. Both formats contain the same material.

Contact:
Lulu@HermitageIndy.org to register. Or 317-545-0742

The Weekly experience:
Six Tuesdays,
Beginning January 27
7-9 PM ending Tuesday,
March 3.

The Weekend experience:
Opening lecture, Monday,
June 7th at 7:30 PM
Continuing on Sat/Sun,
June 13 and 14 from 9-5

Two Meditation Workshops Scheduled for This Spring!

Your mind is your greatest resource! Tapping into its unlimited potential can help you develop genius ability. The Silva Method of Meditation has been validated scientifically and teaches skills of physical and mental relaxation, coupled with visualization. With these tools, you can create positive results in your life.

Award-winning Silva instructor **Justin Belitz, OFM** will explain how this program can help you achieve goals, no matter how difficult they may seem. You can take control of your life by taking control of your mind!

Silva graduates the world over have found that amazing things happen when they meditate regularly using the Silva Method.

The **Silva Life System Workshop** and the **Silva Intuition System Workshop** at the Hermitage:

The Silva Life System will be held Sat/Sun, April 11 and 12, 2015, with a free introductory lecture, Monday, April 6 at 7:30PM
The Silva Intuition System will be held on Fri/Sat/Sun April 17, 18, 19. You must be a graduate of Silva Life System to take this course.

Register now as this is a Hermitage favorite and sure to fill up fast! Call Lulu at 317-545-742 for more information or email: Lulu@HermitageIndy.org



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CENTER FOR
SPIRITUALITY AND
GROWTH

**We're on the
WEB!**

HermitageIndy.org



The Hermitage Calendar

Every Wednesday: Energy Circle
First Sunday: Law of Attraction

January 18-22: Indianapolis, Parish Renewal, St. Matthew's Catholic Church

January 27: Success: FULL Living Weekly Program begins

February 23: Vancouver, BC, Success: FULL Relating

March 7: Omaha, Parish Renewal

April 11-12: Indianapolis, Silva Life System Weekend

April 18-20: Indianapolis, Silva Intuition Weekend

May 2-3: Indianapolis, Success: FULL Relating

June 13-14: Indianapolis, Success: FULL Living Weekend Program

The Power of Meditation By *Friar Justin*

God is with you all the time
Do you pay attention?
Take a breath and then let go,
Feel the 4th Dimension.

Sun sends warmth and light to
earth
It's the source of life.
You are one with sunlight too
Making all things new!

Taste your food with great delight
Savor every bite.
That's another way to know
You are in the Light

Meditation is the tool
Where you can know the truth
You are God and God is you.
That's eternal youth!

When you feel a breeze alight
On face or arm or hair,
That's a sign that you're Divine
Attention is a prayer.

Breath you say is nothing more
Than motion of the air
When truly it's a fluid sign
Of God's eternal care.

Can you sense the sweet perfume
Of leaves in autumn smoke?
All of this is God exposed!
It's like you just awoke.

Universe is God expressed.
You are Cosmic life!
Let this Power flow through you
And shatter global strife.