

Portrait Adriana Auderset

2009





Geneva, May 2008

The German philosopher Arthur Schopenhauer stated, all truth goes through three steps: First it is ridiculed; second it is violently opposed; finally, it is accepted as self-evident. "If the historic record extending to more than thirty centuries as embodied in the Vedas and other spiritual texts is to be relied upon and credence lent to the unquestionable testimony of scores of clever investigators and shrewd observers, the ancient society of Indo-Aryans abounded with numerous genuine instances of transfiguration by means of spiritual strivings and Yoga, resulting in the complete metamorphosis of personality as a result of which individuals of a common calibre were transformed into visionaries of extraordinary attainments by the touch of an invisible power which they recognized and worshipped with appropriate ceremony. In fact one of the basic tenets of Hindu religion and the arch stone of the science of yoga is the belief, emphatically upheld by almost every scripture, that by properly directed effort it is possible for a man to complete the evolutionary cycle of human existence in one life and blossom into a transfigured adept in tune with the infinite Reality beyond the phenomenal world, forever released from the otherwise endless chain of births and deaths". Kundalini, The Evolutionary Energy in Man, Gopi Krishna, Shambhala, Boston & London, 1997.

"Trust in me, commit your ways unto me". It means of course, to follow intuition, for intuition is the magic path, the beeline to your demonstration. Intuition is a Spiritual faculty above the intellect. It is the "still small voice, it is Divine Guidance, it is he God within. "Let me now express the Divine Idea in my mind, body and affairs." If you will impress the subconscious by repeating this statement you will be amazed at the changes that soon take place. A chemical change will take place in your body. "Lift up your heads, ye gates, and be ye lifted up, ye everlasting doors; and the King of Glory shall come in". This King of Glory has weapons ye know not of and puts flight the army of the aliens (the negative thoughts entrenched in your consciousness for countless ages). "My ways are ways of pleasantness. We should all build up in consciousness a picture of peace, harmony and beauty and some day it will push itself into visibility. We are fully equipped for the Divine Plan of our lives. God is Love but God is Law. Trust in Spiritual law and "it will be given you". Your part is to be a good receiver, prepare for your blessing, rejoice and give thanks and it will come to pass. "I have weapons ye know not of, I have ways which will astound you." The Power of the Spoken Word, Florence Scovel-Shinn, L.N. Fowler & Co. Ltd., Romford Essex RM6 4DH, 1989.

"The awakening of universal motherhood; The love of awakened motherhood is a love and compassion felt not only towards one's own children, but towards all people, animals and plants, rocks and rivers – a love extended to all of nature, to all beings. Indeed, to a woman in whom the state of true motherhood has awakened, all creatures are her children. This love, this motherhood, is Divine Love and that is God". Sri Mata Amritanandamayi, (Amma) United Nation, 7.10.2002 Geneva

"Love and serve all humanity. Assist everyone. Be happy, be courteous; be a dynamo of inexhaustible joy. Recognize God and goodness in every face. There is no saint without a past and no sinner without a future... Let the Lord's grace set you free. Let your life be that of the rose; in silence, it speaks the language of fragrance" Sri Babaji

"The highest thought is always that thought which contains joy. The clearest words are those words that contain truth. The grandest feeling is that feeling you call love. Allow each soul to walk its path. The goal of each soul is to be a fully realized being. This is its purpose to fully realize itself while in the body; to become the embodiment of all that it really is. What you resist persists. What you look at disappears. To live your life without expectation – without the need for specific results – that is freedom. That is Godliness. Expectation is the greatest source of man's unhappiness. It is what separates man from God. Let each person in relationship worry not about the other, but only, only about Self. The most loving person is the person who is Self-centred. If you cannot love your Self, you cannot love another. Your first relationship, therefore, must be with your Self. You must first learn to honour and cherish and love your Self. Long-term relationships do hold remarkable opportunities for mutual growth, mutual expression, and mutual fulfilment. Expectations ruin relationships. Be a gift to everyone who enters your life, and to everyone whose life you enter. Know the truth, and the truth shall set you free. Truth and God are found in the same place: in the silence." Conversation with God, Neal Donald Walsh.



Geneva, March 2008

## Peace Is The Only Way!

Dearest Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live life. If you have happiness you have everything, and if you don't have happiness, you have nothing. Mindful Moments: most of us are of sound mind, but many of us have trouble maintaining a note of harmony and peace. Most of us know how to think, but few of us are able to control our thoughts. We all have the capacity to be creative, to image new ideas, but few of us are able to do it together and co-create in harmony with each other. We could all do with some mental training so that we may use the most powerful energy in the universe, the mind, which is always at our instant disposal. We can begin with mindfulness. It's a simple way to gently help our mind go where it is best to go, do what is the best thing to do. It begins by simply being fully aware of what you are doing. Mostly we are not fully aware, as our minds wander into the past and then into possible futures. We spend most of our time watching others and so rarely fully focus on what we are actually doing ourselves. Next time you sit down to a meal, watch your self. Be aware of only what you are eating. Every time your mind wants to wander, bring it gently and lovingly back to the action and sensation of eating. Then do the same when cleaning, when writing, when working. The more you do it stronger and more focused and more rational will be your concentration, the more natural will be your actions, the more peaceful you will feel, and the more relaxed you will be, no matter what you are doing.

**"War on terror"**; Iraq war costs the US taxpayers \$720 million dollars per day. We have over 6000 military training schools around the globe; however we have only one Peace University in Costa Rica. We created techniques to fly to the moon; warmongers pushed humanity into fighting countless bloody wars; they produce atom bombs and weapons of mass destruction; annihilating the entire planet, our environment, water, air, earth. 5000 years of bloody history of "world wars", "cold wars", and "war on terror"; all led by the forces of darkness ruling this world. These dominant forces have made a few clans immensely rich and lead the rest of humanity to the brink of ruin. While some are still waiting for the saviour to come others are waking up to the awareness that it is you and I that needs to act to make a difference; wherever we are. Che Guevara said that here in Geneva we are in the brain of the monster.

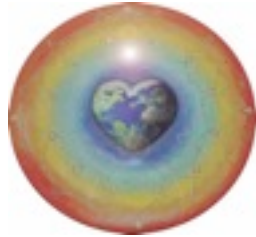
"Never was so much false arithmetic employed on any subject as that which has been employed to persuade nations that it is in their interests to go to war." *Thomas Jefferson* "Those who would give up essential liberty, to provide a little temporary safety, deserve neither liberty nor safety." *Benjamin Franklin* "The great enemy of the truth is very often not the lie, deliberate, contrived and dishonest, but the myth, persistent, persuasive and unrealistic." Mankind must put an end to war, or war will put an end to mankind. Those who make peaceful revolution impossible will make violent revolution inevitable. We are opposed around the world by a monolithic ruthless conspiracy." *John Fitzgerald Kennedy* "Cowardice asks the question -- is it safe? Expediency asks the question -- is it politic? Vanity asks the question -- is it popular? But conscience asks the question -- is it right? And there comes a time when one must take a position that is neither safe, nor politic, nor popular; but one must take it because it is right." *Martin L. King*. "The story of the Buddha's personal life is the story of someone who attained full enlightenment through hard work and unwavering dedication" *Dalai Lama*

Only a few of us have found happiness within our own hearts. We need to study the laws of nature, transmitted to us 5000 years ago by the Yoga Masters the great Rishis of India. The Vedas are universal scriptures; they are the light that enables us to know the truth. Art is a form of meditation. **MAY LIGHT and LOVE PREVAIL ON EARTH** Om shanty. Wishing you love, health and wealth,

Suhasini, goddess of joy

PS: "Be the change you want to see in the world."- *Mahatma Gandhi*

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Geneva, 30.5.07

Dear One, it is good that I made a commitment to write to you once a month, it gives me the opportunity to take some time to sit down and let the month go by in my memory and share a few highlights with you. This month of May we are having summer weather here, no need to go away. People are waking up to the fact of global warming. We also had the annual book fair and art exhibition; the Russians were the guests of honour! My friend Rosario came with her two children, for a short visit; they are planning to leave the UK, to go to live in Spain. We all had a ball; I let her little girl Loa choose whatever she wanted from my flat. Loa got very excited as she saw so much she liked; she was busy choosing presents to take home to her friends, I helped her in packing up an angel, a star, and chocolate for her daddy! Her brother Luke was watching her so she would not fill up her bag too much! Well I am happy I don't have to think of moving right now, as I am still snowed under several boxes of paper work, will need a lot of courage to start sorting out.

I also went to the doctor, his prescription was pills to get the blood pressure down, taking the overweight seriously and start the process of losing 10 kilos. I told him that I was for the moment still paid by the unemployment insurance; that I had no drive to look for another job for the time being. He recommended looking for a sugar daddy! In two weeks my Russian friend Tatiana will come for two days to visit me here in Geneva. The trips to Russia and Georgia were quite strenuous and challenging, physically, emotionally and mentally. I met Tatiana in 2001, in St. Petersburg, Russia. Tatiana has a medical education, PhD, she was my physician there, however in Russia she was not getting a salary she could live on, let alone any material to further her studies, so she emigrated and is now working in Oslo, Norway, in Public Health. We have not seen each other since 2003, the last time I went to Russia; the photo on top was taken just before I left, in the park of Voltaire's castle. Thanks to Internet we were able to keep contact. When I came back to Geneva I needed treatment. The doctor I went to see said, that I would only paint as long as I am suffering and that he was afraid that I would stop painting! It took me quite some time to understand what a lot of rubbish that was. I believe that the opposite is truth. I agree with the filmmaker David Lynch, who says that the more an artist suffers, the less he is creative.

I am reading, "*Being Nobody, Going Nowhere*" Meditations on the Buddhist Path, by Ayya Khema, Wisdom Publications Boston. The author is a Buddhist nun, born in Germany, educated in Scotland and China, founder of Nuns Island, in Sri Lanka. Reading her reminds me of going back to my practice of meditation and mindfulness, living in the present moment. I have also watched the latest documentary of Zen Master Thich Nhat Than. He went last year back to Vietnam, after having lived 39 years in exile. A delegation of 300 monastic and lay practitioners went with him. I went with him to the Buddhist monasteries in China, in 1999. We have a documentary of this trip, too. Then they had asked me to organise the Swiss delegation. I also met Adriana, a young Spanish video artist; she is living next door. Since two years I have a small video camera and took footage here in Switzerland of peace demonstrations, then from my trips to Cuba, Hungary, Australia, UK, France and Costa Rica; I need help with the editing. Adriana will have time this summer, right now she is busy with her art school, which gives me time to think about the scenario and also prepare the still images of my paintings. Producing my first documentary "Portrait" 30 min, 2004; was a great apprenticeship, now I know how much work is involved in making a good film. My cameraman in Russia encouraged me to make a film every year.

Saturday May 19, we went to a peace demonstration. We joined the demonstration in the English Garden, with drums, music and sunshine. UNIA trade Union was there to raise awareness for the people working without work permits. We then formed a procession, escorted by the police, started marching over the Mont Blanc Bridge, for some magic moments all cars stopped; I filmed from the middle of the bridge, standing on the double line. Then we walked all along the lake to the headquarters of World Trade Organisation, WTO. G8 means in short, that **8 global players**: 1)

Bush, 2) Putin, 3) Sarkocy, 4) Merkel, 5) Blair, 6) Japan, 7) Italy, 8 Canada,) representing the richest countries in the world, 66,5% of global economy, are deciding the fate for **over six billion people**. All around the globe people are waking up saying to their Governments, wait a minute, we want peace not war. The rally will go all the way to this year's G8 meeting in Germany; people are marching and bicycling all the way to Rostock, Heiligendam. The Nuremberg trial of the Nazis, 50 years ago, showed us how easy it is to manipulate a country into war. Now German soldiers are at war in Afghanistan, pretending they are social workers on some humanitarian mission! Some Mafiosi of the richest nation in the world, the USA manipulated the American people into bombarding Iraq, GI's marines, and mercenary's torture and kill thousands for oil, pretending to install a democratic government and saving the world from terrorism! One day they will be judged before an International Tribunal, they will be made responsible for having created terror and suffering, in the name of freedom.

In 2003 the G8 met near Geneva, in Evian France, we had large demonstrations here in town. The police of Geneva was armed to their teeth, the Swiss Army as well as the German police came for support, helicopters were continuously flying over the town; it was a warlike scenario! In 2006 they went to St. Petersburg, Russia. Russian Mafia gangs control the largest natural resources, drug and human traffic. The richest corporations and their shareholders amass incredible amounts of wealth, through exploitation, manipulation, warfare; they are afraid of loosing their privileges; they create terror and misery on the whole planet. Millions of poor souls are struggling to survive with less than one dollar a day. Gone are the days of the 80is where we had employment, here in Geneva there were only 0.5% out of work. Now people like me who are over 50 have very little chance to find work; for the time being I am still entitled to unemployment benefits; however this will soon come to an end, as they have changed the law. They also want to change the law for invalid people, making it more difficult for them to get some indemnities.

If we want peace in the world we have to start with ourselves, creating peace in our heart, healing our emotions; spreading love around our family and friends. I am looking forward to the day we can share these healing experiences. Thank you for being my friend and taking time to reading my letter. I am looking forward to get your reply. A lotus for you

[Geneva, 29.8.2004](#). I arrived back from Tallinn, Estonia, to Geneva Monday night, 23 August 04. Many friends came to the airport to wish me a safe journey and in Geneva Michele was waiting for me to take me back to my flat. I feel very relaxed after this trip no compare with my expeditions to Russia and Georgia. I felt overjoyed when finally the last week-end of my stay Tamara came from St.Petersburg, together with Marianna and Kent, her American friend. They arrived Saturday night they had travelled with the boat over night via Helsinki to Tallinn and we went to meet them at the harbour. Kent, a farmer from USA had come to meet Tamara. They had been corresponding for two years over the Internet. I do understand the hardship for women in Russia and how desperate women are to leave the country but I would hate to see her leave one prison to go to some other hell.

Upon my arrival in Tallinn the weather was rough with water like the deluge, it rained solid for the first week and I wondered what I could do for four weeks in this city/country. Communication was difficult in the beginning. I thought about all my friends in Spb and how nice it would be to go and see them. I found out that the visa restriction was the same as from Geneva and that there was no way to go just for an excursion. The Russian border is closed and one must solicit a visa and pay, so I made a cross on Russia. I was really lucky that Tamara had organised for me that I could stay for one month with the Kanter family. Instead of a shabby flat in Spb I lived in a spacious, comfortable, modern house, with Ira looking after me just as if I was a family member. I was able to use all the facilities and equipment, PC, Internet and Video, which made it so much easier to work on the film.

Even though the Russian border was closed I still had the contact with Russia through the correspondence with my friends in Spb as well as with Max and his many young Russian friends. It was my good luck again that I met Max, a young and talented Russian, to help me with the editing of my film after my rather nasty experience with the arrogant Indian man. Max was very busy with the setting up of a large project on high tech [www.isea2004.net](http://www.isea2004.net) and was working on five different film projects. We managed to finish my project and save it to DV and VHS just a few days before

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the opening. Just as well, Sunday on my farewell party we wanted to show the film to my friends the computer went havoc and Max felt very bad. I wondered how he could manage so many projects at once, with many sleepless nights, no food, only tobacco. Anyway he promised to show the film when he has it fixed up again.

The title of the Film is: **"Portrait"**. We combined different parts of all the three movies I had made so far, Spb 2001, Georgia 2002 and Spb 2002, the two TV interviews in Spb. Which were done with a professional camera, as well as the exhibition in the Sak's café in GVA 2004, all together the film is now 30 minutes. I have DV and VHS copies and I left some money with Max, so he can rent equipment to make a DVD copy too and then send it to me. It will then be easy for me to make copies and people will be able to see it. Every year I add a part to the film and slowly the story is emerging into a great picture of art. Max said that he had not seen many artists who had done so much work as I did, he was very impressed and also thanked me for helping him and his friends and bringing them so much joy, which was my confirmation that I was able to do some good work there and I feel very joyful and satisfied about this experience.

I met some more interesting people in Tallinn, some I met in the Hare Krishna temple. They showed me the Centre for Ayurvedic medicine and I was able to buy some products and they also told me about the treatment with "The Health Matrix", and I bought the Aires Matrix Applicator Film and I am testing it. [www.matrix.com.ru](http://www.matrix.com.ru) and [www.aires.spb.ru](http://www.aires.spb.ru) After applying both methods, Ayurvedic and Matrix for a few days I already feel a difference in my global health. Which also makes my decision to get out of the Swiss health system stronger, this system is very expensive and works on fear. It is since some years compulsory and I will have to find a way to get out of it. It costs me every year about 4000 US\$, money which I can use for more wholesome treatment if I need it.

Our hospitals here are based on maximum profit, some doctors earn a million dollars or more a year. I lived for twenty years in a flat which belongs to the insurance company, they own most of our housing and we have to pay them very high rent every month. I am not willing to give my money any more to these gangsters in the insurance companies, so I need to find a way out, somewhere else to live. My friend Gaby is experiencing the prices of what the gangsters at the hospital charge. His wife has cancer and had to spend some time at the clinic. It was near to US\$ 500 a day, which would be OK if they could really help her, but they cannot. This chemo is tough but the cancer is still there. Gabi has asked me to lend him the paintings with the Madonna as he sometimes gets really depressed about his wife's health situation. I am now going to his house almost daily, I have no more e-mail at home and can use Gabi's computer to send my e-mails. I hope that my positive energy is helping him and his family.

Some of our dentists are also gangsters and just after money, last year I had to have a crown, the dentist here in Geneva charged me almost \$ 4000, and caused me a lot of suffering as he made a mistake and let some liquid in one of the nerve canals. I suffered for two weeks. This spring I had another tooth that broke and went to see a dentist in France. He said that I needed a crown; since I did not have the money I waited and then went to the dentist in Tallinn; she was very honest and said that my tooth was fine and that it did not need a crown, all I needed was cleansing of the tartar which cost me US\$ 25, so by going to Tallinn I was able to finish my project of the documentary film with the money I did not spend on root treatment and crown which I did not need and which would have only filled the bank account of a corrupt dentist.

For my birthday I received from Theresa two great books one is called "God on a Harley" by Joan Brady and the other "Beach of Dreams" by Sergio Bambaren, both very inspiring especially the latter one. But the best present is my film as the projects was in me for over a year. It feels so good to realize one's dreams and visions, however difficult the way is. We celebrated my 53<sup>rd</sup> birthday in Tallinn with a very large cake in the Hare Krishna temple, instead of the usual Happy birthday to you, we sang Hare Krishna to you, may you never take birth again... Max and his girlfriend offered me a brush to paint, a very symbolic present. I felt so much joy to celebrate my birthday in this good company. I am looking forward to sharing my film with you.

With much love

Adriana

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