

EAST WEST BRIDGE

REV SALLY PERRY / SPIRIT MEDICINE

Newsletter Date: March - June 2008



VISION IN ACTION

March 12, 2002 I was told by my spiritual guides, "Fear not for your work will be accomplished by self realization, not self actualization as was your pattern in the past."

Ever since my vision in India in 1998 that I would create a New Millennium community on one hundred-ten acres on the Westside of Richmond Virginia, I have deeply questioned this immense project.

In July 2002, after three years of paperwork, we received our federal tax exempt status and in September I settled on ten acres in Rockville, Virginia. This comes after 20 years on the road and 6 years living out of a suitcase, half of this time having been spent in India.

Akhand Param Dham of America now has a headquarters, and I finally have a home large enough to hold retreats, camps for children, vision quests, medicine wheels and sweat lodges. It is a place for Swami Parmanand to retreat and to have large outdoor gatherings for the public.

The East West Bridge is a place for people to realize the SELF, as a quote from Mandukya Upanishad states, "This SELF is the lord of all, this internal ruler, this the source of all things, this is that out of which all things proceed, and into which they shall pass back again."

I pray through my experience to have the wisdom of the femi-

nine principal, to have the intuitive and transmuting power of the higher mind for this project. I also pray to bestow on me the wisdom of the masculine principal or Higher Self to be a master worker beside the Supreme Self.

Wisdom appears to be parallel to the old testament idea of "Spirit" — breathed into man by God. The statement of the Hebrew is not that wisdom dwells in friendly alliance with intelligence, but that she dwells in intelligence, an unexemplified form of expression.

Let this be the beginning of Akhand Param Dham of America, home of complete and unbroken Bliss — the true East West Bridge

ETERNAL NOW

2008 will be the year of living the "eternal now," as 2007 brings to close the completion of ten years or more or ten lifetimes; we face a larger task of being in the present moment.

In the present moment we must become aware of all our thoughts and emotions that are not serving us and again "throw to the ceremonial fire to your right."

Since the eight is infinity we are locked into a very powerful time of purging on the planet and many may choose to leave rather than do their work at this time, this will happen in the earlier part of the year so that the planet can balance and start to renew as we who choose to stay will be anchored in our

own heart and mind energy. The "eternal now" brings about a truth within oneself which cannot live hidden but must be fully alive within us. Relationships become more honest and are severed with love and respect of the knowing that the karma is finished and the time is precious so we go on gracefully and lovingly. Evolving in the "eternal now" is the realization that evolution does not create anything, it can only reveal it, and so what we are today will help us to wake up to which we have been as we unfold into our greater good of realizing the true nature of our "ONE TRUE SELF."

So the question will be what can we work on in our personal lives that we have created and

remove from our own "ETERNAL NOW."

The number eight is a symbol or entrance into a new state or condition of the soul; the number seven has signified completion of the former state. Eight reveals to us our way to regeneration. Ten which is 2 and 8 equaling 10 is a true sign of completion or accomplishment of a purpose and is symbolic of natural perfection and completion in general.

"This number ten signifies perfection; for to the number seven, which embraces all created things, is added the trinity of the Creator." -Swedenborg

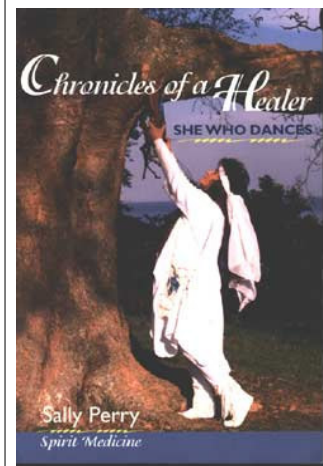
Joyfully moving into 2008 our "ETERNAL NOWNESS."

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Special points of interest:

- Swami Parmandji is returning to America. Join Sally as she tours with him to Colorado, New York, Massachusetts, and Virginia.
- Swami's 4 day retreat in Rockville at Akhand Param Dham of America.
- Swami at American Theater in Hampton Virginia the evening of June 17th
Call: (757) 722-2787
- Introducing the New East West Bridge Sun Moon Dance coming to Rockville in Oct. 2008



Join Sally on Swami's US Tour

May 3-12

Bailey, Colorado

Four Day retreat recorded by Bob Keeton / Living Successfully
Contact Victoria West (303)816-4180
Victoria@Baranbiz.com

May 23

Cold Springs Harbor, NY

Contact Debi Goldman (631)367-3709
Toboggan19@aol.com

May 23-25

Lloyd Neck Harbor, NY

Contact Burt Shaffer (631)385-7176
shafferb@optonline.net

May 26-27

Southampton, MA

Contact David LeClair (413)529-2363
rockgod@charter.net

May 28-29

Montague, MA

Contact Nancy Higgins (413) 774-2409
katnah@aol.com

June 12-18

Rockville VA

- ◆ 4 day Retreat
- ◆ June 17: Hampton Va. American Theater (757) 722-2787

Special DVD / CD Offer

Of Swami's teachings

Bob Keeton of "Living Successfully" will be recording video DVDs of Swami's teaching in **Bailey CO**. These series range in price depending on hrs. of recording. The exact price can not be given at present time. You can reserve your copy for a deposit of \$50. Also reserve you audio (CDs) of this and his teaching from 2008 **Rockville VA** sessions for the a \$50 deposit . This Limited edition can be ordered directly from Bob at:

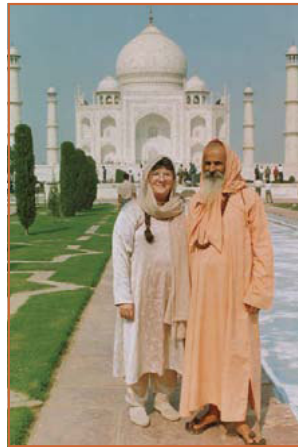
Living Successfully, LLC
5709-B State Highway 41
Galisteo, NM 87540-9775
(505) 466-4101
(877) 754-1001

Info@LivingSuccessfully.com

Past audio CDs series of Swami's US teaching are also available thru Bob.

4 DAY FUNDRAISING RETREAT

"OPENING TO THE GOD WITHIN" JUNE 12—15, 2008



We invite you to Join Swami-Parmanand Ji for a mind expanding and heart opening four day retreat. Swami will teach the True Method of Self Realization through understanding of the four states of consciousness: The Waking -

The Dreaming; - The Deep Sleep - & Ultimate Reality Transcendental Consciousness State. The fourth state of consciousness is our doorway to Opening to the God Within."

Swami has dedicated his life to building ashrams (spiritual communities) which feed, clothe and house the saints of India. He also oversees twenty some schools for poor children, several hospitals and colleges for the poor. Vrindavan is home to Vatsalya Gram (A village of maternal love) where children, taken from the streets, are given a home to be nourished and educated in.

Space is limited

A reservation with non-refundable \$100 deposit is required.

- Indoor accommodations for 3 night including breakfast and dinner: \$650
- Outdoor camping for 3 nights including Breakfast. Dinner & showers: \$375
- Locals per day with Dinner \$150 or \$350 entire retreat



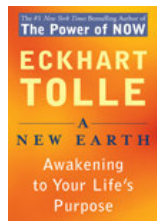
THURSDAY NIGHT AWARENESS CLASSES

Join us for Thursday evening at 7:00pm for classes on Awareness. Each week the subject will cover different aspect of awareness ... We will also be meditating, drumming and using other techniques for our focus of "awareness.

March Theme: Yug Purush Swami Parmanand Ji teachings on knowing the SELF. We have a newly published book and workbook with CDs that has just arrived from India to work with and bridge the Medicine Wheel with Far Eastern thought.

April's Theme: "AWARENESS" FOCUS ON NEW EARTH BY ECKHART TOLLE

Please call for more information about joining these meditation classes.



24 HRVISION QUEST/ 10 ROUND SWEAT APRIL 12 - 13TH

Sally Perry, Spirit Medicine invites you to transform your life through a 10 Round Sweat Lodge and a 24 Hour Vision Quest in the Figure 8 Medicine Wheel.

Since the beginning of time mankind has turned to nature for guidance and renewal. In the Vision Quest we are taken back into the

embrace of mother earth so that we can move beyond the illusions of the little self and enter the unity of the inner whole. A Vision Quest is a period of solitude in which we may find inner revelation. It can be a journey into divine realization and internal transformation. Participating in a Vision Quest can reveal profound

meaning and direction to our life. It is an Initiation that leads to spiritual growth and a deeper understanding of our responsibility to ourselves, our families, our society, and for our soul connection.



As Spirit Medicine I welcome you...

SPIRIT MEDICINE'S ITINERARY

MARCH 2008

MARCH 15-16 RETREAT

"Awakening Awareness Of The Higher Self"

Saturday 12-9pm

Sweat 4-9pm

Sunday 10am-2pm

*sweat open to public"

MARCH 21-22

SPIRITUAL HEALING WITH REV. MEDDIE ARISMENDE

Friday & Saturday

(By appointment Only)

MARCH 27

AWARENESS & MEDITATION CLASSES

Thursday 7:30-9:30pm

(classes on going)

MARCH 29

NATURAL AWAKENING EXPO

Sponsor

Richmond Raceway Complex

10am-5pm

www RVA Health Expo.com

APRIL 2008

APRIL 3-10-17-24

"AWARENESS CLASSES"

FOCUS ON NEW EARTH

BY ECKHART TOLLE

Group Thursdays 7:30pm-

9:30pm

APRIL 12-13

HEART AWAKENING 24 HOUR

VISION QUEST & 10 Round

Sweat lodge / Sleeping In Figure

8 Medicine Wheel

MAY 2008

Join Sally on Swami's US Tour (see pg. 2)

JUNE 2008

JUNE 12-15

4 Day Retreat with Swami in Rockville Va.

JUNE 16

APD Board Meeting 1-4pm and Dinner

JUNE 17

American Theater (757) 722-2787

JUNE 28 -29

SILENT FIGURE 8 LONG DANCE

Saturday 12pm-Sunday 2pm



Rev. Sally Brown Perry Spirit Medicine

Sally Perry, Spirit Medicine is of Cherokee lineage, but her teachings are a composite of her experiences and wisdom given to her from her own teachers. She asks her students to look deep within themselves to heal the mental, emotional, physical, and spiritual bodies before wholeness can begin. Spirit Medicine teaches these strengths through ceremonies such as dances, the medicine wheel, sweat lodges, diet and fasting. Spirit Medicine is well-known for a process she developed and teaches called "Forgives and Releases." It was developed after years of study and self-reflection & it is a basis for self growth and responsibility.

Spirit Medicine is an internationally known visionary healer, teacher and author. As a humanitarian working for peace and forgiveness, she offers retreats, meditation, sweat lodges, vision quests, ceremonial dances, and group and private consultations.

SILENT FIGURE 8 LONG DANCE JUNE 28 -29 IN ROCKVILLE VA.

"The Long Dance is all the vibration essences that make up all of God's perceptual realities In ancient times, the two leggeds would gather periodically to dance all night long to mimic vibration. In modern times, the Long Dance is still the same dance. Only the dancers change." Joseph Rael

Long dancing is an ancient ritual that is danced at

night. Night is the time to bring forth associations that lie in the subconscious mind. The dance can bring them up to conscious levels of awareness. Once we dance these subconscious associations to the conscious levels, we can dance them, own them and release them during the dance.

The Long Dance is a powerful vehicle of change.

Your Intention provides the nature and direction of the power of the Dance.

Sally Perry has been given the Figure 8 Long Dance to connect the East & West. Sally has worked to bring ascension to higher levels of consciousness, bridging both hemispheres of the brain. She has been working with visionary Joseph Rael for over 27 years.

ANNOUNCING EAST WEST BRIDGE SUN MOON DANCE -OCTOBER 3RD - 6TH 2008

In the tradition of Beautiful Painted Arrow, the four days of the Sun Moon Dance bring many teachings. The dance arbor is the sacred Medicine Wheel, and represents the world and the life it contains and nurtures. Through willingness to invest effort, seekers receive

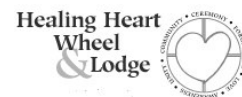
inspiration to live a life of greater spiritual awareness. In the dance, we work to bring in the directional energies of the east, south, west, north, up above, and down below. The web of energy created by the dancers transforms the land, and permeates the world to bring healing.



Join Maureen Sullivan, Greg Smith & Stephanie Vey for a "Healing Heart Sweat Lodge"

April 26, May 17, July 12 3:30pm

Call: (804)447-1090





East West Bridge
REV. SALLY PERRY ▲ SPIRIT MEDICINE
"Out of Darkness, Into the Light"

**19400 Turkey Road
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sallybperry@aol.com**



We are on the web!

www.sallyperry.net

Mission Statement

Our tax exempt, non-profit organization, both educational and charitable, is nonpolitical and non denominational. The main objective is peaceful welfare and service of humanity providing:

- ◆ Yoga and meditation
- ◆ Classes and seminars
- ◆ Retreats in America and India
- ◆ Discourses for self-awareness
- ◆ Healing energy through therapeutic touch
- ◆ Sweat lodges, vision quests and dance ceremonies
- ◆ Forgiveness & discipline workshops

Akhand Param Dham of America supports sadhu ashrams, children's homes, schools and hospitals in India and in the United States.

My life is a big "Thank You" and overflows daily.

May God's LOVE surround , protect & provide for you all greatly.

- ♥ Zoe Bryant for seventeen years of my working with Joseph Rael & my continuing his dances for nine years on her land, also for being my "Moon Mother" the last four years there. Continuing work as my webmaster, organizing the new East-West Bridge "Meet-Up" site, and for this newsletter.
- ♥ Burt Shaffer for his financial support of creating a Sun Moon dance grounds in Swannanoa and being my dance "Sun Father" ... and our new Virginia Sun Moon Dance Co-Chief
- ♥ To Cindy & Martin Watts for new Sun Moon Dance grounds in Rockville VA
- ♥ To those that have come to help clear and create the new arbor; Cindy, Greg ,Maria, Jodi ,Charles, Josh, Jessica, Joann, Maureen & Scott
- ♥ To David LeClair who for years he has fire-kept and Alpha Dogged the Sun Moon and Drum Dance in North Carolina and fire-kept the Vision Quests in Mass. and Virginia
- ♥ To Drum Chief Patty Coleman for being my Drum Chief and all who joined her on the drum
- ♥ To Jeffrey Goldwasser for all the musical blessings, Drum Chief for Long Dance, Alpha Dog for Sun Moon and our long and happy medicine relationship. Congratulations on Chiefing the Sun Moon in Swannanoa, N.C.
- ♥ To Jim & Karma Sigler for the amazing gazebo and for Bruce Bailey, Rob Rawls, Scott Kingston, Denise Dolan, Greg Smith & Charles Vaughn for the concrete work and assembly, a truly unbelievable feat!!
- ♥ Jan & Al Miller and Mellen Street Graphics for my new professional flyer and beautiful banner to use at the Natural Awakening Health Expo ...
- ♥ Greatly appreciated for Supportive Revenue; Burt Shaffer, Tom & Penny Petry, Leo & Sue Hudson, Greg Smith, Rob Rawls, Susie Hamway, Nancy LaChance, Scott Kingston, Denise Dolan, Mary De Martino, Sandra Kay, Pat Ripplinger and Maureen Sullivan
- ♥ My Board Members; Burt Shaffer, Jodi Urban, Greg Smith, Penny Petry Sandra Kay, Bob Keeton, Pat Ripelinger, Maureen Sullivan, Sherry Sherry, Altazar, Sunder Sujan, Robert Bennett and Honoray members: Kanu & Shiva Ghandi.
- ♥ Sunder Sujan for accounting
- ♥ Robert Bennett our attorney
- ♥ Penny Petry for beautiful flowers around the center,
- ♥ Jodi Urban & Martha Carr for planting Birthday flowers
- ♥ Maureen Sullivan for great graphic work & continuing lodges with Greg and Stephanie
- ♥ Laima Druskis for donation of Swami and Joseph cards.
- ♥ To all my sponsors that have supported the work the last twenty some years; Zoe Bryant, Victoria & Ignatius Baron, Burt Shaffer, Debi Goldman, Ginger & Mark Fagnani, Pat Ripplinger, Delphi, Dr. Eleanora Woloy, Ellen Gayda, Nancy Higgins/Buffalo Heart, Jeanne MacGill, David LeClair, Maureen Sullivan, Nancy LaChance, Chandler Dennis, A.R.E., Heritage Store, Laima Druskis, Felicity MacDonald, Jeff Romanowski, Glauca, Peter Howe, David Stull, Jan & Al Miller, Michael Curry & American Theatre & Charles Taylor Art Center
- ♥ March 7th Birthday Party Celebrating my 68th at Brios with Cindy Watts, Susie Hamway, Maureen Sullivan, Greg Smith, Maria Scalise, Jodi Urban, Joann & Lianna Santos, Charles Vaughn. Cards and donations from Sue & Leo Hudson, Dr. Eleanora Woloy, Laima Druskis, Angie Brown, Fran & Willis Ward, brother Danny and wife Rhonda Brown, Nancy La Chance, Scott Kingston and cousins Dayle and Diedrick.



Announcing a New Information web site for East West Bridge a New Millennium Community. Please visit and join this Meet-up site. You can register for classes, stay up-to-date on events, and post comments.

<http://spiritualism.meetup.com/342/>