

COPY The envelope was addressed to [REDACTED] APB
 Ashram, & then redirected to [REDACTED] APB
 It said AIRMAIL. It had the Bihar School
 of Yoga ^{stamp} on the back flap.
 But the stamp was Australia 36c -
 & post mark [REDACTED] APB, Ashram.
 Guess it was cobziled together at
 Mangrove. Mukti would have a band
 in it, being the office Maestro.

Munger.
 24th March 1987.

Swami [REDACTED] APC

Hari Om.

Thank you for remembering me.

When the mind is disturbed due to unfortunate realities
 or even imageries, the best course that a sincere aspirant
 should take is to isolate oneself from the disturbing
 influences and accelerate the pace of Sadhana. When the
 mind realizes the inner peace then one can bring oneself
 out from confusions and conflicts.

If this is not done and emotions are allowed to react,
 then the personality gets gradually distorted.

There can be no greater tragedy in one's life than
 this distortion of personality.

Hari Om to [REDACTED] APB.

Om Tat Sat.



REDACTED