

Question: Mother, can life be divided into two aspects, the spiritual and the material? Which one gives us happiness?

Mother: My children, there is no need to see the spiritual and material sides of life as separate. That difference exists only in the attitude of the mind. We need to understand spirituality and live accordingly. Only then will life become blissful. Spirituality teaches us how to live a life of true happiness...

Worldly life contains sorrow. Yet, life can still give us happiness if we have some understanding of spirituality. If we jump into a rough sea without having had any training, we could be overwhelmed by the waves and even drown. But those who know how to swim in the sea can easily handle even big waves. Similarly, if we allow spirituality to be the foundation of our lives, we can go forward without faltering under any circumstances, no matter how difficult. The mind finds happiness in one object and hates another. Some people feel they can't live without cigarettes, while others are disturbed by cigarette smoke. Happiness and sorrow reside in the mind. If you control your mind and direct it toward the right path, there will be only happiness in your life. For this you need spiritual knowledge; and if you live in accordance with that knowledge, there can be no sorrow.

Try to chant a mantra always. Talk only about God. Relinquish all selfishness. Surrender everything to God. If we can live in this way, we won't experience suffering.

If we can so easily become attached to anything in the world, why can't we become attached to God? Our tongues know how to talk about everything; why can't we teach our tongues to chant our mantra? If we can do this, not only we ourselves, but also those around us, will find peace.

Most people talk about their problems with everyone around them. This doesn't remove their problems; it only makes those who have to listen to them unhappy as well. It is like a small snake that tries to swallow a big snake.

To be wordly is to forget God; it is to want nothing but your own happiness, relying on material objects for that purpose, and being forced to suffer most of your life for the sake of little fragments of pleasure. This is how people lose their peace of mind; and those around them are also affected. To be selfless and surrender everything to God; knowing that everything really belongs to God – that is spirituality. Those who live in this way not only experience inner peace themselves, but also engender peace in the hearts of those around them.



M.A. CENTER SATSANG

APRIL 2, 2011 BULLETIN

www.amma.org/bayarea

510-537-9417 x 431

*When the power of our desire is focused
only on God, then everything else we might
wish for will be taken care of effortlessly. ~
Amma*

THIS EVENING'S PROGRAM

4:30 pm Chanting the Sri Lalitha Sahasranama
(1,000 Names of the Divine Mother);
pp. 1-40 in white binders, preceded by Guru Stotram

5:30 pm
108 Names of Amma: p. 41 in white binders
Satsang (Spiritual talk) & Amrita TV DVD
Bhajans (devotional singing)
Arati & Closing Prayer: after 108 Names in white binders
Bake table opens on balcony when bhajans begin. Proceeds
go to Amma's Housing Project for the poor in India.

After the program:
Dinner served on balcony benefits Amma's charities
Amma Shop & Library open

M.A. CENTER SCHEDULE

Every Saturday: Archana 4:30pm, Satsang Program: 5:30pm

UPCOMING EVENTS

Thursday, 4/7: Puja Ceremony for Amma's Karthika Birthstar
7:30pm, Main House

Saturday 4/9: IAM Refresher for course graduates
2:30-4pm in Amrita Hall

Tuesday, 4/12: Rama Navami Puja Ceremony,
Birthday of Lord Rama, 7:30 pm, Main House

Friday, 4/15: Concert Fundraiser for Japan Relief
6:45-8:45pm, Amrita Hall, see opposite page for details

Saturday, 4/16: Earth Day Festival and Spring Picnic, 10am-4pm
You are warmly invited to our annual Earth Day Celebration! A day of fun and education for the whole family that will include: garden workshops, spring picnic, live music and games for kids of all ages. Visit information and interactive booths on Organic Vegetables, EM, Kitchen Composting, Solar Baking, Plarn (plastic yarn), T-shirt yarn and more!

10 am: Prayers for the Earth, Container Gardening Workshop

a way to honor Amma's request to grow our own food in any space

12:30pm: Picnic Lunch with live music

2-4pm: Family Fun: games, face painting, bubbles, tour of the new orchard, booths, etc.

Monday, 4/18: Hanuman Jayanthi Puja Ceremony
Birthday of Lord Hanuman, 7:30 pm, Main House

Tuesday, 4/19: Passover Seder: Jewish Ceremonial Dinner,
6:00 pm in Amrita Hall, Please RSVP to: events@ammachi.org

Sunday, 4/24: Easter Puja Ceremony to Lord Jesus with Music
Followed by Brunch & Easter Egg Hunt for children, 10:00 am – 1:00pm,
Main House, Please RSVP to: events@ammachi.org, Cost for Brunch = \$4

**Concerts of Compassion
Fundraisers for Embracing the World's Japan Relief**

Friday, 4/15: Carnatic Vocalist, Smt. Sangeetha Swaminathan
w/ mridangam & violin, 6:45-8:45pm in Amrita Hall.

Sunday, 5/1: Carnatic Violinist, Dr. Saravanapriyan w/ mridangam,
3:30-5:00pm + **Hindustani Flutist, Mr. Prasad Bhandarhar** w/ tabla,
5:30-7:00pm in Amrita Hall

Ticket price for each evening = \$25, includes dinner; \$20 Early Bird
Saturday night special for 4/15 concert ends 4/9; some discounts if
attending both concerts

ONGOING PROGRAMS

Regular Programs in the Main House: Archana (1,000 Names): 5:15 am every
morning; Evening bhajans (devotional singing): Mondays, Tuesdays & Thursdays at 8:15
am & Wednesdays, Fridays & Sundays at 7:00 pm. Main House is uphill above Amrita
Hall.

Saturday Seva (Selfless Service) from 9:30 am – 4:30 pm. Activities include: food prep,
sorting medical supplies for India and Haiti, helping in the bookstore, gardening &
orchard work, and many special projects. Chai and lunch are provided. You are welcome
to come for any or all of the day!

Wednesday Seva Days from now through May, BART pickup at 9:30am
Contact: seva@ammachi.org (510-537-9417 x444 if no email)

AM Group Practice in Amrita Hall: Saturdays from 3-4pm for those who have taken
the course.

Amrita Bala Kendra Program for children ages 4 –12, 2nd and 4th Sunday of the month,
10:00 – 5:30 pm, www.balakendra.org, Registration: Sudhir Aggarwal,
aggarwal3@gmail.com, 818-262-3895. For Information about **South Bay Bala Kendra:**
Contact Suneetha: suneetha.tirumalai@gmail.com, 408-718-6495

AYUDH - Youth in Action Movement, ages 15-30. Green Projects, Community
Service, Social & Spiritual Activities: www.AYUDH.org, AYUDH@amma.org.

CASTRO VALLEY BART STATION PICKUPS:

Saturdays: 9am for Seva Day, 4:00pm for Evening Program

Wednesday Seva Days: 9:30am pickup

RSVP for all pickups: Leave msg @ 510-537-9417 x447

Please note: *M.A. Center does not provide shuttles back to BART. Devotees find rides
with others. Please consider giving rides to the BART station when you leave. Please
also consider carpooling to and from the programs.*

***Prayer List:** read at the end of each Saturday evening program. Names can
be added until 6:30 pm on Saturday evening. Names can also be sent to:
prayers@amma.org

This weekly bulletin is available online at: www.bayarea.amma.org
Click on "Regular Events" at the top of the home page
and then on "Weekly Bulletin" on left side of the Regular Events page