

LOVE WITHOUT ATTACHMENT & SERVE WITHOUT EXPECTATION

Amma: Hundreds of Amma's children who are educated and have work experience come here. How can they start meditating all day as soon as they arrive here? Doing some work that benefits the world is so much better than sitting without being able to meditate properly and allowing the mind to be polluted by more and more thoughts. Everyone can perform actions that are suited to their abilities while chanting a mantra. This will benefit them as well as the world. It creates internal purity, and brings us closer to the goal.

No one can reach the goal without effort. Effort is indispensable in both worldly and spiritual life. However, it is divine grace that brings completion to the effort and gives it beauty, and a selfless attitude is what qualifies one for that grace.

My children, when you perform selfless service for the world, you may think, "Because of all this work, I don't get even a moment to think of God. All my time is lost in work. Is my life going to be useless?" But those who perform selfless actions don't have to tire themselves looking for God anywhere, because God's true shrine is in the heart of the person who does selfless service...

There are those who think that all a sannyasi (monk or nun) needs to do is go to the Himalayas and live there. My children, selfless service to the world is the beginning of the real quest for the Self. It is also the end of that quest. Our duty to God is to be compassionate towards those who are suffering and in need. Our highest, most important duty in this world is to help our fellow beings. God doesn't need anything from us. The Supreme Being is always complete. The sun doesn't need candlelight. God is the protector of the entire universe. God is the personification of love and compassion. We become expansive only by imbibing that love and compassion. Sannyasis learn to love without any attachment, and to serve without any expectation. They have to discard the baggage of selfishness and lift onto their shoulders the burden of service to the world.

We become eligible for God's grace only when we are able to love and serve all living beings without any selfish desires. To meditate without attaining internal purity through selfless service is as wasteful as pouring milk into a dirty vessel. We forget this truth. We forget our obligation to serve those who are struggling. We visit the temple and perform worship, but when we come out of that place and are confronted by those who are sick or unable to find work, and they extend their hands towards us for a little food, we ignore them or shout at them and drive them away. My children, true worship of God is the loving kindness we show the suffering...

You may ask, "If selfless service is so great, what is the need for meditation and tapas (self-discipline, spiritual practices)?" My children, if an ordinary person is like an electric post, a person who does tapas is like a transformer. It is possible to gain great power through tapas. It is like generating power by building a dam across a river that flows through nine channels. But we should also be willing to dedicate the power we gain through tapas to the welfare of the world. We should be ready to offer everything, like an incense stick that burns itself out while spreading fragrance everywhere. God's grace flows automatically to those whose hearts are that expansive.



M.A. CENTER SATSANG

APRIL 30, 2011 BULLETIN

www.amma.org/bayarea

510-537-9417 x 431

Only action performed with an attitude of selflessness can help you to go deeper into meditation. And real meditation will happen only when you have become truly selfless, because it is selflessness that removes thoughts and takes you deep into the silence. – Amma

This Evening's Program

4:30 pm Chanting the Sri Lalitha Sahasranama (1,000 Names the Divine Mother); pp. 1-40 in Prayers & Chants binder, Preceded by Guru Stotram on p. i

5:30 pm

108 Names of Amma: p. 41 in binder

Satsang (spiritual talk)

Amrita TV DVD

Bhajans (devotional singing)

Arati & Closing Prayer: after 108 Names in binder

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

UPCOMING M.A. CENTER SCHEDULE

TOMORROW: Sunday, 5/1: Concerts of Compassion: Fundraiser for Japan Relief; 3:30-7:00 pm, Amrita Hall, see opposite page for details

Wednesday, 5/4: Spiritual Class with Br. Dayamrita followed by Karthika Puja (Amma's Birthstar), 6:30 pm, Ron's House Puja Room

Friday, 5/6: IAM Class – Short Version, 7-9pm in Amrita Hall

Designed by Amma for organizations, businesses and busy people, this technique has been especially appealing to “non devotees.”

You can invite your friends and business associates who are interested in a short, very effective meditation practice that can be done in 20 minutes. Devotees also welcome. Free to attend; donations welcome. RSVP to: iam@ammachi.org

Saturday, 5/7: Seva Orientation and Training for Amma's 25th Summer Visit, 11am - 4:30pm, includes lunch & tea. All are invited to join the seva team! Get connected with department coordinators and other volunteers, attend darshan line and greeter training and sign up for selfless service during Amma's visit.

Archana, 4:30, **Satsang Program, 5:30pm**

Last Saturday evening program before Amma's Visit

Selfless Service to prepare for Amma, Saturdays & Sundays:
5/7 & 8, 5/14 & 15, 21 & 22 + Saturday 5/28

We will come together on these fun filled and uplifting days to prepare for Amma's arrival. Everyone is welcome to join in. Many people are needed to prepare the ashram. Seva days begin at 9:30 am and chai and lunch are provided. Please mark your calendar and come as much as you can!

Amma's 2011 Summer North American Tour: Tentative schedule is posted at: www.amma.org. Seattle and San Ramon dates have been confirmed:

Thurs, June 2 - Wed, June 8: Amma at M.A. Center!

Public Programs: 6/2, 3, 4, 5; Retreat: 6/6-8; Devi Bhava: 6/ 8

**More information will be posted soon at www.amma.org
and online retreat registration will be available soon.**

Fundraiser for Embracing the World's Japan Relief

Sunday, 5/1: Carnatic Violinist, Dr. Saravanapriyan w/ mrudangam, 3:30-5:00pm + **Hindustani Flutist, Mr. Prasad Bhandarhar** w/ tabla, 5:30-7:00pm in Amrita Hall. Ticket price = \$25, includes a delicious catered Indian dinner following the concert.

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 pm & Wednesdays, Fridays & Sundays at 7:00 pm. Main House is uphill above Amrita Hall.

Weekend Seva (Selfless Service) Days begin at 9:30 am

See opposite page for schedule of seva days to prepare for Amma's Visit.

Wednesday Seva Days from now through May

Contact: seva@ammachi.org (510-537-9417 x444 if no email)

Amrita Bala Kendra Program for children ages 4 –12, 2nd and 4th Sunday of the month, 3:00 – 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

Sunday Seva Days: 9:00am pickup

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.