

Question: “Mother, many obstacles arise in my sadhana (spiritual practice). No progress is being made.

Amma: “Son, suppose we work hard from morning till evening, and with that hard-earned money, we purchase peanuts every evening and eat them. Then at the end of the month, when we look in the cash box, there is no money at all. It was all spent for the peanuts; nothing was saved. Likewise, we do some kind of spiritual practice and then dissipate the acquired spiritual energy by indulging in worldly affairs. Who is to blame if the bucket used to draw water from a well has a hole? There will not be any water left in the bucket by the time it reaches the top of the well. All the water will have leaked out through the hole. Similarly, the power we acquire through meditation will be wasted if we involve ourselves in worldly activities without the proper attitude.

Question: “What do you mean by the proper attitude, Mother?”

Amma: “Do your duties in the world as best as you can while surrendering everything to the Power which is beyond. Understand the nature of life. Act wisely without falling apart when obstacles arise and without getting too overjoyed in favorable circumstances. This world has been created for you. No saint or scripture says that you should not enjoy the pleasures of the world. But you are asked to exercise a certain amount of restraint while enjoying. Always maintain your self-control and be the master of the external objects and circumstances. Do not let anything enslave or control you. When your attitude changes, life’s goal also changes, and then your mind becomes more calm and quite. Take the example of Lord Sri Rama and Ravana. Sri Rama did everything for the welfare and happiness of all humanity, whereas Ravana’s motivation was completely selfish. Sri Rama had an expansive viewpoint; Ravana viewed everything from the level of his own ego. Ravana wanted everything for himself; Rama gave up everything for the good of the world. Because of this, Rama is still adored and worshipped. Through Him thousands find solace and succor. Ravana paved the way for his own and the whole nation’s destruction and became an evil character condemned by all. This clearly shows their difference in attitude and the effect thereof.”

Question: “Mother, is it possible for everyone to be like Sri Rama? He was an Incarnation, but we are mortal human beings.”

Amma: “Son, we always find an excuse when a situation arises where we don’t want to blame ourselves. That is foolishness. We never try with determination. We have all the qualities in us, but we never try. We have all the instruments but we never use them.

“Take the example of Valmiki who wrote the Ramayana. He was a highway robber, illiterate and primitive. Through constant practice endowed with determination, he became a great sage. He became a benefactor of the world through his compassion towards ailing humanity. How? Through constant chanting. Everything is within us, but our attachments...always pull us down.”



M.A. CENTER SATSANG

APRIL 9, 2011 BULLETIN

www.amma.org/bayarea

510-537-9417 x 431

*Do not look at the world. Look within
yourself and remove the impurities from
your mind. Practice seeing only
the good in others. ~ 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)
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
Library Sale: excess inventory clearance, by donation

M.A. CENTER SCHEDULE

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

UPCOMING EVENTS

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
A day of fun and education for the whole family! 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

12:30pm: Picnic Lunch with live music

2-4pm: Family Fun: games, face painting, bubbles, booths, etc.

Tour of the new Orchard, 3pm visit the new Labyrinth, And more!

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

Tuesday, 4/19: Passover Seder: Jewish Ceremonial Dinner,
Seder Service, 6 pm; Meal, 7:30 pm, Amrita Hall,
Please RSVP to: events@ammachi.org

A traditional meal and service that celebrates liberation from
slavery. We will reflect on the spiritual significance of inner and
outer freedom: from bondage of the ego and life circumstances in
light of Amma's teachings. See flyer in back of hall for more info.

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/ mrudangam & violin, 6:45-8:45pm in Amrita Hall.

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 for each evening = \$25, includes dinner; Early Bird Saturday
night special = \$20: Deadline for 4/15 concert TONIGHT. Deadline for 5/1
concert: Sat, 4/23. 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