

## YOU ARE THE LIGHT OF GOD

**Amma:** “You don’t belong to the dark. The darkness is a prison created by your own mind and ego; it is self-imposed and self-created. It is not your real abode, for you belong to the light. You are the light of God. So let go of the dark. Realize that you are in prison; recognize the prison for what it is, and understand that it is not our real home. We have created our own prison and our own imprisonment. Nobody else is responsible or involved. Observe that the darkness is dark, and not light. We are in the dark but unfortunately we think we are in the light. Thinking is the problem. We are totally identified with the thought process.

“In our present mental state, although we are in the dark and are bound by the self-created ego, we believe that we are free and in the light. We are mistaking darkness for light, and bondage for freedom. It is a question of recognizing the bondage for what it is. We don’t understand that we are chained, for we have been in chains, in the dark, for a long time. The chains that bind us are like ornaments to us, and the prison has become almost like a home. What we consider to be embellishments – fame, power, wealth – are, in fact, the chains that bind us. Because of this mistaken concept, misery and sadness have become part of our lives, and this is why we cannot smile wholeheartedly. But the truth is the opposite. We are the light of the Divine, and bliss is our birthright. We are the eternally free, infinite Atman.

“There is a vague memory of our true nature within us. Sometimes this memory becomes a little clearer. But most of the time we are unaware of it, which is why we continue to remain in bondage. Whenever the memory stirs, we struggle to free ourselves. This chain, however, is such that the more you struggle, the tighter it becomes. Stop struggling, quiet down and relax, and you will discover that you are free. Being aware of the bondage is enough to free you from its clutches. You are holding on to all the illusory objects created by the mind. You unwisely identify with your thoughts, thus creating your own prison and being imprisoned therein. How do you free yourself? It is very simple. Just release the grip and withdraw your cooperation – just let go.

“...A person calls out, ‘Free me! I want freedom!’ But who has chained him? What is binding him? No one – nothing. He just has to stop creating all this unnecessary noise, stop struggling, calm down and relax; then he will see that it is he, and he alone, who is responsible for his own bondage...He can be ever-free. The entire universe belongs to him.”

From *Awaken Children! Volume 8*, pp. 83-86

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# M.A. CENTER SATSANG

MARCH 26, 2011 BULLETIN

[www.amma.org/bayarea](http://www.amma.org/bayarea)

510-537-9417 x 431

*We are the light of the Divine,  
and bliss is our birthright. We are the  
eternally free, infinite Atman. ~ Amma*

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## 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

### **TOMORROW, Sunday, 3/27 Auspicious Homa Fire Ceremony**

5:30-7:30 AM, on the Temple porch. Everyone is welcome to attend free of charge and receive the spiritual benefit. If you wish to sign up for a special intention to have the Homa done in your name or in the name of a family member or friend, please come to the back of the hall after this evening's program. If you sign up and pay for a puja/homa, you need not attend to receive the benefits. Proceeds go to Amma's Charities.

### **Saturday, 4/2 Craft Guild Workshop: Recycled Fashion**

11:00am - 4:00 pm, in the Snack Tent above Amrita Hall.  
Come try your hand at making new clothing from old! Facilitated by experienced seamstresses. Articles donated by THREADS for recycling and upcycling apparel. Knitters and Crocheters also welcome to join the meeting to practice those crafts.

### **Thursday, 4/7: Puja Ceremony for Amma's Karthika Birthstar**

7:30pm in the 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, in Main House

### **Friday, 4/15: Concert Fundraiser for Japan Relief**

6:45-8:45pm, see opposite page for details

### **Saturday, 4/16: Earth Day Festival and Spring Picnic, 10am-4pm**

10 am: **Prayers for the Earth, Container Gardening Workshop**

12:30pm: **Picnic Lunch** with live music

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

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

**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 Flautist, Mr. Prasad Bhandarhar** w/ tabla,  
5:30-7:00pm in Amrita Hall

Tickets for each evening = \$25, includes dinner; \$20 when purchased  
@M.A. Center; some discounts if attending both concerts

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**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, 2<sup>nd</sup> and 4<sup>th</sup> Sunday of the month,  
11:00 – 5:30 pm, www.balakendra.org, Registration: Sudhir Aggarwal,  
saggarwal3@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.

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**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](mailto:prayers@amma.org)

**This weekly bulletin is available online** at: [www.bayarea.amma.org](http://www.bayarea.amma.org)

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