

## BHAKTI YOGA

**Question:** “Amma, I don’t waste any time. Either I come here to be with you, or I go to the temple. Isn’t that all I can do?”

**Amma:** “Coming here or going to a temple is fine, but our aim should be to purify the mind. If we can’t make our minds pure, everything is a waste. Don’t think that we can find peace without making our mind and our actions pure. We should remember this when we go to see a mahatma or visit a temple. We should have an attitude of surrender. But these days, most people worry about reserving a room in the lodge even before they leave home for a pilgrimage. The moment they start the trip, they begin talking about family and neighbors. Even when they are back at home, this does not stop. God is just forgotten in the middle of all this.”

“Wherever you go, don’t forget God’s name. Look at the ‘metal’ that is mixed with concrete for fixing the roads. Only if the metal is clean, will the concrete set properly. In the same way, only if we purify our hearts through japa, can we install God within. To purify the mind, there is no better way than chanting the divine name.

“When TV programs are transmitted from the studio, we can see them at home only if we turn on the television set. Wouldn’t it be useless to blame others if you can’t see anything on the TV, because you haven’t turned it on? God’s grace always flows to us, but to benefit from it, we have to be tuned to His world. What good is to stay inside with all the doors closed and complain that it is dark when the sun is shining brightly outside? If we just open the doors of our hearts, we can receive the grace that God is constantly showering upon us.

“The soil turns into mud when it rains, and then it causes trouble for everyone. The rain that falls on sand is also wasted. But the seashell utilizes a single drop of water it receives to form a priceless pearl. God showers his compassion on us constantly. How we benefit from it depends on how we receive it inwardly.

“Children, until we tune ourselves to the world of God, we will produce only the jarring notes of ignorance, not divine music. We will have to put up with our lack of perfection. There is no use blaming others for it.

“We are willing to wait for a bus, however long it takes. We don’t mind spending the whole day at the courthouse pursuing some legal matter or other. Yet we have no patience when we visit a mahatma or go to a temple. When you go to an ashram or a temple, spend some time there, remembering God with devotion. Chant the divine name and meditate for a while, or be engaged in some selfless work. Only then will there be some benefit from the visit.”



# M.A. CENTER SATSANG

MARCH 5, 2011 BULLETIN

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

510-537-9417 x 431

*God's grace always flows to us, but to benefit from it, we have to be tuned to His world. ~ Amma*

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## THIS EVENING'S PROGRAM

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

**5:30 pm**

108 Names of Amma: *after p. 40 in binder*

Satsang (Spiritual talk) & Amrita TV DVD

Bhajans (devotional singing)

Arati & Closing Prayers *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

## M.A. CENTER SCHEDULE

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

### UPCOMING EVENTS

**Thursday 3/10: Puja for Karthika** (Amma's Birthstar),  
7:30 pm, Main House Puja Room

**Saturday, 3/12:**

**Amma's Community Garden Day:** Come all day, for a few hours or for a tour. Experience Amma's Divine energy in a natural setting! Gloves and hats provided:

10am - 1pm: Garden Seva: *Planting seeds, making beds, composting, clearing and preparing pathways*

2 - 4pm: Family time: *Activities planned for kids of all ages*

4 - 5:30 pm: *Harvesting for the Sat. evening sales: Stop by to pick a few veggies on your way to Satsang, just for fun.*

To minimize waste, donations of twist ties, rubber bands, plastic bags, and paper bags for the garden sales table are welcome.

**Afternoon Sanskrit Classes begin.** 8-week series,  
See opposite page for details

**Sat & Sun 3/12 & 13: Integrated Amrita Meditation Technique**

**Course,** online registration available at [www.amma.org](http://www.amma.org) under "Meditation Classes"; Refresher on Sunday at 9am.

**Saturday 3/19 Spring Equinox Celebration,** 3:00-4:30 pm, Labyrinth

**Sunday 3/20 Early Spring Silent Retreat,** 9:00 am – 6:00 pm

online registration at: [www.amma.org](http://www.amma.org)  
under, "Special Events & Retreats"

Enjoy the beautiful spring season in the green rolling hills of the MA Center! Please join us for a day of silence, reflection and relaxation. The retreat will include Hatha Yoga, chanting, bhajans (devotional singing), meditation and spiritual talks and stories of Amma. Weather permitting; we will also spend reflective time in the natural beauty of MA Center's gardens and woodlands. The retreat will be led by Bri. Remadevi.

**Sanskrit Classes on Saturday afternoons for 8 weeks: March 12-April 30**

Main House Puja Room; Donation: \$100.00. Please pay instructor at first class. Proceeds to Amma's charities.

**Sanskrit I: 2:00-3:00 pm:** Learn how to correctly pronounce and read the Sanskrit Devanagari script. Find out why Sanskrit is used for mantras, why it is considered a sadhana in itself, why it is the macrocosm contained within the microcosm and more. Give your spiritual practice a transformative boost!

**Sanskrit II: 3:30-4:30 pm:** This course will focus on reading/chanting Amma's 08 names, the 1000 names of the Divine Mother and more. Texts will be read in the Devanagari script. Attention given to proper timing and pronunciation.

**Prerequisite for Sanskrit II:** Ability to read Devanagari script.

To RSVP and if you have any questions please contact Ramana:  
hubharamana@gmail.com.

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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 6:15 pm & Wednesdays, Fridays & Sundays at 7:00 pm. Main House is uphill above Amrita Hall.

**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, 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.

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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

**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.