

SERVICE & SPIRITUAL LIFE

Amma: 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 the heart of the person who does selfless service...

Perform your actions without attachment. Act without the attitude, “I am doing.” Act instead with the attitude, “God is making me do this.” Such work can never cause bondage, but will lead to Liberation. In any section of the Gita you can see that it is human effort that is given importance...

There are those who think that all a sannyasi 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 (austerities)?” 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.

My children, we should try to develop compassion. We should feel an urgency to serve the suffering. We should be ready to work for the welfare of the world in every situation.



M.A. CENTER SATSANG

MAY 7, 2011 BULLETIN

www.amma.org/bayarea

510-537-9417 x 431

*My children, Self-realization is the ability to
see ourselves in all living beings. – Amma*

This Evening's Program

4:30 pm Chanting the Sri Lalitha Sahasranama (1,000 Names of 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)

Achievement Ceremony

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

This is the last Saturday evening program before Amma arrives.

Upcoming M.A Center Schedule

TOMORROW, Sun, 5/8 First Sunday Seva Day Tomorrow and next weekend are very important Seva days. The county inspections for Amma's programs will happen in mid-May.

Sat & Sun, 5/14 & 15: Seva Days to prepare for Amma: 9:30am-5pm

Sat & Sun, 5/21 & 22: Seva Days to prepare for Amma: 9:30am-5pm

Sat & Sun, 5/28 & 29: Seva Days to prepare for Amma: 9:30am-5pm

Wednesday Seva Days from now through May

With Amma's visit fast approaching, many people are needed to join in the preparations on the Seva days! There is something for everyone to do: light and heavy work indoors and outdoors. Cleaning and setting up: houses, temple, tents, kitchen, snack shops, dining hall; Grounds work and more! Chai & Lunch provided. Contact: seva@ammachi.org (510-537-9417 x444 if you don't have email)

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 info at www.amma.org

Saturday, July 9: Five Week Summer Satsang Series begins: Archana 5:00pm, Informal Satsang Programs 7:00 pm. Dinner will NOT be served after these programs but snacks will be available.

Thursday, July 14: Guru Purnima (Full Moon of the Guru)
Puja & Celebration, 7:00pm in Amrita Hall, Dinner after program

Saturday, August 13: Regular Satsang Programs resume after Amma's North American Tour: Archana 4:30pm, Satsang Program 5:30pm, Dinner 8:30pm

Amma's 2011 Summer North American Tour Schedule is available online and you can **register for the retreats at www.amma.org**. If you know you are going to attend the retreat at M.A. Center, we encourage you to sign up as soon as possible.

Coming Soon! To sign up for seva during Amma's visit please go to www.bayarea.amma.org You can click on, "San Ramon Tour Seva Opportunities" to see what's available and on "Online Volunteer Application " to sign up and make your choices. Contact: seva@ammachi.org for links and more info. (510-537-9417 x444 if you don't have email)

Postcards Available: We now have postcards and flyers announcing Amma's visit to the M.A. Center this June. Please take some to post and hand out so that many more people can have the chance to come and meet Amma!

***Lost & Found** If you have lost anything in the last few months, please check the box. Items will be removed from the hall after this evening's program.

Get real time logistical updates during Amma's visit! Stay informed about program changes, parking updates, Devi Bhava information, gate closing times, etc. **Here's How:**

step 1: Create your Twitter account (if you don't have one already) at: www.twitter.com You can read the updates on your computer OR receive them as text messages to your cell phone. **To activate text messages:**

step 2: Change settings to receive tweets and text messages under "Settings/Mobile" – add your cell phone number and verify it from your phone. Go to your account HOME. Go back to "Settings/Mobile." Your phone number should show up there. Select <ON> or Device Updates. Press <Save>

step 3: Follow MAcenter: Click "Find People" on top right hand of page. Type "Macenter" in Search field and click "search." When MAcenter screen appears, click "follow." *Questions?* Email: events@ammachi.org

CASTRO VALLEY BART STATION PICKUPS:

Saturday & Sunday Seva Days: 9:00am pickup

Wednesday Seva Days: 9:30am pickup

Summer Satsangs (beginning 7/9): 5:30pm pickup

Guru Purnima (7/14): 6:30pm

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 ashram.*

***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. **Prayer list will resume on July 9.**