

## **Welcome to the August newsletter of Amma's Madison Satsang**

*Dedicated to Sri Mata Amritanandamayi Devi, also called Ammachi, Holy Mother and Amma. Her mission in life is to awaken the Infinite Divine Power within everyone and lead humanity along the right path of selfless service and love for others.*

***What the world needs are servants, not leaders. Let us become a real servant indeed. That is the only way to become a real leader. —Amma***

### **UPCOMING LOCAL AMMA EVENTS**

*All events are at the home of the coordinators, Madhu and Sajan, unless otherwise specified.*

*Directions to their home are at the end of this calendar.*

#### **August Satsang with Rasya and Haran**

(Please note schedule change. Satsang this month will be Saturday, August 1))

Each year for many years the Madison Satsang has enjoyed a special meeting with Rasya and Haran, 2 of Amma's long time devotees. It is because of Rasya's mother that Amma came to Madison on her first world tour.

If you read the autobiography of Swami Paramatmananda (Amma's oldest Western male disciple), you will find a reference to his brother's yoga teacher in Ann Arbor, who told her student he should go to India. The future Swami went with him, and they eventually met Amma and later arranged for Amma's first world tour in 1987. That yoga teacher was Rasya's mother! And of course the brothers felt Amma should come to Madison because of her. The first Devi Bhava in the mid-west was conducted in the cow barn on their farm in the Mt. Horeb area. Even today, if you visit that barn and stand where Amma sat to give darshan, it is possible to feel the vibration of that amazing evening.

Thus, Rasya met Amma before she was even in high school. She went on to live with Amma for a while at Amritapuri and to settle at San Ramon. One of Rasya's main sevas is coordinating registrations from retreats during Amma's tours.

Haran is from New Zealand and has also lived at Amritapuri. He has spent much of his life driving Amma's tour van across the country. After the North American tour they come to visit Rasya's family and friends in Madison and are kind enough to take the time to pay a visit to the satsang.

Amma married Rasya and Haran a few years ago at the Iowa Program, and they reside in a charming small house they built at the San Ramon Ashram.

## Update from Amritapuri

By Premarupa Kenna

Aum Amriteshvaryai Namah

Wednesday, July 29, 2009

As usual before Amma's return after Her longest time away, Ashramites were in a fever pitch effort to finish constructing, painting, planting, washing and polishing in order to welcome Amma back. As a result, the sacred tree in the temple yard has a fine new stone wall around it, and the juice stall has been moved to the area behind the E flats so that it is contiguous with the Indian Canteen (which is where the old dairy once stood). All are close to the big auditorium and there are no longer college students sitting on the temple steps gossiping as they drink their tea and eat their ice creams.

Amma arrived on Sunday morning round 6:30 and spent some time with the overjoyed crowd outside Her apartment. Then on Monday around 5 pm, She went to the seashore and conducted a meditation and gave a short satsang. Her focus was on why we don't love each other the way we say we love Her. She told again the story to illustrate her point:

King Shivaji, in Maharashtra, had a city on a high mountain with steep cliffs, making it easy to defend. The city was surrounded by a wall, and could be entered only by one gate that was open during the day and closed at night. Every day a milk maid from the village below would bring milk to sell in the city and make her rounds. She left her small child at home in the village and would always rush back before dark to feed the child. One day the gate was closed before she left. She begged the guard to open the gate to let her leave, but to no avail. Beside herself with concern for her child, she found a small opening in the wall and, in the dark, managed to get down the mountain in order to attend to her child.

The next day when she appeared at the city gate as usual, the guard wanted to know how she had gotten out. When she told him she had gone down the mountain another way, the guard took her to the king and told the king. Concerned that there was some weakness in the defense of the city, the king and his officers accompanied the woman to the place where she had left the city. When she pointed to the place, the king and his officers couldn't believe that she had actually climbed down the cliff since it was full of steep rocks and thorny bushes. The king kept questioning the woman, wanting her to show them how she had escaped from the city. Finally, the young woman herself looked at that place and was overcome with fear. It was indeed full of steep rocks and thorny bushes. Traversing it in the light of day, let alone in the dark of night, seemed completely impossible, even to her. Yet, due to her concern for her child, the young mother had been able to do it. This, Amma says, is the true nature of the love of a mother. It is this love that Amma has for us, and it is this love that She is trying to awaken in us.

Amma came to bhajans that evening. Yesterday, as usual on Tuesday, She came for meditation and to serve us lunch. But everyone is seeing that Amma is very sad. She was crying as She came to sit. She didn't give any teaching, only asked someone to saying something with some spiritual meaning, and She didn't sing before serving the meal, which we have never seen before.

This is forcing us all to look more closely at our own selfish behaviors and make more effort to love each other.

May Her grace bless our every effort.

## **IAM Training**

IAM - Integrated Amrita Meditation Technique will be offered in Madison:

Saturday, Oct. 3, 2008

8:30 a.m. - 5:30 p.m.

Friends Meeting House, 1704 Roberts Court.

For more information call or e-mail Sharad at:

(608) 257-6229

iam.dayal@yahoo.com

For registration information go to <http://www.ammamadison.org/iam.html>

The IAM - Integrated Amrita Meditation Technique® is a powerful way to reconnect with our real center, our inner Self, and thereby experience true joy and peace in life. Born out of Amma's deep resolve for our spiritual enhancement, this technique, when practiced with dedication, is designed to bring about integration in our lives - an integration of body, mind, intellect and heart.

For more details please see <http://www.integratedmeditation.org/>

## This month's calendar

**August 1, 4:00 pm (Saturday)** - Chanting of Lalitha Sahasranama (1000 Names of the Goddess). You are welcome to join this practice whether or not you stay for the meeting that follows. You are also welcome to attend even if you are not familiar with the practice. It provides a wonderful atmosphere in which to meditate. We have a few spare chanting books in various languages (English, Telugu, Tamil, Hindi and Kannada) if you want to join in.

***What Amma tells us about chanting the Lalitha Sahasranama:***

*"This worship will bring prosperity to the home and peace to the world. It will be an atonement for sins committed. One will gain strength, longevity and good health. Every nerve in our body will be vitalized by the Thousand Names of Sri Lalitha. The atmosphere will be purified. Mother is making a resolve that the effects of undesirable planetary conjunctions, evil forces and other negative energies will be counteracted by the worship."*

**August 1, 5:00 pm (Saturday)** - Monthly satsang meeting. Includes Amma's teachings, Amma's bhajans (devotional songs), arati (waving light before Amma's picture), and a vegetarian potluck. First timers are welcome to come and enjoy the meal without feeling obligated to bring anything.

***Custom notes***

- Please label dishes that contain wheat or peanut products to alert people suffering from allergies.
- Our more traditional Hindu members prefer offerings to be egg free.

**Bimonthly service project (next one is Monday, September )**

You are welcome to participate in the Madison Satsang's service at the Grace Homeless Shelter at 6:30 pm. on the 3<sup>rd</sup> Monday, every other month. Please respond to this email if you plan to come or wish to receive more information.

**Other activities in the Midwest:**

For events in Milwaukee, contact [AmmaMilwaukee@gmail.com](mailto:AmmaMilwaukee@gmail.com)

For events in the Chicago area (Oakbrook, IL), contact [bcnair3021@gmail.com](mailto:bcnair3021@gmail.com)

For events in downtown Chicago, contact [rebeccaanderman@hotmail.com](mailto:rebeccaanderman@hotmail.com)

For events in Fairfield, Iowa, contact [info@amma-fairfield.org](mailto:info@amma-fairfield.org)

**Directions to Madhu and Sajan's home: 2 Willowbrook Ct. (608 848-5033)**

Verona Road to Hwy PD (McKee Road)

Right onto Hwy PD

Left at first light onto Nesbitt Road

Continue straight through the 4-way stop at Maple Grove Road, onto Cross Country Road

First right — a very short block — onto Ambleside, to the corner of Willowbrook Court

Please park on Ambleside or in our hosts' driveway, so as to avoid over-parking the

Willowbrook cul de sac.

*Please share these announcements with anyone not on this list who might be interested.*

*In order to protect the nonprofit status of Amma's organizations, this mailing list is used solely for the charitable activities of Sri Mata Amritanandamayi.*

*To unsubscribe from this list, please reply to this email with "unsubscribe" in the subject line.*