

Welcome to the monthly newsletter of Amma's Madison WI Satsang

Dedicated to Sri Mata Amritanandamayi Devi,
also called "Ammachi", "Amma", "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.

Reaching the Absolute

*A person has reached the Absolute
when there is no feeling of hatred,
no perception of superiority or inferiority.*

*Everything is within us -- we are
the absolute Self -- but the words
are not enough, we must have the experience.*

Accept the situation, develop faith, move
forward
Amma visits tsunami relief camps in Japan

25 July, Tokyo

During the programs in Tokyo, many people from tsunami-affected areas came to seek solace and guidance from Amma. A number of them wept in her arms as they shared their grief with her. People expressed their concern over radiation threats. Some of them were anxious to know if their children and the next generation of their family members would be safe with the radiation and constant natural calamities that haunt Japan. Seeing the grief and the pain of the people, Amma decided to visit the disaster area and one of the relief camps.

After the program in Tokyo ended at 5:30 am Amma immediately left for one of the relief camps in Tagajo Sports Complex, 500 kms away. This place is currently utilised as a relief center for the displaced members of the community. Amma was taken on a tour of the complex, and shown how the cardboard divided cubicles provided for the temporary housing of the over 200 residents.

Amma addressed the refugee residents, with the following words of inspiration, “You have just been through painful experiences, and you have yet to come out of that shock. The situation is such that no words can give you peace. Amma is here just to part take in the grief that you are going through. There are certain situations in life where you cannot do anything but accept. This is one of those situations. If you ask a musician where the music is coming from, he would say ‘its from my fingers, or from my throat, or from my heart’. If you operate the

finger, the throat or the heart you will not find music. Actually music is coming from beyond. We have to understand the limitations of our actions, and the place of God's Grace in our life. Keeping faith in that power, my children, pray for the Grace. Like any other decision, happiness is also a decision. Have a resolve, let any thing happen, I will be happy, I will be courageous. Without losing the self-confidence or faith in God, move forward".

After a few minutes of silent meditation, Amma led the group in chanting prayers for the departed. Amma embraced and consoled each resident, offering them Her shoulder on which they unburdened their sorrows. Amma's face reflected their grief; tears were flowing from their eyes and also from hers. Knowing that the residents had lost everything, Amma presented household items for their material support to help improve their life at the center.

Amma also visited the worst hit areas of Shichigahama coastal region. In some places there was complete destruction, in others one could still faintly make out the foundations of a houses where neighbourhoods once stood. At the Shichigahama beach area, looking out at the Pacific Ocean, Amma called on all to pray for peace and for harmony in nature. She then led the group in prayers for peace, chanting Aum Shanti, Shanti, Shanti nine times, and Lokah Samastah Sukhino Bhavantu three times.

Amma offered a bouquet of flowers to the ocean, wading a few inches in, paying Her respects to it as well. She stood gazing out at the horizon for some time, then encouraged all the members of the group to follow by offering their flowers. The pink

blossoms were drawn out to sea along with everyone's prayers for peace.

Upcoming Local Amma Events

*(All events are at Madhu and Sajan's home unless otherwise specified.
Directions are at the end of this calendar.)*

August 21, 1 pm (Sunday) - 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.

"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 this worship." —Amma

August 21, 2 pm (Sunday) - 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 note: Our more traditional Hindu members prefer the offerings to be egg free.

For events in Milwaukee, contact AmmaMilwaukee@gmail.com
For events in Oakbrook , IL , contact benair3021@gmail.com
For events in Fairfield , Iowa , contact info@amma-fairfield.org

For events in downtown Chicago , contact rebeccaanderman@hotmail.com

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
Corner of Willowbrook Court

Please park on Ambleside or in our hosts' driveway,
so as to avoid over-parking the Willowbrook cul de sac.

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*Please share these announcements with anyone not on our list who might be interested.
In order to protect the nonprofit status of Amma's organizations,
Amma Satsang mailing lists are used solely for the humanitarian activities of
Sri Mata Amritanandamayi.
To unsubscribe from this list, please reply with "unsubscribe" in the subject line.*