

Aum Amriteshwaryai Namah

## **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.

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*We are all links in the chain of Life.  
If one link is weak, so is the entire chain.  
Each thought and action has the power  
to brighten or darken many lives.*

*-Amma-*

## **Prasannan Returns to Madison**

Amma's astrologer will soon return to Madison as part of  
his international tour.

Jyotish appointments will be available on  
Thursday, March 17 and Friday March 18.  
at the home of Madhu and Sajan Thandaserry.

**\*\*Please contact Madhu via e-  
mail [[madhuandsajsan@hotmail.com](mailto:madhuandsajsan@hotmail.com)]**

to schedule. All appointments are made on first come/first serve basis.

## **Amma's Madison Satsang will offer IAM Training**

IAM - Integrated Amrita Meditation Technique

will be offered in Madison:

Saturday, May 7, 2011

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

at the Friends Meeting House, 1704 Roberts Court.

For more information call or e-mail Sharad at:

(608) 257-6229

[iam.dayal@yahoo.com](mailto:iam.dayal@yahoo.com)

For registration information logon to:

[www.ammamadison.org/iam.html](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 details please see <http://www.amma.org/events/iam.html>.

# A Privileged Life

Posted on 23 January 2011.

Our accommodation at Tuticorin was in one of Amma's new schools, still under construction. It was quite clean and comfortable. The local hardworking and sweet devotees provided a constant supply of chai and delicious, non-spicy meals for the Western palate. However, neither the electrical nor the water supply could cope with the demands of our tour group. So, for most of our stay we had to use skillful means to come up with enough water for our basic needs.

At our evening stop on the way to Ramanthapuram, in a sandy field under the full moon, Amma asked for jokes and stories. One pert grey haired first timer stood up and shared that never before in her life had she experienced running out of water. She always had had water available at the turn of the wrist at the tap. Her experience on tour had made her aware of how privileged her life style had been and still is. With Amma closely listening and nodding affirmatively as she spoke, the devotee vowed to be more conscious and conservative of water use in the future and to encourage others to do the same.

At the beginning of the stop, Amma had asked the Westerners how they were adjusting to the tour and if they had enough sleeping space. She said that Amma knew that they were not used to these conditions. The Westerners all enthusiastically assured Amma that they were fine, and at the same time, a few exchanged knowing looks with each other. Amma looked proud of us.

She always stresses that the path to Liberation is to go beyond body consciousness and attachment to the concept of I and mine. Touring gives us the maximum chance to live with the least and share the most. I reflected on how my many Indian tours had made me a much freer person. I had discovered that I neither need the privacy nor the rest and food that I thought that I did. I've learned to travel and adjust to whomever is on the tour-always a multi-national and highly diverse group of "strangers." Yet, as Amma never meets a stranger, we are learning to see all the tour group, not as strangers, or different from us, but as beings who all have the same feelings and needs. However, some are more needy than others as they are older, or more fragile physically or mentally. We have to learn to give when we are tired of giving. Adjust when we are tired of adjusting. Wait in long Qs for food and toilets. But how free we are becoming! As we go beyond what we thought our body needed, we become more like Amma, who never thinks of her own physical comfort, but gives and gives past any reasonable expectation that even a divine being could give. Our tours with Amma are actually giving us the most privileged of lifestyles: a lifestyle that teaches us to be free, in the highest meaning of freedom-free to experience the Self.

Rta  
Bharat Yatra 2011-South India

### **Upcoming Local Amma Events**

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

**February 6, 10 am (Sunday) - Bhajan Practice**

**February 20, 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***

**February 20, 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](mailto:AmmaMilwaukee@gmail.com)  
For events in Oakbrook , IL , contact [bcnair3021@gmail.com](mailto:bcnair3021@gmail.com)  
For events in Fairfield , Iowa , contact [info@amma-fairfield.org](mailto:info@amma-fairfield.org)  
For events in downtown Chicago , contact [rebeccaanderman@hotmail.com](mailto:rebeccaanderman@hotmail.com)**

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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.*