

Aum Amriteshwaryai Namah

Welcome to the monthly newsletter of Amma's Madison 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.

*One who has gone beyond the ego
becomes an offering to the world,
like an incense stick that burns itself out
while giving its fragrance to others.*

-Amma-

[Make your life a celebration](#)

(3 Jan '10)



Thousands of people gathered in the Ashram Main hall on New Year's Eve with Amma to welcome 2010. The celebrations began at 11pm with a series of cultural performances. A group of children began with a song "I am the light of the world, I am wonderful, I am beautiful..." The second performance was a monologue in Sanskrit by an Amrita University student on the benefits of advances

in technology vs. advances in human relationships and compassion. Next a spectacular fire dance and juggling performance entertained the gathering followed by a traditional Indian dance, a classical piano solo, and a short play put on by children. The cultural performances ended with a beautiful rendition of one of Bach's violin concertos.

As the hour of midnight approached, Amma asked all to pray for world peace and then led everyone in chanting 'Lokah Samastah Sukinav Bhavantu.' After the chanting Amma gave her New Year's message during which she explained the true meaning of celebration. "Celebration is forgetting oneself. It is an attitude. We need to have good control over the mind for that. The thought that 'I am limited individual', 'I am this body' will not help us to forget our self. The faith that the self in me and the consciousness behind the universe is one and the same is the basis of the celebration." Amma said. "Just by the clock striking at 12.00 on 31st December, our life is not going to be celebration. For that our mind should be filled with love and compassion. When love and compassion fills our heart you find newness in every moment, you never get bored, always enthusiastic, always happy and life always become a celebration." Amma elaborated. "We take various vows on New Year but how deep is it? We have to evaluate." Amma asked everyone to introspect. "We have the ability to overcome our negativities. We sincerely have to try" she encouraged. "We are not isolated islands. We are like a ring in the chain, connected to each other. Don't expect others to change first, if we change ourselves others will also change" Amma reminded every one.

Amma then led all in singing *Khol Darwaza* which ended with all chanting 'Jai Mata Di'. Louder and louder, as it grew, everyone echoed Amma's chanting, throwing their hands up in the air. At the end, Amma said, "Amma's Heart felt prayers is that everyone should be able to laugh and be joyful like small children and may divine grace bless us for that. May the darkness be completely eliminated and may the pure light of God shine." Amma asked everyone to raise their hands with their open-palms and shake them while responding to 'Mata Rani Ki' with a "Jai". And the celebration continued.

- Sree

IAM - Integrated Amrita Meditation Technique

will be offered in Madison:

Saturday, May 1, 2010

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

For registration information logon to:

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>.

Upcoming Local Amma Events

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

January 12, 5 pm (Tuesday) - Service at Community Meals Program (lasagnas needed).

January 17, 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

January 17, 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.

January 18, 6:30 pm (Monday) - Service at Grace Church Homeless Shelter. **Volunteers should arrive at 6:30 pm

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 bcnair3021@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.