

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.

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*In the end,  
love is the only medicine that can heal  
the wounds of the world.  
In this universe,  
it is love that binds everything together.  
As this awareness dawns within us,  
all disharmony will cease.  
Abiding peace alone will reign.*

*-Amma-*

## [Around Amma: Laugh more!](#)

(20 Feb '02)

20 February, Davangere to Hyderabad bus journey – Lunch stop

So far the trip from Davangere to Hyderabad has been our longest journey, approximately 24 hours. It was an exhausting journey, especially physically. The only thing that is keeping me from flying from city to city is the stops with Mother. These stops make the mental gymnastics and physical pain tolerable. About five and a half hours into the 24-hour trip we stopped for lunch with Mother. She was waiting for us under a massive tree with branches that reached far out. It was able to comfortably shade all 400 of us. I was not there to see the mad rush of devotees racing to be the first to sit closest to Amma, but it became the first topic of discussion during our lunchtime satsang.



Swami Amritaswarupananda asked Amma “Is all the pushing and pulling out of love, or out of one’s ego to get the closest to you?” Mother answered Swamiji in Malayalam. Westerners waited eagerly for Mother’s response to be translated into English. This was a question, which the majority of devotees wanted answered. Swamiji translated Mother’s words saying “The girls would probably sit on mother if they could.” One brahmachari asked Mother if his pushing to always be by Amma’s side was inspired by devotion or ego. Mother then asked him to answer. He believed that if you go close to Amma just to sit and see Her, then it is not ego. Amma replied, “If it is out of love to get close to me then it is not ego.” Amma then spoke about the true devotee’s love for the master. “If one loves a true master, this will mean sorrow. If we fall in love with the master it is like falling in love with the sun, or the moon. This is because the master does not belong to anyone. Due to our ego, we believe that Amma is only our own, and this will undoubtedly lead to sorrow on the outside, but inside it builds the fire of tapas (heat), which burns the ego. The master, or the Mahatma works with the seeker until his/her impurities are burned away.” Amma continued saying, “When we fall in love with an Avatar we will go beyond the body consciousness. With this fire of love, we can cook sweet pudding to offer at the feet of the Supreme. However, the love we have for fleeting objects just keeps burning and no good comes of it. Outside love is attachment, internal love is detachment. Amma, however, is attached to Her children, but it is an internal attachment.” Mother’s sweet words were followed by the chanting of the 15th Chapter of the Bhagavad-Gita, which Amma always has us chant before eating. Then someone handed Mother a large plate of food, and She called us up individually to receive prasad.



After we all took Mother’s prasad, one of the ashram residents did some humorous impersonations of other fellow residents. Mother was roaring with laughter at how the girl was imitating the characteristics of each person. All laughed so hard, even those she was

imitating were laughing. When the laughing subsided one person said she did not think it was nice to make fun of others like this. Mother responded by saying, “Laughter is good for our hearts. That daughter’s intentions were not to make fun of those people, but to make us all laugh. Seriousness is a disease, and we should try to leave it and allow our selves to laugh more. Laughter is good for the health. People have a 500 kg weight in their bellies that is almost impossible to move. Laughing the way we did — from our hearts — is the best way to open up.”

## Reminder: Amma's Astrologer Prasannan to Visit Madison

### DATES FOR PASANNAN'S VISIT:

Wednesday, March 17, 2010, appointments available between 1:30 pm - 9:00 pm

Thursday, March 18, 2010 appointments available between 10:00 am - 9:00 pm

**\*\*Advance reservations are required.\*\***

For appointment/information, contact:

Madhu Thandaserry

phone: 608.848.5033 (Please leave voice mail)

email: [madhuandsajan@hotmail.com](mailto:madhuandsajan@hotmail.com)

Appointment Location :

Madhu and Sajan's residence at

2 Willowbrook Ct. Madison, WI 53719-6200 (608 848-5033)

# Amma's Madison Satsang will offer IAM Training

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](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>.

## Upcoming Local Amma Events

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

**March 7, 10 am (Sunday)** - Bhajan practice

**March 9, 5 pm (Tuesday)** - Service at Community Meals Program (lasagnas needed).

**March 15, 6:30 pm (Monday)** - Meal Seva at Grace Church Homeless Shelter. **\*\*Volunteers should arrive at 6:30.\*\***

**February 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*

**February 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](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.*