

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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*My children, never lose faith  
in God or life.  
It is very important to be optimistic.  
Pessimism is a form of darkness  
that prevents the Divine Light  
from penetrating your life.  
It is an illusory curse  
created by the illusory mind.  
Only if you are optimistic  
will you be able  
to perceive that life  
is replete with Divine Light.*

-Amma-

## The joy of gardening

(1 Sep '09)



August is the season when many youth from all over the world flock to Amritapuri to spend their holidays with Amma. It is a time for the youngsters to reflect about life in a deeper way, contribute to Amma's charitable work and socialize with other like-minded youngsters. This year, AYUDH decided to make an effort and follow Amma's advice to work on the preservation of Nature. The first initiative was to start a vegetable garden. Twice a week around 30 youngsters have been going to the ashram's "Vrindavan" garden near the Ayurveda school to prepare vegetable beds, mix compost into the soil, plant medicinal trees and learn about organic gardening.

Along with the garden in Amritapuri, AYUDH has started cultivating food in Amma's Centers in California, Michigan, Germany and France. Even youth who live in cities have made an effort to grow vegetables, in whatever space they have available. The AYUDH group in Austria for example has turned one of their members' balcony into a field of pots, with tomatoes, zucchini and pepper sprouting up everywhere.



"GrowIn' – One Seed at a Time" is the project title which the youth have given to their common effort to grow healthy, organic food, thus reducing pollution and becoming more independent from the international food market. Another objective of the project is to reconnect to Nature as the life giving principle. Even though all the youngsters have consumed countless of tomatoes in their lives – very few have ever experienced how much effort and time it takes to grow a tomato plant. People are used to getting their food from supermarket shelves – not from the soil. GrowIn' wants to re-introduce the younger generation to the joy of gardening.

Finally, in a few weeks, the youth hope to harvest the tomatoes, corn, cucumber, beans, ladies finger, spinach and many more delicious, organic, vegetables at the "Vrindavan" Garden, offering the fruits of their efforts – literally – to Amma. "Many of the plants die after they have shed their seeds. They sacrifice their own life in order to give birth to many more plants, thus sustaining the circle of life," explained Lola, an ashram resident who has been working in the "Vrindavan" garden for two years, cultivating over 7,000 Tulasi plants and many fruit trees. When they will go back to their home countries they will take with them not just the memory of spending beautiful days with Amma but also

new knowledge to live a more sustainable and environmental friendly life.

## The origins of the festival of Onam

(5 Aug '00)

Onam is on September 2nd. In ancient times, there was an extremely powerful king by the name of Mahabali; he ruled the three worlds. He was a righteous and generous king. King Mahabali's one major flaw, which marred his spiritual stature, was the arrogance he felt when giving in charity to his subjects. He was very proud of the fact that he could give people whatever they wanted. Lord Vishnu decided to bless King Mahabali and make him aware of his fault.



The king was holding a grand sacrifice. It was time to give dakshina (offerings) to the Brahmins. At that time the Lord descended in the form of an eight-year-old boy. As usual, the king took pride in offering to fulfil the boy's wish – anything his heart desired would be his. The boy, very small and humble, yet with an air of self-assurance and divine dignity, stated that he simply wanted a place to sit and meditate, just the length covered by him in three strides. The king was astounded; he told the boy that he could have an entire village, even a kingdom of his own, if he wanted. The boy resolutely stated that all he wanted was the land covered by him in three strides. After failing to convince the boy to ask for more, the king accepted the boy's request. In that moment, the small boy grew to magnificent proportions, the size of which no one had ever seen.



In his first step, he covered the entire earth; with his second step, he covered the entire heaven and nether-world. Thus, he had nowhere to place his third step. He inquired of King Mahabali where he should place his third step. By this time, the king had recognised that the Lord Himself had taken the form of this wondrous child. He realised now his grave mistake of failing to

remember that all of creation and beyond belong to the Lord alone.

With bowed head and folded hands, tears of devotion streaming from his eyes, he prayed that Lord place his third step on his head, fervently wanting to surrender his ego at the lotus feet of the Lord. Lord Vishnu, pleased with his surrender, bestowed on him the sovereignty of Sutala, which is said to be more splendid than Indraloka. The Lord himself served as the doorkeeper at the palace of Mahabali – showing that when the devotee surrenders fully to the Lord, the Lord gives him everything, even himself.



The Lord is the servant of the true devotee. The Lord granted the king one boon. The king, now in his turn to make a request, asked that once a year he be allowed to visit his dear subjects. The Lord granted this boon, and with this yearly visit we have the festival of Onam. All had prospered during Mahabali's generous reign. His subjects and later their descendants wanted very much to honour him by showing that they are still living happily. During the 10 days of Onam, all the residents of Kerala decorate their homes in a bouquet of springtime to welcome their beloved king. Children pick flowers, decorate their homes and prepare for the grand feast (sadya) that marks the last day of Onam.

Amma's Madison Satsang will offer  
IAM Training

**IAM - Integrated** Amrita Meditation Technique

will be offered in Madison:

**Saturday, Oct. 3, 2008**

**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.)*

**September 8, 5 pm (Tuesday)** - Service at Community Meals Program (lasagnas needed).

**September 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*

**September 20, 1 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.

**September 21, 6:30 pm (Monday)** - Service at Grace Church Homeless Shelter. \*\*Volunteers should arrive at Grace Church by 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](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.*