

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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*When you experience only God,  
Your whole life is an act of worship,  
a form of prayer, a song of praise.  
You see enlightenment, dormant,  
in everyone who comes before you.  
You see the innermost Self and feel deep reverence.  
Nothing is insignificant; everything has meaning.  
Even in a blade of grass  
You see supreme Light shining.*

*-Amma-*

Amma's Madison Satsang will offer  
IAM Training

**IAM - Integrated Amrita Meditation Technique**

will be offered in Madison:

**Saturday, April 19, 2008**

**8:00 a.m. - 5:30 p.m.**

at the Friends Meeting House at 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](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.)*

**February 10, 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 the worship." —Amma*

**February 10, 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.

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

**\*\*Please Note: The February Satsang Meeting will be held on the 2nd Sunday of the month.**

**We will return to our regular schedule (3rd Sunday) in March.**

*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.

*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.*