

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.

*Pure and innocent love
makes everything possible.
When your heart is filled
with the pure energy of love,
even the most impossible task
is as easy as picking a flower.*

-Amma-

A Teaching in Tears

1 January 2008 — Amritapuri



When Amma was delivering her New Year's Talk, she suddenly began telling everyone about a family who had come for darshan the day before. "A family of four came for darshan. The husband, who was an auto-rickshaw driver, had recently been paralysed by a stroke. He could no longer look after himself, much less his family. The wife had started working in different houses in order to take care of her husband and children. But she too had fallen sick and was no longer in a position to continue her work. They had taken loans from many money lenders and were in no position to pay it back. They had even borrowed money simply to come and see Amma.

"When the man and his family came up to Amma for darshan, Amma asked the man how he was doing. The man tried to tell Amma his sorrows, but every time he opened his mouth, he was choked with emotion. All he could do to express his heart was to cry."

At this point, Amma simply stopped talking. She took a small hand cloth resting at her side, raised it to her face and pressed it to her eyes. She held it there for some time. All became silent; time seemed to stand still. Amma then removed the cloth and started to resume her talk, but the tears were too much, and she could not begin again. Amma simply sat there, allowing the tears to roll down her cheeks. Just like the man who'd come to her the day before, all Amma could do to express her heart was to cry.

For Amma, compassion is not mere rhetoric—not a flower to occasionally adorn her words. It is her very breath. From the pinnacle of Amma's knowledge, Amma could choose to look at the happenings of this world as a mere mirage. And when it comes to herself—to her needs for food, to her needs for rest, to physical pain that Amma may be experiencing—that is

exactly how Amma sees it: not real, a mere illusion. But when it comes to the suffering of the people of the world, Amma comes down to their level to hold them, dry their tears, to offer whatever is needed in terms of love and compassion.

Amma's life is her greatest teaching—and tears are apart of that life. Just as Rama cried when Ravana kidnapped Sita, just as Krishna cried when he finally saw Sudama again, just as Jesus cried at Lazarus' tomb, just as Buddha cried for the tiny bird, Amma's tears are a teaching regarding the boundless love and universal compassion of a true mahatma. As Amma herself has said, "Feeling and expressing emotions and honestly sharing them without reservation only adds to an enlightened being's spiritual splendor and glory. It is wrong to see that as a weakness. It should rather be considered as an expression of their compassion and love in a much more human way. Otherwise, how could ordinary humans understand their concern and love?" Amma's purpose is to pull the tide of humanity back to goodness, to dharma, to love, compassion, kindness—back to the culture of the heart. How to bring about this transformation? Amma gives the answer in sutra form: "Be compassionate."

Eventually, Amma was able to continue. "We usually think about our own comforts, but while we enjoy pleasures in life, we should once in a while pause to think about the thousands of suffering people in this world. When we see people such as this man, we should try to reach out to them and help them. Even a smile and a few comforting words will give them so much solace. Cutting back on luxuries and, in turn, using the money saved to help such families is true worship of God. Such incidents should serve as reminders to us to have complete sraddha [awareness] in not wasting anything."

Amma concluded her New Year's Talk by leading the ashramites and devotees in a prayer: "O Paramatman, let there be no wars, violence or natural disasters this year. Let there be no death due to starvation or lack of medical care. Let there be no children who are unable to continue their studies due to poverty. Let the music of peace and harmony be heard everywhere. Just as we decorate our houses and surroundings with lights, let our heart remain effulgent throughout the year with love and compassion."

—Sakshi

IAM Training in Madison

We are happy to announce that IAM -
Integrated Amrita Meditation Technique
will be offered again this spring.

Date and location to be determined.

For more information e-mail ammamadi@verizon.net

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

January 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 the worship." —Amma

January 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.

January 21, 6 pm (Monday) - Service at Grace Church Homeless Shelter

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.

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.