



Sai Amrutha Jyothi



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MASTER'S DIVINE WORDS

JOYOUS GURU PURNIMA

*Faith is the art of holding on to God,
despite your mood swings and
circumstances.*

Without basic trust, friendship is not possible.

Without trusting no relationship is possible.

*If you don't trust, you will be a loner and no one
comes to your aid in an emergency.*

Of course, your trust may be betrayed by a few.

But that is a part of the system.

Faith with God is the best.

*If you are a loner and want to be joyous, choicelessly choose God as your partner and have full
faith with Him.*

*There cannot be a better person than God to think
of your good.*

*Whatever He does is good for you and you have
to gracefully accept it, whether its positive or neg-
ative.*

Then you can relax and rejoice.

~~~~His Holiness Sri V.V. Sridhar Guruji

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#### Upcoming Events

- \*\*\*\*\*
- ◆ 07/01/2021 Ashtami
- ◆ 7/05/2021 & 7/20/2021 Ekadasi
- ◆ 7/7/2021 & 7/21/2021 Pradosham
- ◆ 07/09/2021 Amavasya
- ◆ 07/15/2021 Shasti
- ◆ 07/27/2021 Sankashtahara Chaturthi
- ◆ 07/23/2021 Pournami
- ◆ 07/05/2021 Karthigai
- ◆ 07/08/2021 Masa Sivarathri

#### July Festivals

- \*\*\*\*\*
- ◆ 07/23/2021 Guru Purnima

## SRIDHARAMRUTHAM

**To go beyond the mind you have to be silent.**

*When you are silent you listen.*

**When you listen to the Master's word, you will listen with the heart.**

*You will be more directed towards your heart.*

**Mind will slowly cease to exist.**

*For that you have to listen to the Master silently.*

**All your doubts are from the mind.**

*When the Master gets to know of your doubt, He knows it is from mind and He may not reply to you directly.*

**But as you listen to Him, He will subtly convey the reply.**

*So go beyond mind.*

**Make your heart to rule your mind.**

*It will result in peace.*

**In an ever changing world of human dynamics, any advise is just for that moment and cannot be applied under all circumstances and for all moments.**

*It will change, even from person to person.*

**Nothing is permanent...**

*...Neither 'YOU' nor 'WE' and not even the 'ADVISE'.*

~~~~His Holiness Sri V.V. Sridhar Guruji

Sound is Sacred

A teacher in an Ashram had about ten students, and was teaching them some good things. To such an Ashram came a visitor who had some position and power. This teacher did not go to the door to welcome and receive him. The visitor felt somewhat hurt. He went right into the class and asked the teacher: "Why is it you didn't care for me? You have not come and received me. What are you doing?" The teacher said, "I am busy teaching the children some good things." The person who came in, asked, "Just because you are teaching them some good things, are the hearts of these children going to be changed and become more sacred?" The teacher took some courage and said, "Yes, of course, there is every possibility of their mind changing by my teachings". The intruder said, "No, I cannot believe it", and the teacher replied: "When you cannot believe it, it simply means that you have no faith in it. Because of that, I cannot give up teaching these boys some good things".

Then this person, who felt somewhat important, started arguing and said It is not possible to change a mind merely by words. The teacher, who was clever and who had known these things, asked one of the youngest boys in the class to stand up. In front of the visitor the teacher told the young boy, "Look here, my dear boy! You just get hold of the neck of this visitor and throw him out of the door." On hearing these words, the visitor was taken aback; his eyes were red and he was very angry. He came forward to beat the teacher. Then the teacher asked, "Sir, what is the reason for your becoming so angry? We did not beat you, we did not throw you out, and the only thing that has excited you to this stage of anger are the words, which I conveyed to this young boy. You, who said that you do not believe in changing the mind by mere words, what is the reason why these mere words, which I have uttered to this young boy, have changed your mind so much that you are so excited? So it is very wrong to say that with mere words you can cause any amount of affection. With mere words you can earn the grace of anyone".

So, if in this world you want to promote friendship, you can do so by using sweet words, by talking in a very sweet manner and by using nice words. On the other hand if you use harsh words, you are not going to promote friendship in this world.

A PEN IN DEVOTION

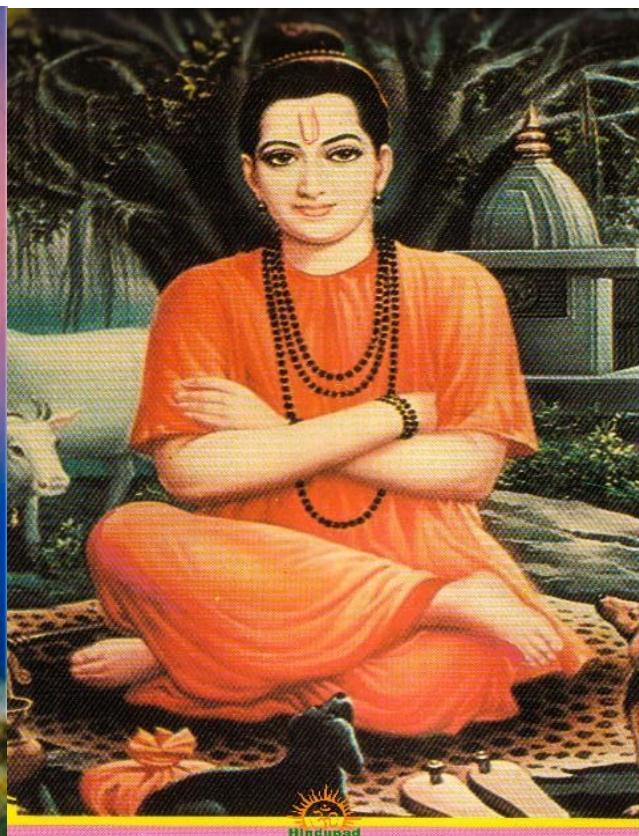
Sadhguru, when will I?

Be the many nimble solutions,
For life's challenging situations.
For troubles in physical or mental health,
For the self in others sans ego stealth.

Be a mere presence,
No love or hate, no frills or essence.
Do just what is needed and not a transaction,
For all beings still or in action.

Be bare clarity,
With no 'good and bad' disparity.
When in sleep and awake, not a strand of confusion,
Always simple bliss in profusion!!

Just Be part of You!!
Just Be You!!
Just Be!!



Faith and the Guru

If a man is initiated by a Guru, he will achieve nothing if he regards his Guru as a mere human being. The Guru should be regarded as the direct manifestation of God. Only then will the disciple have faith in the Mantra given by his Guru. And once he has faith, a man can achieve all. A perfect example is the story of Ekalavya (in Mahabharata). He learnt archery by practicing it in the forest in front of a clay image of Dronacharya, whom he considered as his Guru. His faith was so strong that he saw the clay idol as the living form of Dronacharya and succeeded in achieving mastery in archery.

One Thing Called by Many Names A lake has many ghats (typically, a pathway of stairs leading to a river). The Hindu collects water from one ghat in jars and calls it “jal”. The Mussalman collects water in leather bags from another ghat and calls it “paani.” Similarly, the Christian collects water from another ghat and calls it “water”. Imagine how ridiculous it would be if someone says it is “jal” and not “water”, and another argues that it is “paani” and not “jal”, and so on. This very thing is at the root of misunderstanding between different religions and sects. This is why people kill each other over religion.

Truth is one; only It is called by different names. Everyone is going towards God. Everyone will realize Him if they have sincerity and longing of heart.

Source: The Gospel of Sri Ramakrishna by M, a disciple of the Master. Translated by Swami Nikhilananda. (Indian Edition 1996 by Sri Ramakrishna Math, Madras).

Patanjali Yoga Sutra – “Samadhi Pada”

7 (continuation from May issue)

Sage Patanjali now talks about the final practice called Samadhi, or contemplation. There are two types of Samadhis: *Samprajnata Samadhi*, and *Asamprajnata Samadhi*. *Samprajnata* itself has four stages. When these four stages are reached, one attains the *Asamprajnata Samadhi*. Before looking into them further, we need to understand what *Prakriti* is. *Prakriti* in its unmanifested state has both matter and force, which are inseparable like fire and the heat. Without one, there isn't another. In this state, force is dormant.

Prana is the force which has three *Gunas*: *Sattva* (tranquility), *Rajas*(activity), and *Tamas*(inertia). When the three *Gunas* are in equilibrium, nothing happens to the matter. When there is some disturbance in the *Gunas*, it creates motion in the matter and gives rise to all kinds of forms. Swami Sachidhananda provides an example of a dynamo. When the dynamo doesn't revolve, there is no electricity. But the moment the motor starts rotating, it produces electricity.

According to Yoga, this is how the entire Universe came into being. One that is unmanifested slowly evolves Itself and ultimately, we see the concrete forms. As such, in order to understand our source, the unmanifested *Prakriti*, we now have to go in the reverse order. We came from unknown to known; now we have to go back from known to unknown. The *Prakriti* has four elements. The concrete or gross material; the subtle elements called *tanmatras*, the mind (*citta*), and the ego or individuality. Accordingly, Sage Patanjali divides the *Samprajnata Samadhi* also in four parts.

To attain the *Samprajnata Samadhi*, we start by meditating upon the concrete objects (*Savitarka Samadhi*), then on subtle elements (*savicara Samadhi*), then on the mind itself (*Sa-ananda Samadhi*), and finally on the I-ness (*Sa-asmita Samadhi*). When the mind is totally focused on a particular object, *Savitarka Samadhi* is attained. As it is focused, the mind gains power, and the entire knowledge of the object is revealed to the mind. Next step is to contemplate on *tanmatras* or subtler elements, such as love or beauty or happiness. Once one is past the *Savitarka Samadhi*, s/he is able to understand these elements without the help of concrete objects, and attains *Savicara Samadhi*.

(To be continued...)

Reference: "The Yoga Sutras of Patanjali" by Swami Sachidananda.

Guru's Omnipotence and Omnipresence!

Hemad Pant describes in detail to prove or disprove the arguments if SaiBaba was a Hindu or Muslim and advices the readers to not to engage in such debates. Baba respected and accepted both the religions equally and lived a pure and simple life. HE did not save the money collected as dakshina but gave it back to the needy and deserved, renovated nearby temples and cured the diseases. He practiced various yogic practices which are very difficult to emulate even by the trained yogis but did not show off Himself in public.

Once, during Diwali holidays, Baba suddenly thrust His hand in the nearby fire. Later, it was revealed by Baba that He did so to save a child from falling from his mother's lap when she suddenly got up while sitting near a big fire in a blacksmith's place. Bagoji Shinde, a leper devotee had the great fortune to tend to Baba's burnt hand daily. HE didn't allow any doctor to treat the burns. Once, Sai lifted His dress to show two bubonic tumors in his thighs to show how HE saved the child of Dada Saheb from getting the dreaded Plague disease.

When a close devotee of Baba, Mr. Nana got transferred to PandarPur and wanted to have the darshan of Sai before going there, Baba knew it in advance and started chanting the glory of Pandarpur as Nana was entering. This shows Baba's love for His devotees and His omnipotence.

Bow to Shri Sai – Peace be to all

Life applications:

1. Never indulge in unnecessary debates over a Guru's past or religion.
2. Never try to copy the yogic practices of your Guru unless you are initiated.
3. Know and believe that Guru can cure your diseases, save you from calamities and know what you want.
4. Guru's omnipotence and omnipresence is boundless.

Sri Satchitananda SadGuru Sainath Maharaj ki Jai!

Just for Fun—Tejaswi Dasari

Crossword Puzzle Solution



Down:

1. Agni
2. Isana
3. Kubera
7. Varuna

Across:

4. Yama
5. Vayu
6. Neiruthi
8. Indra

Kolam—Sangeetha Sridhar

Do you want to know how to make this beautiful Kolam in the picture?

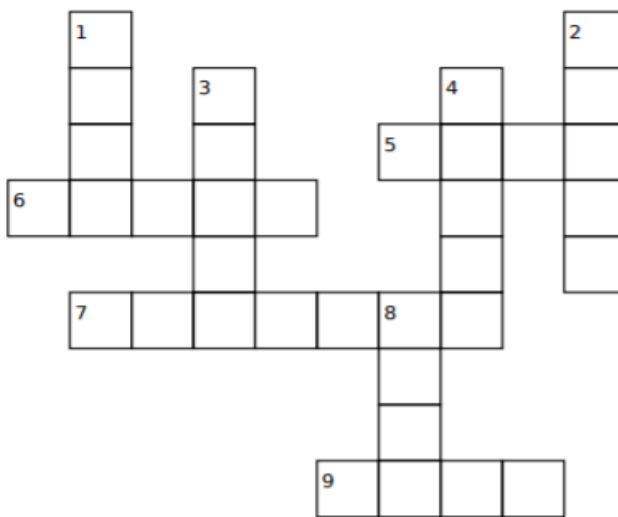
You can watch the process of making this Kolam on our Youtube page Sai Amrutha Jyothi or you can use this following link:

<https://youtu.be/tJV3ZDNLZJQ>



Please like, share and subscribe to our Youtube channel.

https://www.youtube.com/channel/UCvcLCGOv_5IAUYxA2vA4eqQ

ASHTA DIGPALAS

1. Pavana Narasimha
2. Bhargava Narasimha
3. Ugra Narasimha
4. Chatravatha Narasimha
5. Karanja Narasimha

Across:

5. Jwala Narasimha
6. Malola Narasimha
7. Varaha Narasimha
9. Yogananda Narasimha

SPOT THE DIFFERENCES

Spot 6 differences between the 2 pictures



Guru Poornima 2021

Friday, July 23, 2021



Special Ekadasa Rudra Abhishekam to Sri Sai Amrutha Narayana at 5.00 pm

(Limited number of sponsoring Families allowed for the Abhishekam)

Temple open for general Darshan and Archana from 7:00 pm onwards

Shej Arathi at 9:00 pm

Please call Mama @ 804-708-3007 or Sarada @ 804-868-5751 for sponsoring this

Special Abhishekam and pray for the welfare of Humanity at Large!

Support your temple ... Together we all can make a difference!



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