



**Sri Amrutha Sai Narayana Sarveswaralayam**

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## MASTER'S DIVINE WORDS

*YOUR ATTITUDE TOWARDS LIFE HAS A LOT TO DO WITH THE HAPPINESS YOU ENJOY.. BEING POSITIVE & OPTIMISTIC EVEN WHEN YOU FAIL TO ACHIEVE SUCCESS IN AN ENDEAVOUR, CERTAINLY KEEPS YOU HAPPY..*

*JUST PERFORMING AND NOT EXPECTING THE FRUITS OF ACTIONS WILL CERTAINLY KEEP YOU JOYOUS IN LIFE..*

*IF YOU ARE A PERSON LIVING JUST THAT MOMENT, YOU WILL BE VERY JOYOUS..*

*WHEN YOU DO SERVICE TO POOR & NEEDY, YOU WILL BE CERTAINLY JOYOUS.. IF YOU ARE EGO LESS & DOWN TO EARTH, YOU WILL CERTAINLY BE HAPPY...*

*GIVE IT A TRY TO BE PEACEFUL & HAPPY...*

\*\*\*\*\*

*KSHAYA MEANS VANISH...  
AKSHAYA MEANS NEVER VANISHES...  
IT ALWAYS STAYS...  
ON AKSHAYA TRITHIYA ANY GOOD DEED  
DONE ETERNALLY STAYS THAT TOO  
MANIFOLD TIMES... IT MULTIPLIES LEADING  
TO THE CONCEPT OF ABUNDANCE...*

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

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### Upcoming Events

- \*\*\*\*\*
- ◆ 5/30/2022  
Amavasya
  - ◆ 5/06/2022 &  
5/21/2022  
Shashti (Krithikai)
  - ◆ 5/09/2022 &  
5/23/2022  
Ashtami;  
Bhairavashtami
  - ◆ 5/12/2022 &  
5/26/2022  
Ekadasi
  - ◆ 5/13/2022 &  
5/28/2022  
Pradosham
  - ◆ 5/16/2022  
Purnami
  - ◆ 5/19/2022  
Sankashtahara Chaturthi
  - ◆ 5/28/2022  
Masa Sivarathri &  
Shani Trayodasi

### Festivals

- \*\*\*\*\*
- ◆ 5/03/2022  
Akshaya Trithiya
  - ◆ 5/14/2022  
Nrusimha Jayanthi

**Sai Amrutha Jyothi**

**SRIDHARAMRUTHAM**

LORD IS CALLED 'MARGA BANDHU'...

HE ALWAYS HOLDS YOUR HANDS AND TAKES YOU ACROSS THE OCEAN  
OF SAMBARA...

HE ALWAYS TAKES CARE OF EVERYTHING...

NOTHING CAN MOVE WITHOUT HIS WILL...

IT IS ULTIMATELY THE UNQUESTIONABLE FAITH

AND

FAITH AND FAITH ALONE BESTOWS ALL THE GOODNESS IN YOU TO BE  
ELEVATED TO BETTER LEVELS OF SPIRITUAL EXISTENCE..

NEVER BE DISHEARTENED BY ANYTHING THAT HAPPENS AROUND YOU  
OR ELSE WHERE...

HE AND HE ALONE KNOWS THE BEST

AND

HE IS BEYOND HUMAN UNDERSTANDING AND COMPREHENSION..

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

### **Sai Sathya Vrata – Do you know the origins of this Vrata?**

Most of us know about Sri Satyanarayana Swamy Vratam, which is performed on every Pournami (full moon) day. This Satyanarayana vrata started ages ago, and was mentioned in our scriptures, too. But most of us also heard about Sai Sathya-Vrata puja. So, what is this Sai Sathya Vrata? Since when it started? Who/how this Sai Sathya Vratam came into this? Let's know more about this....

#### ***Story of Bhimaji Patil:***

One Bhimaji Patil of Narayanagaon, Taluka Junnar, Dist. Poona, suffered in the year 1909 A.D. from a severe and chronic chest-disease which ultimately developed into Tuberculosis. He tried all sorts of pathos (remedies), but to no effect. Losing all hopes, he ultimately prayed to God - "Oh Lord Narayana, help me now". It is a well-known fact that, when our circumstances are well off, we do not remember God, but when calamities and adversities overtake us, we are reminded of Him, So Bhimaji now turned to God. It occurred to him that he should consult Mr. Nanasaheb Chandorkar, a great devotee of Baba, in this respect. So, he wrote to him a letter, giving all details of his malady, and asking for his opinion. In reply, Mr. Nanasaheb wrote to him that there was only one remedy left, and that was to have recourse to Baba's Feet.

Relying on Mr. Nanasaheb's advice, he made preparations for going to Shirdi. He was brought to Shirdi and taken to the Masjid, and placed before Baba. Mr. Nanasaheb and Shama (Madhavrao Deshpande) were then present. Baba pointed out that the disease was due to the previous evil karma, and was not at first disposed to interfere. But the patient cried out in despair that he was helpless, and sought refuge in Him, as He was his last hope, and prayed for mercy. Then Baba's heart melted and He said, "**Stay, cast off your anxiety, your sufferings have come to an end. However, oppressed and troubled one may be as soon as he steps into the Masjid, he is on the pathway to happiness. The Fakir here is very kind and He will cure the disease, and protect all with love and kindness.**"

## SAI BABA'S VRATA

The patient used to vomit blood every five minutes, but there was no vomiting in the presence of Baba. From the time Baba uttered the words of hope and mercy, the malady took a favorable turn. Baba asked him to stay in Bhima Bai's house, which was not a convenient and healthy place, but Baba's order had to be obeyed. While he was staying there, Baba cured him by two dreams. In the first dream, Bhimaji saw himself as a boy suffering the severe pain of a flogging, which he received for not reciting his 'Sawai-poetry' lesson before his class-master. In the second dream, someone caused him intense pain, and torture, by rolling a stone up and down over his chest. With the pain thus suffered in dream, his cure was complete, and he went home.

He then often came to Shirdi, gratefully remembering what Baba did for him, and prostrated before Him. Baba also did not expect anything from devotees, but grateful remembrance, unchanging faith and devotion. People in the Maharashtra, always celebrate Satyanarayana Puja in their homes every fortnight or month. But it was this Bhimaji Patil, who started this new Sai Satya-vrata Puja, instead of Satyanarayana-vrata Puja, in his house, when he returned to his village. Since then, the Sai Satya-vrata puja came into being and become more popular during the last century.

(Based on Sai Satcharita, compiled by Babu Jammi)

### **Do you know about Pancha Mukha (Five-faced) Hanuman?**

His Holiness Sri Sridhar Guruji has given a wonderful description of Pancha Mukha Hanuman and the story around the coming of Pancha Mukha Hanuman, and the significance of Pancha Mukha Hanuman, as given below:

PANCHA MUKHA HANUMATH PRABHAVAM...

LORD HANUMAN WITH FIVE FACES.....

MONKEY, LION, EAGLE, BOAR & HORSE....

HANUMAN, NRUSIMHA, GARUDA, VARAHA & HAYA GREEVA....

DURING THE WAR BETWEEN LORD RAMA & RAVANA, LORD HANUMAN BUILDS A FORT AROUND LORD RAMA & LAKSHMANA WITH THE HELP OF HIS TAIL...

VIBHEESHANA ABDUCTS LORD RAMA & LAKSHMANA.....HE TAKES THEM TO PATALA LOKA AND KEEPS THEM PRISONED THERE...

LORD HANUMAN TAKES THE FORM OF PANCHAMUKHA ANJANEYA WITH 5 FACES FACING FIVE DIRECTIONS...

MAHIRAVANA'S PRANA IS IN THE FORM OF 5 LIGHTS IN THE FIVE DIRECTIONS....UNLESS ALL THE LIGHTS ARE SIMULTANEOUSLY EXTINGUISHED, IT IS IMPOSSIBLE FOR MAHIRAVANA TO BE EXECUTED...

MAHIRAVANA WAS AN EXPERT IN VAAMAACHAARA VIDYA & WAS A GREAT SORCERER....

SO HANUMAN DID PENANCE TOWARDS LORD BRAHMA AND ACHIEVED EXTRAORDINARY POWERS....

HE TRANSFORMED HIMSELF IN TO PANCHAMUKHA ANJANEYA AND WENT TO PATALA LOKA.... HE DEFEATED MAHIRAVANA IN HIS ACTS OF SORCERY AND KILLED HIM BY EXTINGUISHING THE FIVE LAMPS SIMULTANEOUSLY...

## Know your temple

LORD RAMA & LAKSHMANA WERE EVENTUALLY SAVED....  
WHAT IS THE SIGNIFICANCE OF THIS PANCHAMUKHA?

PANCHA MUKHA SIGNIFIES PANCHA BHOOOTHAS....

WIND, FIRE, WATER, EARTH & SPACE....

VAYU, AGNI, VARUNA, PRITHVI & AKASHA....

VAYU WAS MONKEY FACED HANUMAN....

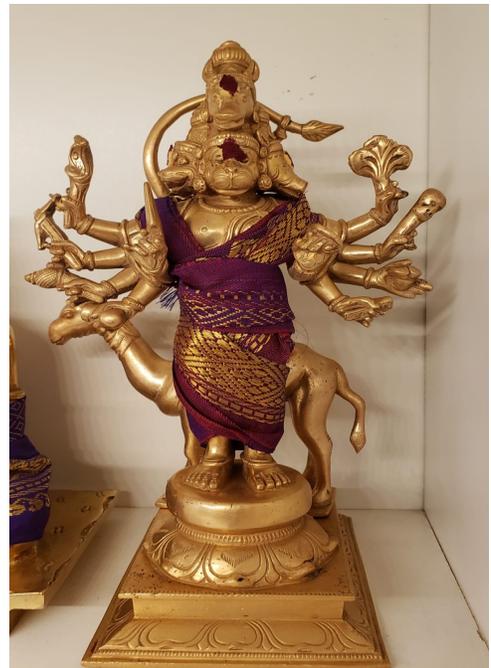
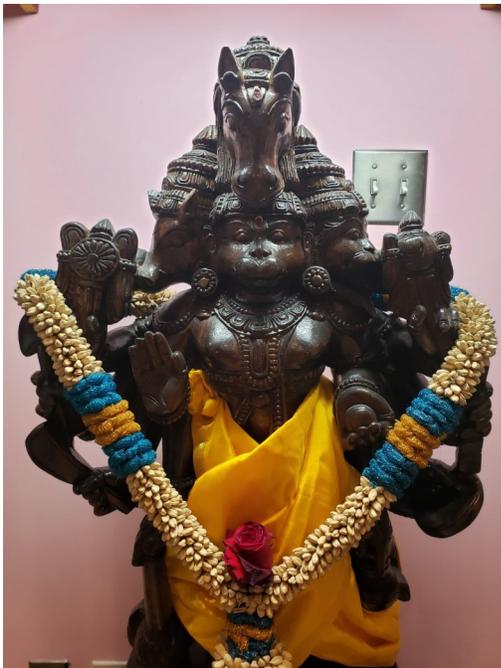
AGNI WAS LION FACED NRUSIMHA.....

VARUNA WAS EAGLE FACED GARUDA.....

PRITHVI WAS BOAR FACED VARAHA....

AKASHA WAS HORSE FACED HAYAGREEVA....

In our Temple, you can see Pancha Mukha Hunuman made in wooden murthy in our prayer hall, between Prayoga Lakshmi Nrusimha next to North side entrance door. We also have a smaller Utsav murthy (in bronze statue) in Vasantha Mandapam. See below pictures.



**It Takes Time!**

Transformation from flower to fruit,  
Youth to adults with dreams en route.  
Relationships mend with scars uproot,  
It takes time, is it brute?  
For the health test result,  
An appointment for astrologer consult.  
To forgive a past hurled insult.  
It takes time, are we an impatient cult?  
Expressions of pulsating gratitude,  
Grace pouring in torrential multitude.  
Unison with the Space in lively solitude,  
It takes NO time, it is life's latitude.

~ By Mahalakshmi Iyer

## IF WEEKDAYS WERE PEOPLE

A grumpy grandpa named Monday, constantly complaining about his boring life,

To the Dad Tuesday, who's all set to take up the day's chores with the continuing support of his wife,

Wednesday, The one packed with vigor, pouring her love into every task while armed with a knife,

An young daughter called Thursday, bubbling with energy, endeavoring through the evening and passing the tiny bits of zeal,

Onto her sibling, the by then slogging son Friday, waiting to call it a day and have a meal,

Cheerfully waking up to Saturday, the exuberant cousin who dropped by to seal the deal,

Of spending time with the crush Sunday, who left even before her face could reveal

~ By Mandakini

## Samadhi Pada

Sage Patanjali talks about different ways of quieting the mind. One of the next ones he talks about is by regulating the breath. Although the Sage is referring to the Pranayama, he does not go deep into details of what exactly must be done.

However, one must know that there is a deep connection between the mind and the breath. In our daily life, we can see that when the mind is agitated, our breath becomes fast and heavy. At the same time, when we are focusing on something or when we are deep in thought, the breath becomes really slow and barely noticeable. So, when the mind is concentrating and still, breath slows down or even stops. Thus, we could do the reverse. By slowing down our breath, we could control our mind. This is why when we get angry or emotional, taking a few deep breaths helps, and helps us feel calmer.

The next way the Sage points out is by concentrating on subtle sense perceptions. Swami Sachidhananda says it is like a litmus test. One can practice this to improve concentration, which will help in Yoga practice. He also provides two examples for such practice:

One of them is to concentrate on the tip of the nose. It does not mean to stare at the nose. It means to keep the mind on it. He says, if the mind is one pointed, after sometime, one may experience an extraordinary smell. He emphasizes that it only proves that one has good concentration, but it won't help achieve the ultimate goal.

Another one of such examples is to put the mind on the tip of the tongue. When one-pointedness is achieved, one may experience a nice taste on the tongue, without even eating anything.

These experiences can only give confidence that one is on the right path, however they do not help achieve the goal.

Next way is to concentrate on a blissful light within. For this method, one can visualize a brilliant globe in the heart representing Divine Consciousness, or a beautiful glowing lotus. Swami says it will start as an imagination at first, later on it will become a reality.

(To be continued...)

Reference: "The Yoga Sutras of Patanjali" by Swami Satchidananda

~ By Kavinaya

## Just for Fun – Anusha Nukala

### WordSearch Puzzle Solution



Durga  
Krishna  
Narayana  
Saraswati

Hanuman  
Lakshmi  
Rama  
Shiva

Kali  
Murugan  
Saibaba  
Venkateshwara

## 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/Ery78uX0jYk>

Please like, share and subscribe to our Youtube channel.

[https://www.youtube.com/channel/UCvcLCGOv\\_5IAUYxA2vA4eqQ](https://www.youtube.com/channel/UCvcLCGOv_5IAUYxA2vA4eqQ)



## Just for Fun—Anusha Nukala

### WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | R | N | Y | Q | M | S | P | U | F | B | I | D | S | R |
| N | A | I | D | U | N | P | A | B | A | T | L | U | F | U |
| X | E | H | A | R | D | N | I | A | A | U | G | A | P | L |
| F | R | H | E | T | O | T | H | V | K | Y | M | U | A | P |
| A | R | Q | U | S | F | P | R | Z | J | A | L | A | M | T |
| F | R | Q | J | H | H | A | M | A | C | A | S | E | B | N |
| V | G | U | E | H | P | W | W | M | D | V | P | A | L | W |
| V | L | N | A | P | G | I | A | R | I | U | O | C | M | V |
| C | F | P | Y | E | A | B | N | R | S | L | A | I | I | D |
| O | Q | U | E | D | N | K | Z | G | A | B | V | S | H | E |
| J | Q | W | K | H | E | V | L | F | A | H | H | R | O | P |
| J | J | P | T | G | S | B | S | J | T | N | U | D | L | M |
| F | P | O | R | O | H | D | N | I | U | S | S | B | U | N |
| N | I | R | A | R | A | O | R | F | B | I | R | J | F | W |
| C | H | W | K | P | C | P | B | R | A | H | M | A | A | H |

### CAN YOU SEARCH THE NAMES OF THESE GODS?

Aakasam  
Prithvi  
Jalam  
Vishnu  
Ganesha  
Parvati

Agni  
Vaayu  
Brahma  
Maheshwara  
Kartkeya  
Indra

### SPOT THE DIFFERENCES

Spot 6 differences between the 2 pictures



## YOU WILL VISIT THE TEMPLE ONLY WITH BABA'S GRACE

BY JAYANTI TUMULURI

I have heard from many friends that a famous Baba temple existed near Richmond. I had this intense desire to visit and see Baba and I have been thinking of visiting this temple for the longest time – nearly 2-3 years. Finally, my wish came true on Jan 1, 2022. I was visiting a friend in Richmond in Dec 2021 for holidays and on the morning of Jan 1, 2022 I wanted to go to a temple. I was looking in google maps for the closest Sai temple and Sai Amrutha Narayana temple popped. My heart jumped in joy when I realized it was the same temple I yearned to visit.

We started our new year by visiting the temple on January 1st, 2022. Indeed, it was a very deep spiritual experience to visit and see Sai Amrutha Narayana. It is my first experience seeing Baba sculpted in the black stone. In my mind I felt that I was just looking at the all-powerful Lord Shiva. It felt so real and alive. Looking at the intricate Vighrams and the meticulous Alankarams, was an absolute feast for the eyes.

It was a very soulful and peaceful experience to see cows grazing around in the temple grounds. I felt like I was visiting temples back in India and I was ecstatic that my wish came true on a very special day. Baba is always on my mind now and I wanted to come back every 10 days. But we all know ONLY if Baba permits, we can get the permission to visit the temple. I feel blessed that Baba gave me that opportunity to visit and experience the divine place at least once. I wish to come back again for the divine experience. I hope the devotees who are nearby are experiencing Lord's bliss often.



## Rahu & Ketu Peyarchi Celebrations



**Sri Sai Amrutha Narayana temple celebrated Rahu and Ketu Peyarchi and Guru Peyarchi (transition) with utmost devotion.**

**Yagnam was performed with lots of devotees coming together for this important day.**



## Guru Peyarchi Celebrations



## Varaha Jayanti Celebrations



**Sri Sai Amrutha Narayana temple celebrated Varaha Jayanti with utmost devotion.**

**Special Yagnam was performed to mark this important event.**



## Varaha Jayanti Celebrations



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