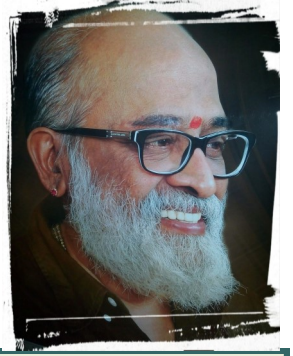




**Sri Amrutha Sai Narayana Sarveswaralayam**

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Ph # 804 708 0867



## MASTER'S DIVINE WORDS

*SOME TIMES THE FOREST THAT SHELTERS  
YOU IS BLAMED AS A JUNGLE....*

\*\*\*\*\*

*USING WORDS LIKE 'SELF RESPECT' OR  
'SELF ESTEEM' ONLY SHOWS YOUR LONG-  
ING TO EXERCISE OTHERWISE A SUB DUED  
EGO.....*

\*\*\*\*\*

*WHEN YOU ARE VERY JOYOUS, YOU WILL  
BE A RESERVOIR OF LOVE.... ANYONE  
COMES NEAR YOU WILL BE ATTRACTED BY  
THE AURA THAT EMANATES FROM YOU....  
YOU WILL NOT NEED ANY LOVE BUT YOU  
WOULD BE SUPPLYING LOVE....*

*FOR ALL THIS TO HAPPEN YOU HAVE TO  
REJOICE... SO NEVER COMPROMISE IN  
YOUR SEARCH OF JOY....*

\*\*\*\*\*

*IT IS A MIRACLE INDEED IN LIFE TO FIND  
COMPLICATED ISSUES GETTING SORTED  
OUT IN NO TIME, AT THE SAME TIME I  
WONDER AT PEOPLE'S CAPACITY TO  
COMPLICATE EVEN SIMPLER THINGS....*

~~~~His Holiness Sri V.V. Sridhar Gururaj

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### Upcoming Events

\*\*\*\*\*

- ◆ 12/01 & 12/16 & 12/30  
Ashtami
- ◆ 12/14/2022 &  
12/28/2022  
shashti
- ◆ 12/03/2022 &  
12/19/2022  
Ekadasi
- ◆ 12/05/2022 &  
12/21/2022  
Pradosham
- ◆ 12/7/2022  
Pournami
- ◆ 12/11/2022 &  
12/26/2022  
Chaturthi
- ◆ 12/21/2022  
Masa Sivarathri
- ◆ 12/23/2022  
Amavasya

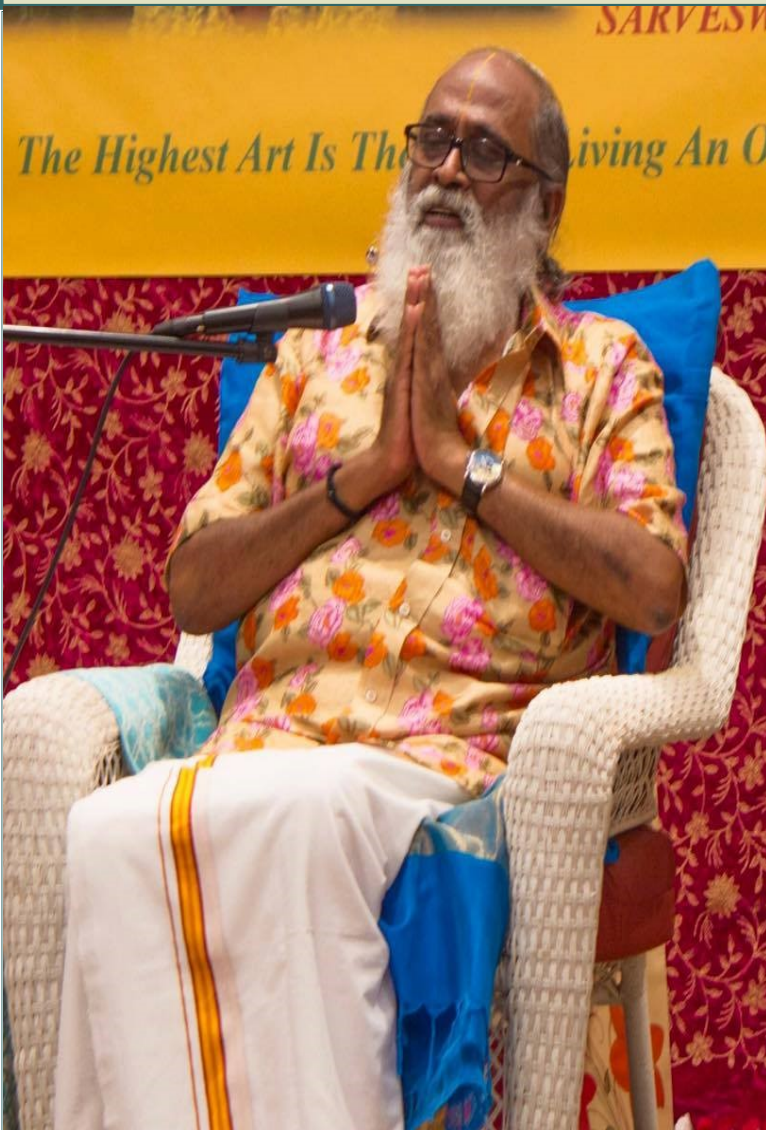
### Festivals

\*\*\*\*\*

- ◆ 12/07/2022  
Karthika Pournami/  
Satya Narayana Pooja
- ◆ 12/20/2022  
Kanchi maha periyava  
Aradhana
- ◆ 12/31/2022  
Ayyappa Padi pooja &  
NYE- Midnight harathi  
Bhajans, chantings

**Sai Amrutha Jyothi**

## SRIDHARAMRUTHAM



In the name of Bhagawan or god, or in the name of religion, if some one tries to terrorise you instilling a fear, it is a good time for you to quit that person, how so ever big a saint he may be as regarded by the society....

Similarly if any one tries to make you feel guilty by calling you a sinner, have the courage to drop that person and move on....

Religion or spirituality is pro life.... It should encourage you to live this life primarily... Otherwise we don't need religion or spirituality....

Spirituality or religion doesn't condemn existence.... The very purpose of existence is to realise Bhagawan in every aspect of creation....

'Yo maam pashyathi sarvathra sarvam cha mayi pashyathi'

'Thasya aham pranashyaami sa cha me na pranashyathi'...

'One who see me in all, sees all in me'

'Such a person never misses me nor do i miss him'....

Bhagawan Krishna ...Bhagavad

Gita....chapter 6.. Sankhya yoga... Verse 30...

The subject of Bhagawan teaches you to live free, spiritually... Fear is just slavery.... Any one who makes you to fear, wants to see you as a slave to him.... So be courageous to reject that person...

Bhagawan or universal consciousness grants you something which is more supreme than what is available on earth....

Umar Khayyam once commented....'what is the point in foregoing wine & women which i get in the certain present today here, to get 72 virgins free in the uncertain future, called heaven?'....

So in the kingdom of Bhagawan what you get by reposing faith in him must be huge than what you get in normal life.....

So say a strong 'no' to those who create fear in the name of god & make you feel guilty by calling anything & everything you do as 'sins'.. It is just that the devil is at work and which pretends as a direct selling agent appointed by Bhagawan....

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

### **Baba's Wit and Humor – Chana Leela**

Generally, all people like wit and humor, particularly when the jokes are cut on others. But people do not like that jokes should be cut at their own expense. Hemadpath gives an example of his own experience, where jokes were cut on himself and how he become defensive, and then how Baba eased the situation.

Baba's method was peculiar; when it was accompanied with gestures, it was very interesting and instructive, and the people, therefore, did not mind, if they were held up to the ridicule. Hemadpant gives his own instance below.

### **Chana Leela**

In Shirdi, bazar was held every Sunday, and people from the neighboring villages came there, erected booths and stalls on the street, and sold their wares and commodities. Every noon, the Masjid was crowded more or less; but on Sunday, it was crowded to suffocation. On one such Sunday, Hemadpant sat in front of Baba, shampooing His Legs and muttering God's name. Shama was on Baba's left, Vamanrao to His right - Shriman Booty and Kaka Saheb Dixit and others were also present there. Then Shama laughed and said to Anna Saheb - "See that some grains seem to have stuck to the sleeve of your coat". So saying he touched the sleeve and found that there were some grains. Hemadpant straightened his left fore-arm to see what the matter was, when to the surprise of all, some grains of gram come rolling down and were picked up by the people who were sitting there.

This incident furnished a subject-matter for joke. Everybody present began to wonder and said something or other as to how the grains found their way into the sleeve of the coat and lodged there so long. Hemadpant also could not guess how they found an entrance and stayed there. When nobody could give any satisfactory explanation in this matter, and everybody was wondering about this mystery, Baba said as follows:-

Baba - "This fellow (Anna Saheb) has got the bad habit of eating alone. Today is a bazar-day and he was here chewing grams. I know his habit and these grams are a proof of it. What wonder is there is this matter?"

Hemadpant - "Baba, I never know of eating things alone; then why do you thrust this bad habit on me? I have never yet seen Shirdi bazar. I never went to the bazar today, then how could I buy grams, and how could I eat them if I had not bought them? I never eat anything unless I share it with others present near me".

Baba - "It is true that you give to the persons present; but if none be near-by, what could you or I do But do you remember Me before eating? Am I not always with you? Then do you offer Me anything before you eat?"

## SAI BABA'S WIT AND HUMOR

### **Moral**

Let us mark and note carefully, what Baba has taught us, by this incident. He has advised us that before the senses, mind and intellect enjoy their objects, He should first be remembered, and if this be done, it is in a way an offering to Him.

The senses etc. can never remain without their objects, but if those objects are first offered to the Guru, the attachment for them will naturally vanish. In this way, all the Vrittis (thoughts) regarding Desire, Anger, Avarice etc. should first be offered and directed to the Guru and if this practice be followed, the Lord will help you in eradicating all the Vrittis.

When before enjoyment of the objects, you think that Baba is close by, the question whether the object is fit to be enjoyed or not will at once arise. Then the object that is not fit to be enjoyed will be shunned and in this way our vicious habits or vices will disappear and our character will improve. Then love for the Guru will grow and pure knowledge will sprout up. When this knowledge grows, the bondage of body - consciousness (we are the body) will snap and our intellect will be merged in spirit-consciousness (we are the spirit). Then we shall get Bliss and contentment. There is no difference between Guru and God. He who sees any difference in them, sees God nowhere. So leaving aside all ideas of difference, we should regard Guru and God as one, and if we serve our Guru as stated above, Lord (God) will be certainly pleased and purifying our minds He will give us self-realization.

To put the matter in a nut-shell, we should not enjoy any object with our senses etc. without first remembering our Guru. When the mind is trained in this way, we will be always reminded of Baba, and our meditation on Baba will grow apace. The Sagun Form of Baba will ever be before our eyes and then devotion, non-attachment and salvation will all be ours. When Baba's Form is thus fixed before our mental vision, we forget hunger, thirst, and this samsar; the consciousness of worldly pleasures will disappear and our mind shall attain peace and happiness.

**!! OM SAIRAM!!**

**KITCHEN ISLAND COUNTER**

I am the island counter big and strong,  
Life and people around me throng.

I carry potted plants and vases with flowers,  
And some stains from coffee mugs and leftovers.

I am a blend of efficient functionality,  
And decorated when required of exquisite beauty.

I am not ignored but cared for with cloth and soap,  
Only to be used again because I can cope.

Some of my skills are kept hidden,  
Plug points, microwave, and other tools for the kitchen.

I bear everything from a simple overture  
To impulsive yelling and emotional rupture.

Laptops and grocery bags like my company,  
These phones buzz and ring, and mails are one too many.

I wish people see me for what I bear,  
Cos I am a big stone with feelings, I swear!!

~ By Mahalakshmi Iyer

**"DANCE" - A WAY OF LIFE**

A day that kicks off with the excitement of putting on the favourite costume  
Embellished in jewellery, which lightened up the entire room  
A fragrance that spreads around with the spray of perfume  
Gentle touch of blush on the cheeks, making the beauty bloom  
Stepping on to the stage with mixed emotions running in the brain  
Prepping for a performance, to a sound of cheering from the opposite side of  
the curtain  
Matching steps to the tune, while smile and confidence maintain  
Blurring the images of audience , transporting to a world of ecstasy which is  
truly and completely mine to retain .

~ By Mandakini

**Sadhana Pada**

21 (continuation from November issue)

In the last issue, we saw the importance of Kriya Yoga practice. However Sage Patanjali cautions us to expect obstacles when we perform it. The first obstacle he talks about is ignorance.

The Sage talks about the ignorance about Self versus non-Self. When something changes, that cannot be the Self. Because Self remains constant, it can neither be created, nor can be destroyed, as Sri Krishna says in Bhagavat Geetha. However we always tend to associate our body, which constantly changes, to Self. Many times we would say, “my house, my family, my body”, separating Self and the non-Self, knowingly or unknowingly. At the same time we also say “I am very sick” or “I am very upset” or “I am very happy”. When we are sick, it is actually the body that is sick. When we are upset, it is actually our mind that is upset. Self is always untouched.

In the twilight, one man thought he saw a snake and called out for help. Another man then brought a lantern, and looked at the “snake” and found out that it was only a rope. When it is completely dark and pitch black, one can neither see a rope or a snake. But in twilight, the mind could play tricks and show snake as a rope and vice versa. Then one would need a light to clearly see what it is. Guru is the one who would dispel our ignorance of darkness with his light.

Next is Ego. Ego is identifying ourselves with this current body and mind. Swami Satchidananda says if capital “I” is the Self, small “i” is the Ego. In order to become the Capital “I”, one has to erase the dot on the small “i”.

Raga and Dvesha, or likes and dislikes are the other obstacles. We like the things and the people who bring happiness to us. Thus we get attached to them. If someone upsets us, or if we do not like something, we create an aversion towards them. Everyone wants to be happy, but happiness seems to elude everybody. Because happiness cannot be externally found.

(To be continued...)

Reference: “The Yoga Sutras of Patanjali” by Swami Satchidananda

~ By Kavinaya

### Previous Month's Puzzle Solution

1. DHANVANTRI
2. BHAIRAVA
3. MAATANGI
4. DHUMAVATHI
5. JWALAMUKHI
6. TAARA
7. SHYAMALA
8. BHAGAVATHI

## 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/p5klv-syUg0>

Please like, share and subscribe to our Youtube channel.

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





**WORD SCRAMBLE****GUESS THE NAME OF THE GOD**

NAISRHAAMI \_\_\_\_\_

AREAHEYVG \_\_\_\_\_

RDVATHIANN \_\_\_\_\_

HAMBU \_\_\_\_\_

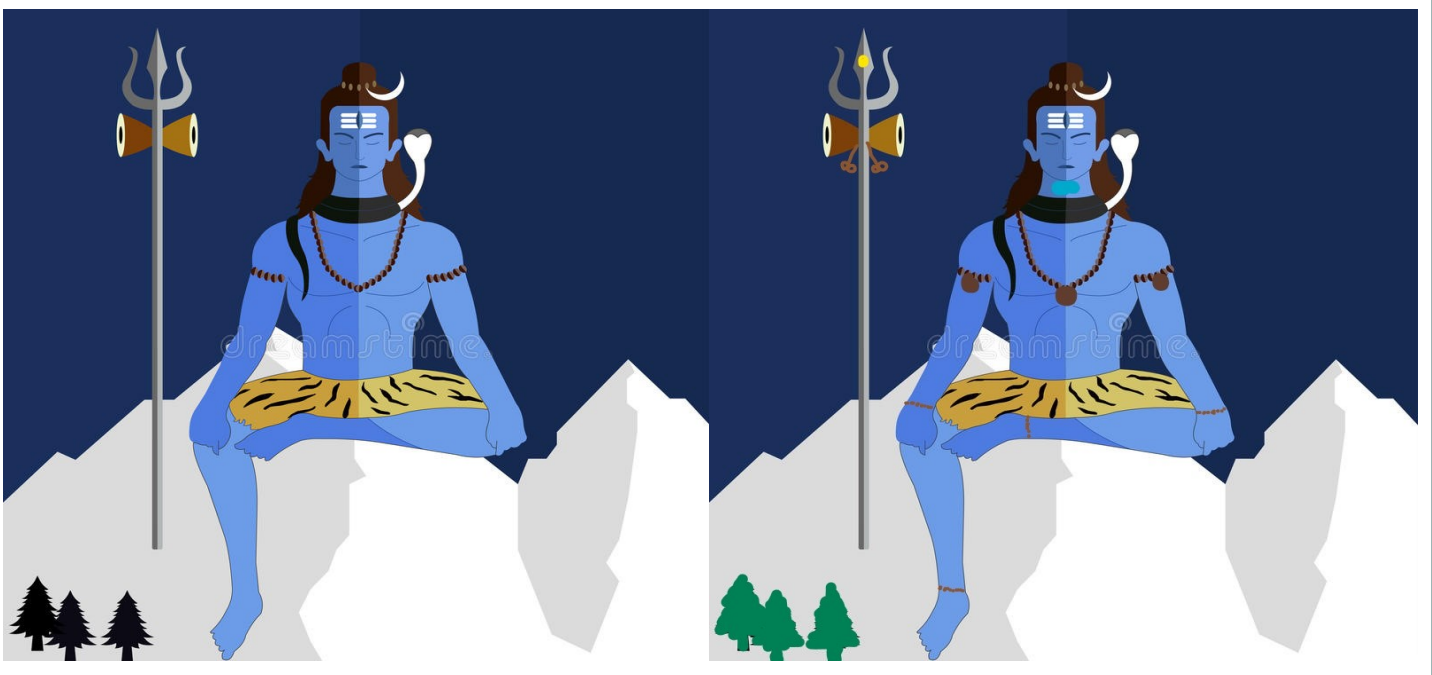
NMRAHAAARDC \_\_\_\_\_

ISHRANK \_\_\_\_\_

JEYANAANA \_\_\_\_\_

**SPOT THE DIFFERENCES**

Spot 6 differences between the 2 pictures



## Devotee Experience

### **SRI SAI NARAYANA TEMPLE— Blessed with a CHILD!**

**Sri Sai Amrutha Narayana Temple ( My Home, My Heart) - By Meghana Raman**

I express my deep sense of gratitude and heartfelt thanks to our beloved Guruji for introducing me to this Divine Kshetram. Really falling short of words & totally speechless as that is the experience I feel everytime i set my foot in this divine temple. Mind attains calmness and my heart melts & tears rolls down my eyes everytime I look at BABA, as I see the same love compassion in his eyes when he looks back at me. With his grace, I see him everywhere in the temple. All the beautiful deities housed in the temple complex are none other than his forms. My immense faith lies in the fact that BABA is Lord Ganesha, BABA is Lord Nrusimha, BABA is Lord Varaha, BABA is Lord Hayagreeva, BABA is Lord Venkatachalapathy, BABA is Lord Pratyamgira, BABA is the Navagrahas, BABA is Lord Subramania, BABA is Lord Ayyappa.



BABA is the Lord Sri Maha Pitru Narayana in the form of Lord Vriksha Bhairavar. The Peace Joy that i derive everytime i visit this place is truly magical and simply cannot be put into words(As Guruji says, "Experience cannot be shared, it can only be felt"). The dwarakamayi, Guru Sthan & the blissful Vriskha Bhairava Kshetram housed in the temple complex, surrounded by the plush greenery, the beautiful Go-Shala, makes it feel like "Bhoo Loka Vaikuntam" of the western world. My personal experience and miracle with this temple dates back to the year 2010 when Lord Bhoo Varaha Swami blessed us by visiting our then home in Exton, PA in the form of his Utsava Moorthi. At that time, me and my husband were married for 5 yrs and were childless were longing for one. I clearly remember that as i carried the Utsava Moorthi in my hand, the moorthi was heavy, and so i hugged it tightly(for the fear that i may drop it : ) ), but had this peculiar feeling that i was hugging my baby. Purely his grace, i conceived in the next 3 months & our son



SHIV was born in Oct 2011. I will always remain indebted to my parents for instilling in me the love & devotion towards BABA. I immensely thank my forefathers for this is their blessing that i'am being guided by BABA is the form of our Beloved Guruji, our beloved Mama Sri. Rajagopalan, our Beloved Akka Smt. Sharada Jammi (She is my most favourite deity of this temple) & Sri. Babu Rao garu, who for me are none other than my family. My humble prostrations to BABA & this beautiful temple.

SAIRAM.

## SUBHRAMANIYA SHASTI CELEBRATIONS

*Thank you for all the devotees who joined in the prayers on Thanksgiving day, we enjoyed the company of 300+ devotees during Annakoot. The pictures show the beautiful platter spread for that day.*





# Ayyappa

## PADI PUJA

**SATURDAY, DECEMBER 31**

08:30PM - 12:00AM

FOLLOWED BY SHEJ AARTI

**ALL ARE WELCOME!**

*TO SPONSOR PLEASE CONTACT:*

SARADA JAMMI ##804-868-5751;

PANDIT B. RAJAGOPALAN #804-708-3007;

**SRI SAI AMRUTHA NARAYANA TEMPLE**

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