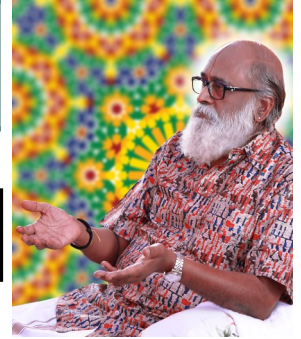




Sri Amrutha Sai Narayana Sarveswaralayam

340 Three Chopt Rd Manakin Sabot VA 23103
Ph # 804 708 0867



BABA'S DIVINE WORDS

*CONTINUOUS OBSERVANCE OF THE
TEACHINGS OF THE GURU, AND FIRM
ADHERENCE TO THEM BRINGS
UNSHAKABLE FAITH AND UNWAVERING
STABILITY.*

*I AM NOT THE DOER OF ANY ACTION NOR
THE ENJOYER OF ITS FRUITS? WHEN I FEEL
THIS, THIS IS AN ACTION WHICH IS DEVOID
OF EGO AND IS THE SURRENDER TO THE
SUPREME BEING FOR UNION WITH IT.*

*PERFORM ALL YOUR ACTIONS IN THIS WAY.
THEN, NATURALLY A STAGE IS REACHED
WHEN YOU BECOME A NON-DOER. THOUGH
IT IS NOT POSSIBLE EVER TO DISOWN KAR-
MA, YET IT IS POSSIBLE TO DISOWN THE
FRUIT OF THE KARMA*

*REMOVE A THORN WITH THE HELP OF A
THORN. TO BECOME A NON-DOER, YOU
HAVE TO ACT ACCORDING TO THE
KARMAS. WHEN REALISATION TAKES
PLACE, THEN ONLY THE KARMA WILL END.*

~From Sai Satcharita by Hemadpant

Inside this issue

Baba's Divine Words	1
Upcoming Events	1
Sridharamrutham	2
Baba's peculiar ways	3,4
Poems	5,6
Patanjali Yoga Sutra	7
Devotee Experience	8
Photo Gallery	9-12

Upcoming Events

- ◆ 02/01/2023 &
02/16/2023
Ekadasi
- ◆ 02/26/2023
Krithigai
- ◆ 02/02/2023 &
02/18/2023
Pradosham
- ◆ 02/05/2023
Pournami
- ◆ 02/08/2023
Chaturthi
- ◆ 02/13/2023
Bhairava Ashtami
- ◆ 02/18/2023
Maha Sivarathri
- ◆ 02/19/2023
Amavasya
- ◆ 02/25/2023
Skanda Shashti

Festivals

- ◆ 02/18/2023
Maha Sivaratri

Sai Amrutha Jyothi

SRIDHARAMRUTHAM

LIFE MOVES AT A VERY RAPID PACE....

IF YOU GO ON THINKING AND DEBATING YOU WILL NEVER START
WHETHER IT IS BUSINESS OR ANY OTHER PERSONAL ASPECTS OF YOUR
LIFE....

LIFE IS UNCERTAIN.... IN AN UNCERTAIN LIFE WHERE CO-ORDINATES GO
ON CHANGING, YOU CANNOT HAVE FIXED PRINCIPLES.... YOU NEED TO
BE FLEXIBLE.... YOU ALSO NEED TO CHANGE WITH THE SPEED AND
ADAPT YOURSELF TO CHANGING NEEDS OF LIFE....

SO DON'T GO ON THINKING TOO MUCH ABOUT FUTURE....
BE PRACTICAL..... YOU HAVE TO START SOMEWHERE AND SWIM
ACROSS.... THE THUNDER & STROM NEVER CEASES... ONE WILL
FOLLOW THE OTHER....

SO BE COURAGEOUS TO ACCEPT LIFE AS IT COMES... START SOME
WHERE AND KEEP INVENTING.... NEW IDEAS, NEW CIRCUMSTANCES,
NEW CHALLENGES WILL KEEP ON PROPPING UP.... BE COURAGEOUS TO
FACE.... YOU HAVE THE METTLE TO DO IT.... BHAGAWAN HAS ALWAYS
KEPT GOOD STUFF WITH YOU TO USE WITH CHANGING NEEDS.... DON'T
BE A DOUBTING THOMAS.... THEN YOU WILL NEVER START....

EXPLORE NEW OPPORTUNITIES.... EXPLORE NEW VENTURES....
EXPLORE NEW AVENUES.... EVERY DAY THINGS ARE CHANGING....

SO START.... DON'T KEEP PROCRASTINATING....

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

### **Touch of Guru's Hand and Sai Baba's Assurance**

Following a Sadguru and being under His protection is the best thing that can happen to anyone. The simple touch of Sadguru will bring complete change in the life of the person. Sadguru carries you safely across this worldly ocean. Also, Sadguru easily bestows you with the chief objects of your life, Dharma (righteousness), Artha (wealth), Kama (Desire) and Moksha (Deliverance), totally unsolicited! For this to happen you must have unquestioning faith in your Guru, and follow His dictum.

Baba also guarantees and assures that, "There will never be any dearth or scarcity, regarding food and clothes, in any devotees homes...". Read further to learn about this.

### **Efficacy of the Touch of Guru's Hand**

Hemadpant writes - Where Real or Sadguru is the helmsman, he is sure to carry us safely and easily beyond the worldly ocean. The word Sadguru brings to mind Sai Baba. He appears to me, as if standing before me, and applying Udi (sacred ashes) to my forehead and placing his hand of blessing on my head. Then joy fills my heart and love overflows through my eyes. Wonderful is the power of the touch of Guru's hand. The subtle-body (consisting of thoughts and desires), which cannot be burnt by the world-dissolving fire, is destroyed by the mere touch of the Guru's hand, and the sins of many past births are cleaned and washed away. Even the speech of those, whose heads feel annoyed when they hear religious and Godly talks, attains calmness.

The seeing of Sai Baba's handsome form, chokes our throat with joy, makes the eyes overflowing with tears, and overwhelms the heart with emotions. It awakens in us I am He (Brahman) consciousness, manifests the joy of self-realization, and dissolving the distinction of I and Thou, then and there, makes us one with the Supreme (One Reality). When I begin to read scriptures, at every step I am reminded of my Sadguru, and Sai Baba, assumes the form of Rama or Krishna and makes me listen to his Life. For instance, when I sit to listen to Bhagwat, Sai becomes Krishna from top to toe, and I think He sings the Bhagwat or Uddhava Gita (song of teachings by Lord Shri Krishna to His disciple, Uddhava) for the welfare of the devotees. When I begin to chitchat, I am at once put in mind of Sai's stories for enabling me to give suitable illustrations. When I myself start to write anything, I cannot compose a few words or sentences, but when He of his own accord makes me write, I go on writing and writing and there is no end to it.

## SAI BABA'S WIT AND HUMOR

When the disciple's egoism props up, He presses it down with His hand, and giving him His own power, makes him gain His object, and thus satisfies and blesses him. If anyone prostrates before Sai and surrenders heart and soul to Him, then unsolicited, all the chief objects of life viz. Dharma (righteousness), Artha (wealth), Kama (Desire) and Moksha (Deliverance), are easily and unsolicitedly attained. Four paths, viz., of Karma, Jnana, Yoga and Bhakti lead us separately to God. Of these, the path of Bhakti is thorny and full of pits and ditches, and thus difficult to traverse, but if you, relying on your Sadguru, avoid the pits and thorns and walk straight, it will take you to the destination (God). So says definitely, Sai Baba.

### **Baba's Assurance**

Hemadpant also quotes Sai Baba's words guaranteeing the welfare of the Bhaktas, as given here: - "There will never be any dearth or scarcity, regarding food and clothes, in any devotees homes. It is my special characteristic, that I always look to, and provide, for the welfare of those devotees, who worship Me whole-heartedly with their minds ever fixed on Me. Lord Krishna has also said the same in the Gita. Therefore, do not strive much for food and clothes. If you want anything, beg of the Lord, leave worldly honors, try to get Lord's grace and blessings, and be honored in His Court. Do not be deluded by worldly honor. The form of the Deity should be firmly fixed in the mind. Let all the senses and mind be ever devoted to the worship of the Lord, let there be no attraction for any other thing; fix the mind in remembering Me always, so that it will not wander elsewhere, towards body, wealth and home. Then it will be calm, peaceful and care-free. This is the sign of the mind, being well engaged in good company. If the mind is vagrant, it cannot be called well-merged."

**!!! Om Sairam!!!**

(Based on Sai Satcharita, compiled by Babu Jammi)

## A PEN IN DEVOTION

### **Assemble and Disassemble**

The rise of the morning sun,  
Life blossoming with new possibilities for everyone.

When HE leaves at the horizon,  
Assemble and disassemble lives daily and nocturnal stun.

Our wedlock we enter,  
With expectations and plans like a skilled hunter.

When you drown in love at the epicenter,  
Assemble and disassemble the you and me banter.

A child we nurture,  
With values and compassion for the future.

Every challenge we evolve our nature,  
Assemble and disassemble the 20 years of umbilical chord aperture!

A baby's first cry,  
The dawn knot in the karmic tie.  
The last exhale with a sigh,  
Assemble and disassemble through life's low and high.

~ By Mahalakshmi Iyer

## A SARCASTIC TAKE ON WEDDINGS

Amongst the handful of occasions that provide an opportunity to congregate,  
Wedding is one.

Witty banTERS that are shared between the parents, invariably targeting the  
Son,

Teaming up with the crowd in making fun of that cousin,

Lending a hand in dressing up the bride while the ceremonies are yet to  
begin.

Women waiting to showcase the outfits which were lying in their closets all  
along,

Men rushing towards the dining hall before the queue could get long.

Youngsters on the look out for places to get pictures clicked,

On the whole none paying attention to the couple to be married.

~ By Mandakini

**Sadhana Pada**

23 (continuation from January issue)

Sage Patanjali says, a happy or unhappy life is one's own creation; no one else is responsible.

In the next Sutra, he teaches us how a seeker should discriminate for Spiritual life.

Ultimately everything is painful in this world. Even the things that we think that give us pleasure give it only temporarily; they also give us pain when they leave us.

For example, let us say a person is enjoying a high position and he is famous. Everyone knows him, respects him, and does things to impress him and to be on his good side. Gradually that person grows into loving his position. What happens if this person loses his position, or retires? He would be devastated.

Same applies to a person who is rich and runs after money. He will be lost if the money is lost one day. A person who thinks high of his own beauty and tries to save it, would be simply shattered when old age hits.

As such, everything that gives pleasure would eventually cause pain.

The three Gunas are always playing in our minds. A child is playing and the parents are also enjoying their free time playing with the child. But if they are in a hurry to go to work, or if they are sick, they would not want play with the child then, they would only tell the child to just leave them alone. The act of playing with the child depends on the mindset of the parent at that time.

The Sage says, the only way to handle all this, is to realize that everything is painful to begin with. And so, a Spiritual seeker must tell himself that therefore he would stay aloof with the world and not get attached to it. He would accept things as they are and as they come and as they go, and he would not approach the world with selfish motives.

In Bhagavad Gita, this is what Krishna says – that one should only perform his duties sincerely and not to be attached to the fruits of it.

(To be continued...)

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

~ By Kavinaya

**FROM THE HEART OF A YOUNG DEVOTEE****By Ajay**

Hi I am Ajay, I am 3rd grader living North Carolina. I have been going to the Sai Narayana temple since I was born. I love traveling from North Carolina to Virginia to go to the temple.

I learned mantras like Krishnaya Govindaya and Sudarshana Maha Jwala, while attending the Homams performed by Mama and Sarada Aunty. I have watched Abishekams performed for all the gods in the temple.

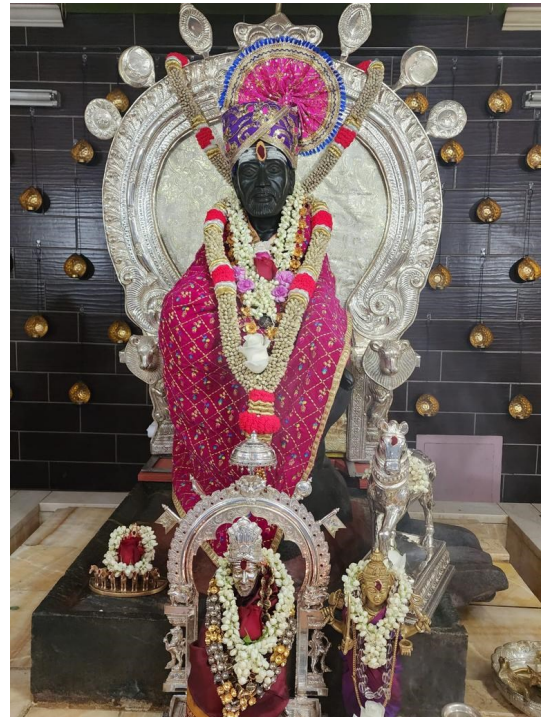
I like visiting the temple especially when Guruji visits the temple.

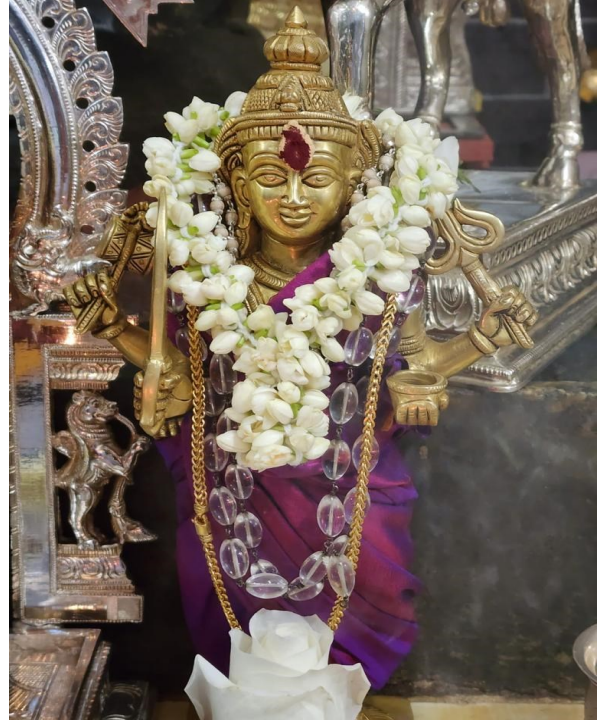




## SANKRANTI & SHANI TRANSITION CELEBRATIONS

***Thank you for all the devotees who joined us to celebrate Makar Sankranti and receive Sri Sai Amrutha Narayana's blessings.***



**SANKRANTI & SHANI TRANSITION CELEBRATIONS**

**Special Alankaram was done to Sri Sai Amrutha Narayana, his altar and all other deities on the occasion of Makar Sankranti**



## SANKRANTI & SHANI TRANSITION CELEBRATIONS



**Special Shani Abhishekam  
was performed during its  
transition**



## SANKRANTI & SHANI TRANSITION CELEBRATIONS



**Unique Shani Homam was performed during its transition to reduce its effects for people belonging to certain zodiac signs.**

**This Shani Homam Fire's vapours were observed from the Gundam even after a week later.**



# MAHA SHIVARATRI



**Sri Sai Amrutha Narayana Temple**

340 Three Chopt Road, Manakin Sabot, Va. 23103



**MAHA SIVA RATHRI CELEBRATIONS**

**Saturday, Feb 18, 2023**

## Abhishekam for Lord Mahalingeswara

*Please join with Family and Friends to celebrate  
Devotees will have opportunity to offer Milk to Lord Siva*

**6:00 PM – 9:00 PM : Ekadasa Rudram Chanting**

**9:00 PM – 12:00 AM : Ekadasa Rudram Chanting**

**12:00 AM- 12:30 AM : Maha Aarthi**



For Sponsorship details please contact :

Sarada Jammi # 804 868 5751 or Pt. Rajagopalan #804 708 3007

Follow us on Facebook and Instagram:

