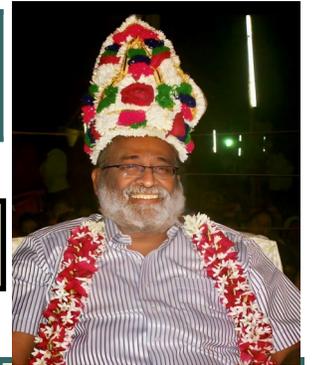




**Sri Amrutha Sai Narayana Sarveswaralayam**

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



## SRI SAI BABA'S DIVINE WORDS

*"I AM EVER LIVING TO HELP AND GUIDE ALL WHO COME TO ME, WHO SURRENDER TO ME AND WHO SEEK REFUGE IN ME."*

\*\*\*\*\*

*"THOUGH I BE NO MORE IN FLESH AND BLOOD, BUT I SHALL EVER PROTECT MY DEVOTEES. I SHALL BE WITH YOU THE MOMENT YOU THINK OF ME."*

\*\*\*\*\*

*"I AM THE SLAVE OF THOSE WHO HUNGER AND THIRST AFTER ME AND TREAT EVERYTHING ELSE AS UNIMPORTANT."*

\*\*\*\*\*

*"EVEN A WELL-READ PERSON WHO IS NOT FREE FROM THE DESIRE OF THE FRUIT OF HIS ACTION, IS USELESS AND CAN'T GET SELF-REALIZATION."*

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### Upcoming Events

\*\*\*\*\*

- ◆ 03/02/2023 & 03/17/2023  
Ekadasi
- ◆ 03/04/2023 & 03/19/2023  
Pradosham
- ◆ 03/05/2023  
Pournami
- ◆ 03/10/2023  
Sankata Chaturthi
- ◆ 03/14/2023  
Bhairava Ashtami
- ◆ 03/19/2023  
Pradosham
- ◆ 03/20/2023  
Masa Sivarathri
- ◆ 03/21/2023  
Amavasya
- ◆ 03/25/2023  
Krithigai
- ◆ 03/26/2022  
Skanda shashti

### Festivals

\*\*\*\*\*

- ◆ 03/04/2023  
Shani Trayodasi
- ◆ 03/22/2023  
Shobakruth Nama ugadi
- ◆ 03/30/2023  
Sri Rama Navami

**Sai Amrutha Jyothi**

## SRIDHARAMRUTHAM

TOTALLY SURRENDERING TO A MASTER IS NOT AN EASY JOB....

ONCE YOU TOTALLY SURRENDER TO A MASTER, EGO VANISHES..... EGO VANISHES IN EVERY ASPECT OF LIFE.... ANY ONE TALKING HARSH TO YOU SHOULD NOT HURT YOU IN ANY WAY..... YOU HAVE TO RETURN IT BACK WITH A GRACIOUS SMILE AND A FORGIVING HEART....

AFTER SURRENDERING TO A MASTER UNCONDITIONALLY, YOU BECOME A CHANGED MAN MORE AT HEART.... THE CHANGE MAY NOT BE APPARENT BUT YOU WILL KNOW THE CHANGE INTERNALLY....

AFTER SURRENDERING TO A MASTER, YOUR BREATHING WILL GET REGULATED....SMOOTHENED.... YOU WILL NOT BE TENSED...BE AT HOME...BE AT OFFICE... BE WITH FRIENDS OR BE WITH ADVERSARIES....YOU WILL BE STRESS FREE...

AFTER SURRENDERING TO A MASTER YOU WOULD HAVE TOTALLY TRANSFORMED.... A KIND OF LIGHTNESS.... THE HEAVINESS OF THE PAST WOULD HAVE TOTALLY VANISHED.... NOTHING WILL SURPRISE YOU.... NOTHING WILL DEPRESS YOU.....

AFTER SURRENDERING TO A MASTER, ALL YOUR DUTIES YOU WILL CONTINUE TO PERFORM WITH AN UNIQUE QUALITY.....YOU WILL BE THERE & YOU WILL NOT BE THERE.... LIKE THE WATER ON A LOTUS LEAF.....

AFTER SURRENDERING TO A MASTER, YOU MAY STILL HAVE ENEMIES BUT YOU WON'T HAVE ENMITY OR HOSTILITY IN YOUR MIND.... A WAR IF REQUIRED WILL BE FOUGHT BUT YOU WON'T BE BOTHERED ABOUT THE RESULTS....

THESE ARE SOME OF THE POINTS OUT OF TOTAL 1862 QUALITIES EXPECTED OF A TOTAL SURRENDER....

YOU ARE ALL USING LEFT AND RIGHT THE WORD 'SURRENDER'.....

DOES ANY ONE QUALIFY AT LEAST THE POINTS MENTIONED HERE? CONTEMPLATE.....

## THE POWER OF BABA'S WORDS AND BLESSINGS

### **The Power of Baba's words and blessings!**

As we read in previous month's article, having a Sadguru and being under His protection is the best thing that can happen to anyone. We learned that 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 on your Guru, and follow His dictum.

Here's another story of a devotee, who was disparately seeking for more than 27 years after marriage, to beget a child. Read further to learn, how Baba blessed this woman fulfilled her desire, though playfully parleying with Shama about superstitions.

### **Mrs. Aurangabadkar**

A lady from Sholapur, wife of Sakharam Aurangabadkar had no issue during the long period of 27 years after her marriage. She had made a number of vows of Gods and Goddesses for an issue, but was not successful. She then became almost hopeless. To make a last attempt in this matter, she came to Shirdi with her step-son Vishwanath and stayed there for two months, serving Baba. Whenever she went to the Masjid, she found it full and Baba surrounded by devotees. She wanted to see Baba alone, fall at His feet and open her heart and pray for an issue, but she got no suitable opportunity. Ultimately, she requested Shama to intercede with Baba for her when He was alone.

Shama said to her that Baba's Darbar was open, still he would try for her and that the Lord might bless her. He asked her to sit ready with a coconut and joss-sticks on the open courtyard at the time of Baba's meals and that when he beckoned to her, she should come up. One day after dinner, Shama was rubbing Baba's wet hands with a towel when the latter pinched Shama's cheek. Shama feigning anger said, "Deva, is it proper for you to pinch me like this? We don't want such a mischievous God who pinches us thus. Are we Your dependents, is this the fruit of our intimacy?" Baba replied, "Oh Shama, during the 72 generations that you were with me, I never pinched you till now and now you resent my touching you". Shama, "We want a God that will give us ever kisses and sweets to eat; we do not want any respect from You, or heaven, vimana, etc. Let our faith unto Your Feet be ever wide-away". Baba, "Yes, I have indeed come for that. I have been feeding and nursing you and have got love and affection for you". Then Baba went up and took his seat. Shama beckoned to the lady. She came up, bowed and presented the coconut and joss-sticks. Baba shook the coconut which was dry. The Kernal within rolled and made a noise. Baba said, "Shama, this is rolling, see what it says". Shama, "The woman prays that a child might be similarly rolling and quickening in her womb. So, give her the coconut with Your blessing".

## THE POWER OF BABA'S WORDS AND BLESSINGS

Baba, "Will the coconut give her any issue? How people are foolish and fancy such things! "Shama, "I know the power of Your word and blessing. Your word will give her a string or series of children. You are wrangling and not giving real blessing". The parley went on for a while. Baba repeatedly ordering to break the coconut and Shama pleading for the gift of the unbroken fruit to the lady. Finally, Baba yielded and said, "She will have an issue". "When?" asked Shama. "In 12 months" was the reply. The coconut was therefore broken into two part, one was eaten by the two, the other was given to the lady. Then Shama turned up to the lady and said, "Dear madam, you are a witness to my words. If within 12 months you do not get any issue, I will break a coconut against this Deva's head and drive Him out of this Masjid. If I fail in this, I will not call myself Madhav. You will soon realize what I say". She delivered a son in one year's time and the son was brought to Baba in his fifth month. Both husband and wife, prostrated themselves before Baba and the grateful father (Mr. Aurangabadkar) paid a sum of Rs.500/- which was spent in constructing a shed for Baba's horse "Shyamakarna".

**!! OM SAIRAM!!**

**SADGURU AND ME**

Sadhguru in my breath,  
Motherly yielding like the Earth.

Sadhguru in my eyelash,  
Tears of gratitude through it splash.

Sadhguru in this gadget's cell,  
Reverberating in my heart's bell.

Sadhguru in every sensation,  
Stinging pain or numbing emotion.

Sadhguru is my silence,  
Few minutes of deep, void penance!

Sadhguru is me  
This karmic body, a mere dummy.

~ By Mahalakshmi Iyer

**Sadhana Pada**

24 (continuation from February issue)

Spiritual Seeker must realize that everything is painful, even though some things may look like they bring happiness, it is only temporary.

Sage Patanjali then explains the cause of this pain. Yoga philosophy talks about two important things. One is the Seer and the other is the Seen. The Seer is the Self and everything else is Seen by the Self. For instance, we say, “My hand, my leg, my body”. “I”, who Sees the body is the “Seer” and the body is what is Seen. However, sometimes we tend to mix up both the Seer and the Seen. We say, “My body is aching”, sometimes we say, “I am aching”. When we identify ourselves with what we see, the suffering starts.

The Sage then talks about the “Seen”. What is Seen is what teaches us about the world. It gives us experience, and ultimately liberates us from bondage. Even those who are not aware of such a thing as liberation, or do not think about it, or do not want it even, will be pushed there with several births and experiences to want to be liberated. They will at some point come to feel that “I am tired of this and I do not want it any more”. It is the job of the Nature that does this. We have heard the saying “Change is the only thing that doesn’t change”. As such, everything in nature changes every moment.

Swami Sachidanandha gives a great example here – even though we have the same body, we do not like to wear the same kind of clothes every day; even though we have the same stomach, we do not want to eat the same food. We like change. So, who is the “we” that likes change? It is all in the mind. The mind keeps changing. The mind may like one thing one day and would hate the same thing another day.

So, how do we handle the changes and keep the peace at the same time? When something changes, we should let it go and accept the new thing that comes. The trouble starts when we want to hold on to the old thing without letting it go.

(To be continued...)

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

~ By Kavinaya

## DO YOU MIND YOUR "MIND"?

Ever felt like listening to those voices in your head?  
Well, all the "advices" ensure we remain in our comfort zone, not having to  
waste our efforts in moving ahead.

An hour of power nap at noon, after lunch,  
Helps rejuvenate ourselves to tackle the work left in a bunch  
That much needed dose of overthinking which keeps us awake at midnight,  
Fosters creativity in imagining scenarios terrifying enough, despite  
everything being all right.

So, would you still question the righteousness of your mind?  
When all it does is to protect you at any cost against the thought of change.

~ By Mandakini

## 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/LZgWWMPPhVgs>

Please like, share and subscribe to our Youtube channel.

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



## Devotee Experience

### SRI SAI NARAYANA TEMPLE

SERENITY! - By RAHUL SUNDAR

The first time I visited Sri Sai Amrutha Narayana temple was in fall 2017 with my wife - Teja (back then we were college mates). The initial plan was to go to Crabtree falls as the weather was just about right, around 70 degrees and Teja suggested that we should do a quick visit at the temple as it was less than a min of detour.

And I am very glad we did. As we entered the temple premises, looking at the garden filled with numerous colored flowers, cows, big pond with lots of fish, it gave me a moment of serenity and calmness as my mind took back to the days of me visiting temple in my village in India. And nonetheless Saradha aunty and Babu uncle welcomed us with a warm smile and showed us around the temple, it was beautifully constructed and very well maintained by them. We hung around the temple for about an hour and the whole time I felt calmness in me. Since then whenever I get a chance to be in the DMV area I never miss to visit the Richmond temple. [L:L] [SEP:SEP] I would highly recommend people in DMV area or people visiting DMV area to check out this temple and say HI to Saradha aunty on behalf of me and if you are lucky enough she may serve you with the best Vathakulambu and Rasam!



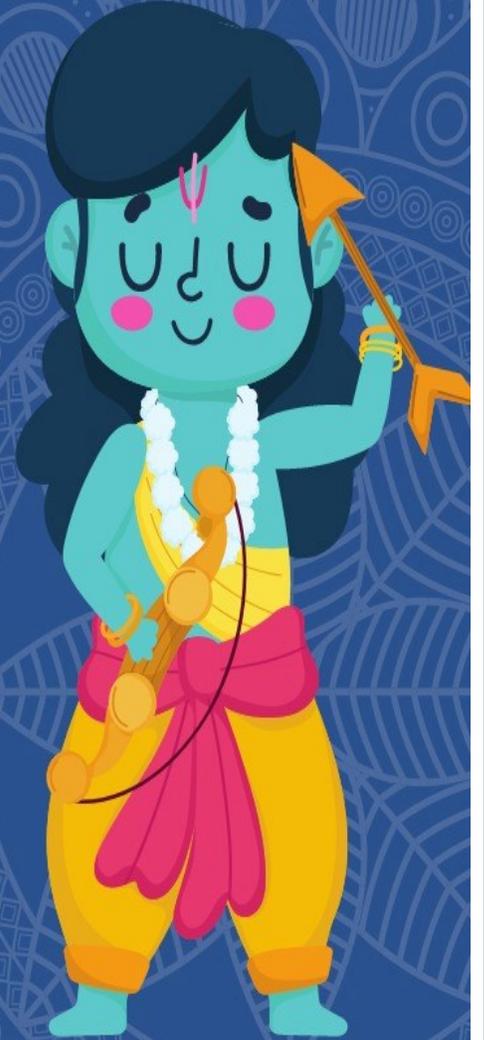
# Happy Rama Navami

**JAI SRI RAM!!**

**Thursday, March 30, 2023**

**SPECIAL ABHISHEKAM  
@8.30 AM**

**GRAND PALLAKI SEVA  
@6.30 PM**



**TO SPONSOR PLEASE CONTACT:**

**SARADA JAMMI #804-868-5751**

**PANDIT B. RAJAGOPALAN #804-708-3007**



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*Thyagaraja Aradhana Through Music & Dance*

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**All are invited.... Free Admission!!**



**Sri Sai Amrutha Narayana Temple**

**340 Three Chopt Rd, Manakin Sabot, VA 23103**



## UGADI CELEBRATIONS



**Sri Sai Amrutha Narayana Temple**

340 Three Chopt Road, Manakin Sabot, Va. 23103



**UGADI GRAND CELEBRATIONS**

**Wednesday, March 22, 2023**

**SHOBHAKRUTU NAMA SAMVATSARA  
SPECIAL ABHISHEKAM & GRAND ARATHI**

**5:30 PM : Dhoop Arathi**

**6:00 PM : Vishesha Abhishekam for Baba followed by  
Vishesha Alankarana.**

**8:00 PM : Shej Arathi & Temple closes at 9:00 PM**



**Please join for Vishesha  
Abhishekam and Harathi with  
your Family & Friends to  
celebrate this Ugadi at Sri Sai  
Amrutha Narayana Temple.**

**For Sponsorship details please contact :**

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

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