



Sri Amrutha Sai Narayana Sarveswaralayam

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MASTER'S DIVINE WORDS

*IF YOU HAVE UNDERSTOOD THE MASTER,
YOU HAVE UNDERSTOOD THE COSMOS....*

*IF YOU HAD BEEN WITH A MASTER,
YOU WOULD HAVE HAD OPPORTUNITIES
TO LEARN THINGS WHICH IS BEYOND,
GOOD AND BAD,
RIGHT AND WRONG,
PERFECT AND IMPERFECT...
THAT EDUCATION IS THE TOTAL AND PERFECT
EDUCATION...
HAVE YOU UTILISED THOSE OPPORTUNITIES
WHILE BEING WITH THE MASTER IS THE
POINT....*

*TO RETAIN MASTER'S WORDS AND PRACTICE
IT UNCONDITIONALLY, NEEDS A LOT
COURAGE, COVICTION AND TOTAL AWARE-
NESS..... OTHER-WISE/ITS JUST HEARING AND
IT IS UP TO EAR LEVEL....NOTHING GOES
INSIDE...*

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

### Inside this issue

|                           |    |
|---------------------------|----|
| Announcement              | 1  |
| Upcoming Events           | 1  |
| Sridharamrutham           | 2  |
| Satya Sai Story           | 3  |
| Who is Sai Baba           | 4  |
| Priya Iyer poems          | 5  |
| Gospel of Ramakrishna     | 6  |
| Patanjali Yoga sutra      | 7  |
| Sri Sai in our daily life | 8  |
| Just for Fun              | 9  |
| Just for Fun              | 10 |

### Upcoming Events

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- ◆ 08/30/2021  
Ashtami
- ◆ 8/04/2021 & 8/18/2021  
Ekadasi
- ◆ 8/5/2021 & 8/20/2021  
Pradosham
- ◆ 08/08/2021  
Aadi Amavasya
- ◆ 08/13/2021  
Shasti
- ◆ 08/25/2021  
Sankashtahara Chaturthi
- ◆ 08/22/2021  
Pournami & Rakhi pornami & Yajurveda upakarma
- ◆ 8/29/2021 & 8/2/2021  
Karthigai
- ◆ 08/06/2021  
Masa Sivarathri

### August Festivals

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- ◆ 08/08/2021 & 08/27/2021  
Nag Panchami
- ◆ 08/24/2021  
Varalakshmi Vratam
- ◆ 08/21/2021  
RigVeda Upakarma & Onam
- ◆ 08/23/2021  
Gayatri Japam
- ◆ 08/30/2021  
Krishna Ashtami

Sai Amrutha Jyothi

## SRIDHARAMRUTHAM

YOU SHOULD ... LOVE TO POSTPONE 'ANGER'.

YOU SHOULD ... LOVE TO POSTPONE 'EGO'.

YOU SHOULD ... LOVE TO POSTPONE 'POSSESSIVENESS'.

YOU SHOULD LOVE TO POSTPONE 'JEALOUSY'.

BUT THESE THINGS ARE VERY SPORADIC AND INSTANTANEOUS.

THE IDIOCY IS THAT, SUBTLY WE FEEL WE ARE GOING TO LIVE FOREVER.

SO WE PRESUME THAT PRAYERS OR MEDITATION CAN WAIT.

WE FEEL THAT PRAYERS AND MEDITATION CAN BE POSTPONED.

GOD IS A SUBJECT WHICH EVERYONE LOVES TO POSTPONE.

“NOT TODAY !”

“NOT NOW !”

“WE WILL SEE SOME OTHER TIME !”

LIFE IS TEMPORARY AND SHORT LIVED.

POSTPONE ANGER, PRIDE, EGO, JEALOUSY, POSSESSIVENESS, GREED,  
LUST ETC.,

DON'T POSTPONE GOD !

DON'T POSTPONE PRAYERS !

DON'T POSTPONE MEDITATION !

DON'T POSTPONE CHARITY !

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

Guru - The Last Resort

An aspirant after spiritual realization went off into a jungle and was plodding across the infested region, through the thick undergrowth, when he heard the angry roar of a lion. He climbed a tree to escape from the beast, but the lion saw him among the branches and roamed round and round the trunk in terrific rage. On the tree, he was attacked by a bear and so, he slid down the roots that descended from one of the branches of that banyan tree. Luckily, there were two roots hanging from the branch, so that he could hang on in midair clinging to them, one in each hand. Just then, he saw two rats, one white and the other black, which were gnawing at the base of the roots, endangering his life with every bite. While in this perilous state, a honeycomb which was full of sweet nectar situated on one of the top branches leaked a few drops which fell his way.

So, the unfortunate man put out his tongue to catch a drop so that he may taste the delicious honey. But no drop reached his tongue. In despair and terror, he called on his Guru, "O Guruji, come and save me." The Guru who was passing by heard his appeal. He sped to the rescue. He brought a bow and arrows and slew the lion and bear, frightened off the rats and saved the disciple from the fear of death. Then, he led the man to his own Ashram and taught him the path of liberation.

This is the story of every one of us. This world is the jungle in which we roam. Fear is the lion, which drives us up the tree of *Samsara*, worldly activities. Anxiety is the bear that terrifies us and dogs our steps in *Samsara*. So, we slide down into attachments and binding deeds, through the twin roots of hope and despair. The two rats are day and night which eat away the span of life. Meanwhile, we try to snatch a little joy from sweet drops of egoism and mine-feeling.

Finding at last that the drops are trivial and out of reach, we shout in agony of renunciation, calling on to our Guru. The Guru appears, whether from within or without, and saves us from fear and anxiety.

Variety in Upadesh -- Slanderer Condemned

Sai Baba required no special place, nor any special time for giving instructions. Whenever any occasion demanded, He gave them freely. Once it so happened that a Bhakta of Baba, reviled another behind his back, before other people. On leaving aside merits, he dwelt on the faults of his brother, and spoke so sarcastically, that the hearers were disgusted. Generally, we see that people have a tendency to scandalize others, unnecessarily; and this brings on hatred and ill-will. Saints see scandal, in another light. They say that there are various ways of cleansing or removing dirt, viz. by means of earth, water and soap etc., but a scandal-monger has got a way of his own. He removes the dirt (faults) of others by his tongue; so in a way he obliges the person, whom he reviles and for this he is to be thanked. Sai Baba had his own method of correcting the scandal-monger. He knew by his omniscience what the slanderer had done and when He met him at noon near the Lendi, Baba pointed out to him a pig that was eating filth near the fence and said to him; Behold how, with what relish it is gorging filth. Your conduct is similar.

You go on reviling your own brethren to your hearts content. After performing many deeds of merit, you are born a man, and if you act like this, will Shirdi help you in any way; Needless to say, that the Bhakta took the lesson to his heart, and went away. In this way Baba went on giving instructions whenever necessary. If these are borne in our minds and acted upon, the spiritual goal (realization) is not far off. There is a proverb which says; If there be my Hari (Lord), He will feed me on my cot; This proverb is only true in respect of food and clothing, but if anyone trusting in this, sits quiet and does nothing in spiritual matters, he will be ruined. One has to exert himself to his utmost for attaining self-realization. The more he endeavors, the better for him. Baba said that He was omnipresent, occupying land, air, country, world, light and heaven, and that He was not limited.

To remove the misunderstanding of those, who thought that Baba was only His body - three cubits and a half in length, He incarnated Himself in this form and if any devotee meditated on Him day and night with complete self-surrender, he experienced complete union (without any difference) with Him like sweetness and sugar, waves and sea, eye and its luster. He, who wants to get rid of the cycle of births and deaths, should lead a righteous life, with his mind calm and composed.

Excerpts from SAI SATCHARITRA

He should always engage himself in good actions, should do his duties and surrender himself, heart and soul to Him. He need not then be afraid of anything. He who trusts Him entirely, hears and expounds His Leelas and does not think of anything else, is sure to attain Self-realization. Baba asked many to remember His name and to surrender to Him, but to those, who wanted to know who they were (Who am I; enquiry), He advised Shravanam (study) and Mananam (meditation). To some, He advised remembering Gods name, to others hearing His Leelas, to some worship of His Feet, to others reading and studying Adhyatma Ramayan, Jnaneshwari and other sacred scriptures. Some He made sit near His Feet, some He sent to Khandoba temple, and some He advised the repetition of the thousand names of Vishnu and some the study of Chhandogya Upanishad and Geeta.

There were no limits, nor restriction to His instructions. To some, He gave them in person. To others by visions in dreams. To one addicted to drink, He appeared in his dream, sat on his chest, pressed it and left him, after he gave a promise not to touch liquor anymore. To some, He explained some Mantras like Gurur Brahma; in dreams. To some devotee, who was practicing Hath-Yoga, He sent word that he should leave off Hath-Yoga practices, sit quiet and wait (Saburi). It is impossible to describe all His ways and methods. In ordinary worldly dealings, He set examples by His actions, one of which is given below



A PEN IN DEVOTION

What About Me?

What about Me?
Was I meant to be,
A thankless role in its entirety?
Or one that yearns for God's pity!

What about my likes?
There are moments when craving spikes,
But my compulsive pedals, speed the sacrificial bikes.
And I get nowhere in these unchartered hikes.

What about my self-respect?
Is it too much to expect,
My kith and kin to resurrect,
My ego every day without neglect!

What about my importance?
Family, you need me for your sustenance.
Whether in pain or in joy, I must have a pleasant countenance.
But in this vast cosmos, what is my significance?

Behold the entry of Sadhguru's vitality!
Ashamed of my questions, mere verballity.
Did I just hear the word individuality,
Don't you dare say it in his ocean of non-duality!

Now, what about Me?
Drop the 'Me' to turn the Karmic key.
Every activity is a conscious opportunity!
Self dissolving in Sadhguru's clarity.

Bondage and Liberation are of the Mind

Devotee: “Sir, can’t we realize God without complete renunciation?”

Sri Ramakrishna: “Of course you can! Why should you renounce everything? You are all right as you are, following the middle path. I tell you the truth: there is nothing wrong in being in the world. But you must direct your mind toward God: otherwise you will not succeed. It is all a question of the mind. Bondage and liberation are of the mind alone. The mind will take the color you dye it with. It is like white clothes- if you dip them in red dye, they will turn red. If you dip them in blue or green, they will be blue or green. They will only take the color you dip them in. If you are in bad company, you will talk and think like your companions. On the other hand, when you are in the company of devotees, you will think and talk only of God.

Bondage is of the mind; freedom is also of the mind. A man is free if he constantly thinks, “I am a free soul. How can I be bound, whether I live in the world or in the forest? I am a child of God, the King of Kings. Who can bind me?”

Horses in a Cowshed!

Mere pundits, devoid of divine love, talk incoherently. Some pundits say in their sermons that God is dry. How can one describe God as dry, one whom the Vedas declare as the Essence of Bliss! It makes one feel that those who preach sermons do not know what God really is. A man once said, “There are many horses in my uncle’s cowshed.” From that one would know that the man had no horses at all! No one keeps a horse in a cowshed.

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”

8 (continuation from July issue)

In the next stage, one contemplates on the tranquility of the mind itself, without using the intellect. Here is where one attains the *ananda* or bliss and goes into *Sa-ananda* Samadhi.

In the fourth stage, there is no *ananda*, but just the awareness of the I-ness. One is just there, and aware of nothing else. This is called the *Saasmita* Samadhi.

Thus *Samprajnata* Samadhi is a process of involution. From *Prakriti*, the world came into being because of natural evolution, but here in Yogic meditation, we are going inward, and experience the involution.

Even after the *Samprajnata* Samadhi, Samskaras or the past impressions still remain, and they could pull one into the Worldly desires any time. Those also should be passed, in order to attain *Asamprajnata* Samadhi. In this stage, one is completely free from the World, and he is fully liberated. Such a person is called *Jivanmukta*. Even though they still live in the world, *Jivanmuktas* are not affected by the worldly matters that go on around them. Swami Sivananda says, they are free from egoism, doubt, fear, and grief.

In Ramayan, the King Janaka, the father of Sita Devi, is considered a *Jivanmukta*. Sage Vyasa, father, told his son Sage Shukha, to take King Janaka as his Guru. But Shukha was skeptical. He wondered how such a great, supposed to be materialistic King could be a Guru for someone who renounced the world, like himself. However, as he did not want to disobey his father, he went to Mithila to meet the King. He asked his doubts to the King himself. King Janaka did not reply to this question. Instead he gave Shukha, a cup full of milk and said, “I have arranged many festivities to welcome you to our country. There is music and dance and debates and fights and many other interesting activities going on. Please take this cup with you while you enjoy the activities; just make sure that not even a single drop falls on the ground. If it does, my soldiers will behead you right then and there”.

(To be continued...)

Reference: “The Yoga Sutras of Patanjali” by Swami Sachidananda.

IMPORTANCE OF TAKING CARE OF SELF!

SaiBaba is the living example of taking care of one's body and self. As long as we live in this world, we need this body and we need to take good care of this body. As this body is the vehicle for us to attain salvation, we should enrich it with timely food as a horseman would take care of his horse. We should not become slaves to the body's needs but nourish only to the extent as needed to pursue our spiritual sadhana. Baba demonstrated it by going round the streets of Shirdi daily at the appointed time and begging for food only at certain selected blessed houses. He collected all food in the same container and shared it with people and animals equally. He never forgot the sincere services of one Bayijabhai who took care of feeding Baba in HIS early days and considered and addressed her HIS mother! Baba also took care of HIS body by giving it some time to rest. HE slept in the masjid along with Datya and Mahalsapati. He used to chat with them till late on various matters. They are indeed blessed to sleep along with Baba. In later years Datya went home to sleep after his father's demise. Baba never left Shirdi except for visiting HIS friend Mr. Kushal Chand in Rahata and to nearby village Nimgaon. Still HE was aware of the train timings and gave orders for people to leave accordingly. We shall discuss the ordeal of people who failed to listen to Baba's directives in the next chapter.

Bow to Shri Sai – Peace be to all

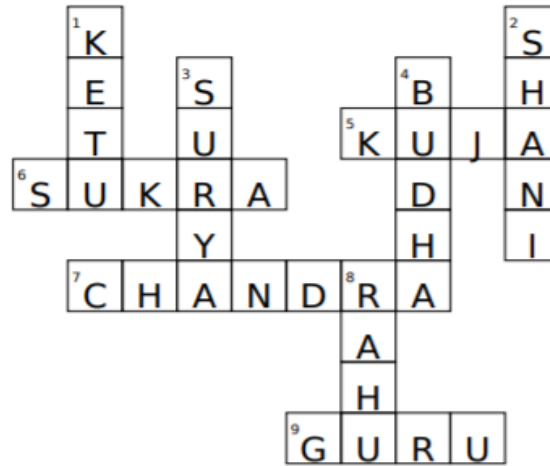
Life applications:

1. Take good care of your body.
2. Feed the body only to the extent needed.
3. Share your food equally with others.
4. Give appropriate rest to the body.
5. Respect your friends.
6. Self-Inquiry is the purpose of our life and this body is the right vehicle to attain it. So, use it diligently only for that.

Sri Satchitananda SadGuru Sainath Maharaj ki Jai!

Just for Fun – Tejaswi Dasari

Crossword Puzzle Solution



Down:

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

Across:

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

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:

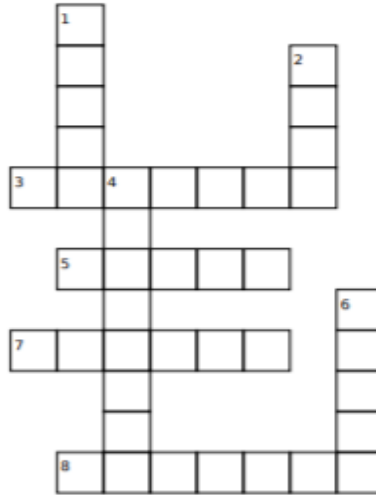
<https://youtu.be/8w5P1fLnJsg>



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LORD AND HIS/HER VAHANAMS



Down:

1. the elephant.
2. the ram.
4. the peacock.
6. the lion.

Across:

3. the owl.
5. seven swans.
7. seven horses.
8. the mouse.

SPOT THE DIFFERENCES

Spot 6 differences between the 2 pictures

