Issue 76 June 2022

Sai Amrutha Jyothi

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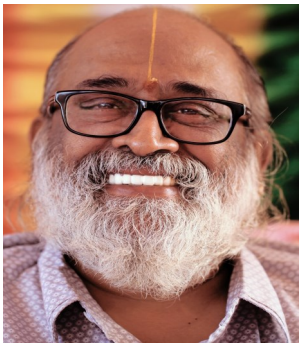

MASTER'S DIVINE WORDS

SHUN NEGATIVITY…
DON'T HIGHLIGHT NEGATIVITY IN OTHERS..
HIGHLIGHT THE POSITIVITY IN OTHERS…
EACH ONE OF US HAVE BOTH…
POSITIVITY IS THE SOURCE OF LIGHT AND NEGATIVITY IS THE SOURCE OF DARKNESS… SO DON'T KEEP ON DRIVING THE POINT WHERE PEOPLE ARE NEGATIVE… TRY FINDING OUT SOMETHING POSITIVE EVEN IN THE ENEMY

****

YOU ARE THE SOLE CUSTODIAN OF YOUR HAPPINESS….
DON'T GIVE EXCUSES BY BEING SAD

****

INSTEAD OF ARGUING AND WASTING YOUR TIME, OFFER UNCONDITIONAL APOLOGIES TO THOSE WHO FIND YOUR COMMENTS NOT TO THEIR LIKING, FOR PERSONAL PREFERENCES AND CHOICES HAVE NOTHING TO DO WITH THE TRUTH…. YOU NEED NOT PROVE YOURSELF TO ANYONE… DON'T DEFEND YOURSELF…. JUST ACCEPT DEFEAT AND MOVE ON….
TIME IS MORE PRECIOUS….

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

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Upcoming Events

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- 6/28/2022 Amavasya
- 6/05/2022 & 6/19/2022 Shashti (Krithikai)
- 6/08/2022 & 6/21/2022 Ashtami; Bhairavashtami
- 6/10/2022 & 6/24/2022 Ekadasi
- 6/12/2022 & 6/26/2022 Pradosham
- 6/14/2022 Pournami
- 6/03/2022 & 6/17/2022 Sankashtahara Chaturthi
- 6/27/2022 Masa Sivarathri
- 6/26/2022 Krithigai
~~~~

BHAGAWAN NEVER CREATED ANY ONE LIKE YOU…

BHAGAWAN WILL NEVER CREATE ANYONE LIKE YOU IN THE FUTURE…

YOU ARE HIS UNIQUE CREATION… FEEL THE UNIQUENESS IN YOU…

SEE HOW BEAUTIFUL BHAGAWAN HAS BEEN….

SEE HOW MUCH HE LOVES YOU & HENCE THIS WONDERFUL

MASTERPIECE…

WHEN THIS IS THE CASE, WHERE IS THE QUESTION OF ANY ONE BEING COMPARED WITH YOU?

WHEN THIS IS THE CASE, WHERE IS A QUESTION OF SOMETHING MORE STRONGER OR WEAKER?

WHEN THIS IS THE CASE, WHERE IS THE QUESTION OF ONE BEING

SUPERIOR THAN YOU OR INFERIOR THAN YOU?

WHEN THIS IS THE CASE, WHERE IS THE WHITE? WHERE IS THE DARK?

FEEL UNIQUE….. BE ALWAYS JOYOUS….

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

SAI BABA'S MOTHERLY LOVE

Baba always gives Happiness to His Devotees, whether they are near Him or far away!

We all think that we should stay physically close to Sai Baba to get His blessings!

Baba always protects His devotees whether they are near or far away from Him. He protects them by His glance, just as the tortoise feeds her young ones, whether they are near her or away from her on the other side of the riverbank by her loving looks. His loving graceful looks are what we all need!

Also, it is said that Sai Baba never gave any mantra or Upadesh to anyone. He always wants us to remember that, " Sadguru's tortoise-like loving glance gives us happiness. Make Him the sole object of your thoughts and actions; and you will, no doubt, attain Paramartha (the spiritual goal of life)."

Read this story of Radhabai, in which you hear about Baba's experience of His Gurus' love and about Upadesh.

Mrs. Radhabai Deshmukh

There was an old woman by name Radhabai, She was the mother of one Khashaba Deshmukh. Hearing Baba's fame, she came to Shirdi with the people of Sangamner. She took Baba's darshan and was very satisfied. She loved Baba intimately and resolved in her mind that She should accept Baba as her Guru, and take some Upadesh from Him. She knew nothing else. She determined to fast herself unto death, so long as Baba did not accept her, and give her any Upadesh or Mantra. She stayed in her lodging and left off taking any food or water for three days. Shama was frightened by this ordeal of the old woman, and interceded with Baba on her behalf. He said, "Deva, what is this You have started? You drag so many people here. You know that old lady. She is very obstinate and depends on You entirely, She has resolved to fast unto death, if You don't accept and instruct her. If anything worse happens, people will blame You, and say that Baba did not instruct her, and consequently she met her death. So, take some mercy on her, bless her and give her Upadesh."

On seeing her determination, Baba sent for her, and made her change her mind, by addressing as follows:- "Oh mother, why are you subjecting yourself to unnecessary tortures? You are My Mother and I am your child. Take pity on Me and hear Me through. I tell you My own story, which if you listen carefully, will do you good."

SAI BABA'S MOTHERLY LOVE

"I had a Guru. He was a great Saint and most merciful. I served him long, very long, still he would not blow any Mantra into My ears. I had a keen desire, never to leave him but to stay with and serve him; and at all costs receive some instructions from him. But he had his own way. He first got my head shaved and asked Me two paisa as Dakshina. I gave the same at once. If you say that as My Guru was perfect, why should he ask for money and how should he be called desireless? I replied plainly that he never cared for coins. What had he to do with them? His two paisa were (1) Firm Faith(Shraddha/Nishta) and (2) Patience or perseverance (Saburi). I gave these two paise or things to him, and he was pleased.

"I resorted to My Guru for 12 years. He brought Me up. There was no dearth of food and clothing. He was full of love or say, he was love incarnate. How can I describe it? He loved Me most. Rare is a Guru like him. When I looked at him, he seemed as if he was in deep meditation, and then we both were filled with Bliss. Night and day, I gazed at him with no thought of hunger and thirst. Without him, I felt restless. I had no other object to meditate, nor any other thing than My Guru to attend. He was My sole refuge. My mind was always fixed on him. **This Nishta/ Shraddah (firm faith) is one paisa of Dakshina. Saburi (patience or perseverance) is the other paisa. This Saburi will ferry you across the sea of this mundane existence. Saburi removes all sins and afflictions, gets rid of calamities in various ways, and casts aside all fear, and ultimately gives you success.** Saburi is the mine of virtues, consort of good thought. Nishtha (Faith) and Saburi (Patience) are like twin sisters, loving each other very intimately."

"My Guru never expected any other thing from Me. He never neglected Me, but protected Me at all times. I lived with him and was sometimes away from him, but never felt the absence of his love. He always protected Me by his glance, just as the tortoise feeds her young ones, whether they are near her or away from her on the other side of the river bank, by her loving glances. Oh mother, My Guru never taught Me any Mantra, then how shall I blow any Mantra in your ears? Just remember that Guru's tortoise-like loving glance gives us happiness. **Do not try to get Mantra or Upadesh from anybody. Make Me the sole object of your thoughts and actions; and you will, no doubt, attain Paramartha (the spiritual goal of life). Look at Me whole-heartedly, and I in turn look at you similarly. Sitting in this Masjid, I speak the truth, nothing but the truth. No Sadhanas, nor proficiency in the six Shastras are necessary. Have faith and confidence in your Guru. Believe fully, that Guru is the sole Actor or Doer. Blessed is he who knows the greatness of his Guru and thinks him to be Hari, Hara and Brahma (Trimurti) Incarnate."**

SAI BABA'S MOTHERLY LOVE

Instructed in this way, the old lady was convinced; she bowed to Baba and gave up her fast.

After hearing this story, later when Hemadpant went to Masjid, Baba asked Hemadpant whether he liked the story and understood its significance? Then Hemadpant related in full the story which he had heard a little while before, and which had made a lasting impression on his mind, and replied - "Yes, Baba the restlessness of my mind has vanished and I have got true peace and rest, and come to know the true path."

Then Baba spoke as follows: "My method is quite unique. Remember well, this one story, and it will be very useful. To get the knowledge (realization) of the Self, Dhyana (meditation) is necessary. If you practice it continuously, the Vrittis (thoughts) will be pacified. Being quite desireless, you should meditate on the God, Who is in all the creatures, and when the mind is concentrated, the goal will be achieved. Meditate always on My formless nature, which is knowledge incarnate, consciousness and bliss. If you cannot do this, meditate on My Form from top to toe as you see here night and day. As you go on doing this, your Vrittis will be single pointed, and the distinction between the Dhyata (meditator), Dhyana (act of meditation), Dhyeya (thing meditated upon) will be lost and the meditator will be one with the Consciousness and be merged in the Brahma. The (mother) tortoise is on one bank of the river, and her young ones are on the other side. She gives neither milk, nor warmth to them. Her mere loving glance gives them nutrition. The young ones do nothing, but remember (meditate upon) their mother. The tortoise glance is to the young ones, the only source of sustenance and happiness. Similar is the relation, between the Guru and disciples." When Baba uttered these last words, the chorus of the Arati song is over and all cried in unison, " Victory be to our Sadguru Sai Maharaj, Who is Pure Consciousness, Knowledge and Bliss."

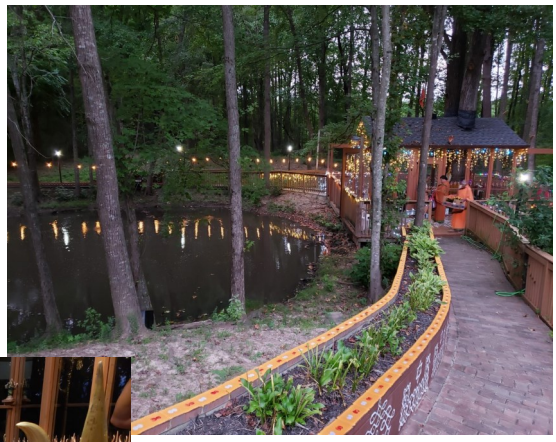
(Based on Sai Satcharita, compiled by Babu Jammi)

Know your temple

Do you know these cool facts about our temple?

- Our temple is the first temple in US to have Rajagopurams in all four directions.

- Ours is one of the unique temple that has in addition to main temple, a Dwarkamayi Mandir, Gurustan, and Vriksha Bhairava kshetram.



Know your temple

- Ours is the only temple in the entire western hemisphere that housed Lord Bhu Varaha Swamy, Sri Prathyamgira Devi, Maha Meru, and Sri Lakshmi Nrusimha Swamy with Amruth Narayana.

- There is no other Sai Amrutha Narayana temple in the world, to the best of our knowledge.
- Ours is the only temple in western world, where Navagrahas graced us with their Devis.
- Sri Vriskha Bhairava Kshetram in our temple is the only Vriksha Bhairava sannidhi that is easily accessible to public, situated in an urban location, and where we can offer prayers to our forefathers.
- Ours is the only temple that has “Mruthyumjaya Bhairava,” vigraham, and regular prayers are offered.
- All the vigrahams in our temple are custom designed and sculpted, per our requirements. To read more about our Deities in our temple click here.
- In addition, we do Go-samrakshana at this temple and you can always get darshan of Gomata, in our beautiful campus.

Loosen Your Grip

When an insecurity tugs at your psyche,

You think the answer is in material spike,

Or compulsive with company, just the ones you like.

Now, loosen your grip and let your fear take a hike.

Is it about your child's future or parents' health stature?

So long as you roll on your limited karmic pasture,

Situations repeat with a different 'time and place' luster!

Loosen your grip and watch Sadhguru reprogram your future.

Teenage, college, middle age, and old age,

Each with its own enslaving 'expectations' cage.

Which if you drop, it is freedom on every page.

With loosened grip and spirituality engage!!

~ By Mahalakshmi Iyer

BREEZY EVENINGS

On one of those breezy evenings that passed by,

She sat staring at the beauty of the mighty sky.

Banishing the petrifying noises from within of shrill cry,

Determined to confront the chilling fears that lie.

Little did she know that turn out of events were,

Unveiling the obscure trait of courage in her,

A quality the existence of which up until seemed blur.

Confirming her belief that "If you wished with all your heart the universe does conspire".

~ By Mandakini

Samadhi Pada

In the last issue, we saw different ways suggested by Sage Patanjali for quieting the mind. Along with the ways we saw earlier, the Sage says one could concentrate on the heart of a realized soul; or one can meditate upon the divine dreams if they have had one, imagining the state or the peace that they would have experienced during such a dream. Sage Patanjali says, one can meditate on anything as long as it elevates oneself. As we start to practice such meditation, the concentration will extend from the smallest atom up to the greatest Universe, he says.

As one meditates deeper and deeper, he will have weaker modifications; meaning he will not be affected by anything that happens around him. In such a state, there will be no difference between the knower, the knowable, and the knowledge. Such a state, which is a culmination of meditation, is called Samadhi. In that state everything else will become insignificant. When a boy is in love with a girl, the girl is the only thing he would think of. Everything else loses its grip on him. It is the same way with meditation. Once one goes deeper into the meditation state, other things lose their grip on him.

From the next Sutra, Sage Patanjali reminds us of the different kinds of Samadhis he talked about in the beginning of Samadhi Pada.
Savitarka Samadhi – Samadhi with deliberation. When we hear a sound, we normally hear 3 things: the word, object denoted by the word, and the knowledge about that object. For instance, if we hear “dog”, we hear the word (sabda), associate it with the image of a dog (artha), and knowledge about the dog(jnana). All of this happens simultaneously. When we are in the state of Samadhi, we can separate them in whichever way we want.
Nirvitarka Samadhi – Samadhi without deliberation. When the memory is purified, the knowledge of the object shines alone. Here, ignoring the sabda, and artha, we get the jnana alone.
Savicara (reflective) and Savitarka (non-reflective) Samadhis are practiced on finer elements of the objects. At this state, the mind has the power to go to the very root of the unmanifested nature.

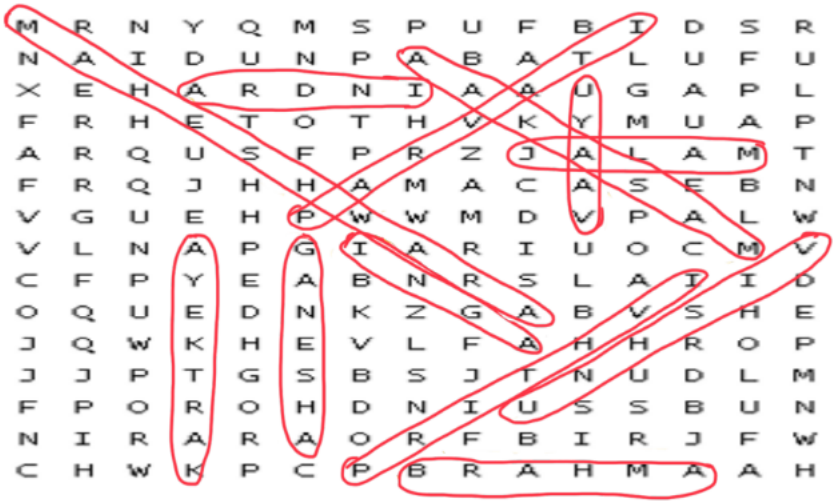
(To be continued…)

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

~ By Kavinaya

Just for Fun—Anusha Nukala

WordSearch Puzzle Solution



Aakasam
Agni
Prithvi
Vaayu
Jalam
Brahma
Vishnu
Maheshwara
Ganesha
Kartikeya
Parvati
Indra

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/jRRkbjue7xQ

Please like, share and subscribe to our Youtube channel.

https://www.youtube.com/channel/UCvcLCGOv_5IAUYxA2vA4eqQ

Just for Fun—Anusha Nukala

WORD SEARCH

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

CRYSANTHEMUM DAFFODIL HIBISCUS
JASMINE LILY MARIGOLD
MUMS ROSE TULIP

SPOT THE DIFFERENCES

Spot 6 differences between the 2 pictures

OFFERING PRAYERS AT THE TEMPLE CURED MY FATHER OF A SHOCKING DIAGNOSIS

(DUE TO THE SENSITIVE NATURE OF THE EXPERIENCE THE DEVOTEE'S NAME IS ANONYMOUS)

NAMASTE. I AM GOING TO SHARE A BEAUTIFUL PERSONAL MIRACLE RELATED TO MY DAD. IT ALL STARTED WITH A SHOCKING DIAGNOSIS FOR MY FATHER AROUND FIVE YEARS AGO. WHEN I HEARD THIS, THE FIRST THING THAT CAME TO MY MIND WAS TO GO TO RICHMOND AND TELL OUR BABA EVERYTHING. IMMEDIATELY, I WENT FROM DC (WHERE I LIVE) TO RICHMOND SAI AMRUTHA NARAYANA TEMPLE, WHICH IS WHAT I CALL MY MOTHER'S PLACE. I STOOD THERE BEFORE BABA AND SHARED EVERYTHING, LIKE EVERY TIME, HAPPINESS OR SADNESS.

WE ARE TWO SISTERS, MY MOM AND DAD ARE ALONE IN INDIA, AND THEY DO NOT HAVE A MALE CHILD OR US TO LOOK AFTER THEM. I ASKED MY DAD WHETHER I SHOULD COME RIGHT AWAY BUT HE ASKED ME TO WAIT AND I WAS WAITING FOR HIM TO ASK ME TO COME. MEANWHILE, I WAS PRAYING TO BABA AND OUR BELOVED GURUJI. GURUJI RESPONDED SAYING "OUR PRAYERS" AND NOT TO WORRY. WHETHER HE WRITES IT OR NOT, GURUJI IS ALWAYS WITH US.

HOWEVER, THINGS GOT WORSE WITH TIME. I WENT TO INDIA IN JAN, STAYED WITH MY PARENTS FOR A MONTH, DID ALL THE PROCEDURES AND BROUGHT HIM BACK HOME. I SETTLED THEM WITH SOME ASSISTANCE FOR FOOD. AFTER THAT, I HAD TO COME BACK SINCE I HAD YOUNG KIDS AND RESPONSIBILITIES. IN MAY, THE SITUATION GOT WORSE. MY FATHER'S CONDITION DETERIORATED AND THIS TIME MY SISTER WENT TO INDIA AND STAYED WITH MY DAD IN THE HOSPITAL. SHE TOOK CARE OF HIM FOR TWO WEEKS. THE DOCTORS COULD NOT DIAGNOSE THE PROBLEM AND MY DAD WAS HAVING CONTINUOUS FEVER AND CHILLS AND NOT SUBSIDING.

I WAS AT THE RICHMOND TEMPLE SITTING IN THE MAIN HALL PRAYING WHEN I WAS NOTIFIED OF THE DIAGNOSIS, WHICH I CANNOT FORGET. I WENT AROUND VRIKSHA BHAIRAVA AND BHAVANI AND PRAYED FOR MY MOM AND DAD TO GET SOME PEACE AS THEY WERE IN A DISTRESSFUL SITUATION. WE DID NOT KNOW WHAT WAS IN STORE FOR THEM AND I WAS EMOTIONAL.

Devotee Experience

SARADA WAS THERE AT THAT TIME AND ASKED ME WHY I WAS CRYING. I TOLD HER ABOUT MY CASE, THAT I WAS REALLY TERRIFIED, AND I DID NOT KNOW WHAT TO DO. SARADA SAID THAT PRATHYAMGIRA AMMAVARU IS THERE, EVERYTHING WILL BE ALRIGHT. SHE ASKED ME TO BRING A SAREE WHICH SHE WILL OFFER TO SRI PRATHYAMGIRA ON AMAVASYA DAY.

AFTER THAT, I WENT TO INDIA TO RELIEVE MY SISTER AND STAYED WITH MY DAD FOR A MONTH. ONE DAY, I HEARD AN INNER VOICE WHICH TOLD ME "OFFER ME A THIRUMAANGALYAM". I IMMEDIATELY WENT AND PURCHASED A THIRUMAANGALYAM (MANGALA SUTRAM) FOR PRATHYAMGIRA MAATHA WITH WHAT I COULD AFFORD ALONG WITH THE SAREE. THAT DAY, WHEN I WENT TO THE HOSPITAL AT AROUND 11PM, I WAS NOTIFIED OF THE DOCTOR'S REPORT WHICH I WAS EAGERLY WAITING FOR. IT WAS AN ABSOLUTE MIRACLE THAT I WITNESSED - AFTER ALL THOSE DAYS, WEEKS AND MONTHS OF WAITING- THE DOCTOR GAVE US GOOD NEWS. HE SAID THAT THE RESULTS ARE GOOD, AND MY DAD IS GETTING BETTER. THE DOCTOR ASKED ME TO GO AHEAD AND DO WHATEVER I AM DOING AND THERE IS NOTHING TO WORRY. I STAYED WITH MY DAD FOR A MONTH AND MADE A SCHEDULE FOR HIM AND MADE ALL THE ARRANGEMENTS. AFTER I RETURNED TO THE US, I IMMEDIATELY WENT TO RICHMOND AND MAMA OFFERED THE THIRUMAANGALYAM AND SAREE I GOT FOR PRATHYAMGIRA MAATHA.

TILL THIS DAY, I VIVIDLY REMEMBER THAT MOMENT - I WAS IN DISTRESS AND PRAYING WITH ALL MY HEART AT THE TEMPLE, AND SARADA TOLD ME TO OFFER A SAREE TO SRI PRATHYAMGIRA AND EVERYTHING WILL BE FINE. THAT MADE ALL THE DIFFERENCE. THE MOMENT I BOUGHT IT, THINGS GOT BETTER. I AM A LIVING EXAMPLE THAT WHATEVER WE ASK, WITH ALL OUR HEART AT THIS TEMPLE, BABA GIVES US AS A BLESSING AND A GIFT. LORD IS ALWAYS THERE WITH US AND BABA IS PRESENT (PRATHYAKSHAM) AT OUR RICHMOND TEMPLE. HE CAN HEAR YOU AND LISTENS EARNESTLY TO EVERYTHING YOU SAY. SAIRAM.

Nrusimha Jayanthi Celebrations

On the occasion of Nrusimha Jayanthi, special abhishekhams and alankarams were performed.

International Yoga Day Flyer

Sri Sai Amrutha Narayana Temple

340 Three Chopt Road, Manakin Sabot, Va. 23103

PRESENTS

WORKSHOP

YOGA

To Celebrate International Yoga Day!

For a healthy Lifestyle

Saturday Jun 25, 2022

8:00 AM—9:15 AM

SUGGESTED DONATION $15

PRANAYAMA, YOGA-ASANAS & SURYANAMASKAAR

Reduce your Stress | Relax your Body | Enjoy the moment

No experience required!

LIMITED SPOTS ! REGISTER TODAY!

TO REGISTER : CALL 804 868 8800 OR

SIGNUP ONLINE: https://sainarayana.aidaform.com/Yoga-Workshop

About the instructor:

Karthika Mohanachandran is a skilled and certified yoga instructor w/ 14 years of teaching experience & expert in Classical Ashtanga Yoga.

With her in-depth understanding of yogic philosophy, nutrition and meditation principles she has developed impactful individual inclusive health plans to achieve any individuals' goals.

She has deep expertise in the impact of yoga on conscious well-being, improving wellness and achieving fitness goals. She is an expert teacher of private and public classes in India and the US.

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