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Sai Amrutha Jyothi

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MASTER'S DIVINE WORDS

BE WHO YOU ARE AND SAY WHAT YOU FEEL, BECAUSE THOSE WHO MIND DON'T MATTER AND THOSE WHO MATTER DON'T MIND

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MAATRU DEVO BHAVA
PITRU DEVO BHAVA....

THROUGH MOTHER THE MOTHER'S ANCESTORS AND THROUGH THE FATHER THE FATHER'S ANCESTORS IS THE MEANING OF MAATRU AND PITRU..... 'DEVO BHAVA' MEANS SUCH ANCESTORS ARE GOD.....YOUR ANCESTORS ARE YOUR GOD OR YOUR ANCESTORS HAVE BECOME GOD OR GOD IS IN THE FORM OF YOUR ANCESTORS...THE ORIGIN OF SUCH ANCESTORS IS GOD. THERE ARE MANY MEANINGS FOR 'DEVO BHAVA'....IN SHORT THE PARENTS ARE LIVING GODS IN FLESH AND BLOOD....

SO YOU CAN HANG THE PHOTOGRAPHS OF YOUR ANCESTORS IN YOUR POOJA ROOM AS A MARK OF LOVE AND RESPECT....

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

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Upcoming Events

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- 9/02/2022 & 9/16/2022 Shashti
- 9/04/2022 & 9/17/2022 Ashtami
- 9/06/2022 & 9/21/2022 Ekadasi
- 9/08/2022 & 9/23/2022 Pradosham
- 9/10/2022 Pournami
- 9/14/2022 & 9/28/2022 Sankashtahara Chaturthi
- 9/24/2022 Masa Sivarathri
- 9/15/2022 Krithigai
- 9/25/2022 Amavasya

Festivals

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- 9/01/2022 Rishi Panchami
- 9/10/2022—9/25/2022 Mahalaya Paksham
- 9/18/2022 Madhyashtami
- 9/22/2022 Dwadasi
- 9/23/2022 MahaBharani
- 9/25/2022 Mahalaya Amavasya
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SOME PEOPLE WANT EVERYTHING IN LIFE BUT DONT WANT RISK…. THIS IS JUST STUPIDITY…. IN FACT THERE IS NO GUARANTEE IN CONTINUANCE OF LIFE… LIFE IS MOMENT TO MOMENT AND CAN END ANY MOMENT…

I WILL TELL YOU A STORY WHICH I HAVE HEARD TO HAVE BEEN TOLD BY LORD MAHAVEERA…

A KING WAS OFTEN DREAMING OF A BLACK FIGURE AND USE TO GET UP MANY TIMES AT NIGHT SCREAMING… HE CONSULTED HIS MINISTER… THE MINISTER ADVISED HIM TO HAND OVER THE KINGDOM AND GO INCOGNITO TO A FAR OFF PLACE AND LIVE FOR SOMETIME…. HE WAS SURE THAT IT WILL GET SOLVED….

THE KING WENT TO THE NEIGHBOURING KINGDOM DRESSED AS AN ORDINARY PERSON… HE FOUND A DHARAMSHALA…. HE WENT AND SAT ON A CHAIR INSIDE IT…. SOMEONE CALLED HIM AND HE TURNED BACK TO FIND THE BLACK FIGURE STANDING THERE…

IT SAID…'IAM LORD OF DEATH…. I WAS WORRIED WHETHER YOU WILL REACH THIS FINAL DESIGNATED PLACE IN TIME… IAM HAPPY THAT YOU HAVE COME RIGHT ON DOT…COME ON… LET US GO'….

MAHAVEERA SAYS DEATH CAN COME ANYTIME ANYWHERE…. LIFE IS UNCERTAIN…. WE HAVE TO LEARN TO LIVE AND ENJOY LIFE MOMENT TO MOMENT….

SO LEARN TO LIVE LIFE MOMENT TO MOMENT…. ENJOY IT THOROUGHLY…. NO GUARANTEE THAT IT IS PERMANENT…. LIFE CANNOT BE TAKEN FOR GRANTED…

~~~~His Holiness Sri V.V. Sridhar Guruji
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SAI BABA'S ADVICE

Baba's advice on controlling senses

Baba always encouraged people to look around all of God's creations and enjoy it, and appreciate the beauty of God's creation. His advice to people, 'let the senses do their duty, and do not let your mind get agitated.' Given below is an experience of Nana Saheb Chandorkar, where Baba gave an appropriate timely advice.

Nanasaheb Chandorkar

Nanasaheb is one of the staunchest devotees of Baba. He spread the information about Baba to several people, far and wide from Shirdi, as he used to travel to different places (for his work). Nana used to take every opportunity to spread the word about Baba. Being a government official, he used his official power to help people, per Baba's directions.

Nanasaheb was once sitting in the Masjid with Mhalasapati and others, a Mahomedan gentlemen from Bijapur came with his family to see Baba. Seeing gosha (veiled) ladies with him, Nanasaheb wanted to go away, but Baba prevented him from doing so. The ladies came and took the darshan of Baba. When one of the ladies removed her veil in saluting Baba's feet and then resumed it again, Nanasaheb, who saw her face, was so much smitten with her rare beauty that he wished to see her face again. Knowing Nana's restlessness of mind, Baba spoke to him after the lady had left the place as follows - why are you getting agitated in vain? Let the senses do their allotted work, or duty, we should not meddle with their work. God has created this beautiful world and it is our duty to appreciate its beauty. The mind will get steady and calm slowly and gradually. When the front door was open, why go by the back one? When the heart is pure, there is no difficulty, whatsoever. Why should one be afraid of any one if there be no evil thought in us? The eyes may do their work, why should you feel shy and tottering? Shama was there and he could not follow the meaning of what Baba said. So he asked Nana about this on their way home. Nana told him about his restlessness at the sight of the beautiful lady, how Baba knew it and advised him about it. Nana explained Baba's meaning as follows - our mind is fickle by nature, it should not be allowed to get wild.

SAI BABA'S ADVICE

The senses may get restless, the body, however, should be held in check and not allowed to be impatient. Senses run after objects, but we should not follow them and crave for their objects. By slow and gradual practice restlessness can be conquered. We should not be swayed by the senses, but they cannot be completely controlled. We should curb them rightly and properly according to the need of the occasion. Beauty is the subject of sight; we should fearlessly look at the beauty of objects. There is no room for shyness or fear. Only we should never entertain evil thoughts. Making the mind desireless, observe God's works of beauty. In this way the senses will be easily and naturally controlled and even in enjoying objects you will be reminded of God. If the outer senses are not held in check and if the mind be allowed to run after objects and be attached to them, our cycle of births and deaths will not come to an end. Objects of sense are things harmful. With Viveka (discrimination) as our charioteer, we will control the mind and will not allow the senses to go astray. With such a charioteer we reach the Vishnupada, the final abode, our real Home from which there is no return.

!!! Om Sairam!!

(Based on Sai Satcharita, compiled by Babu Jammi)

Do you know the importance of Saligrams, our Sri Vriksha Bhairava Kshetram in Praying to Forefathers?

As you all know, at our temple we have very unique Vriksha Bhairava Kshetram after the yagna kundams, near the pond. There you can see Lord Vriksha Bhairava along with Goddess Vriksha Bhavani, Sriyantram, and other astrams (weapons) of the Lord. We also have close to 600 saligrams, for which we do abhishekam every day. So, what is so special about these, and how they will benefit you? Let's read:

Saligramas:

Saligrama is a special stone, that is usually available from Gandaki river in Himalayas, situated in Nepal. These come in various shapes/forms. Some of them will have engravings on it caused by an insect called Vajra Ketu, which lives only deep in this river gorge. Saligramas are considered as Lord Vishnu Swaroopam.

In our temple, we have more than 500 saligramas, which are considered as form of Maha Pitru Narayana. Worshiping saligramas with great devotion and faith makes the body pure and such person is worthy of being propitiated.
We perform saligrama Aradhana with abhishekam everyday at our temple, and the abhisheka jalam is offered as Thirtham to devotees. It is believed that this will cure many diseases, and also helps with peace of mind by removing ignorance.

Vriksha Bhairava & Vriksha Bhavani Kshetram....

Here's information about Vriksha Bhairava, based on the information provided by His Holiness Sri V.V.Sridhar Guruji, who is instrumental and guiding beacon for our temple and who first identified the presence of Lord Vriksha Bhairava & Vriksha Bhavani in our temple lands.

Know your temple

In Chaaya Atharva veda there are 264 major forms of Bhairavas, and among this 264 forms, around 16 forms are rare and out of which 8 forms are considered rarest of the rare....

The 8 rarest forms with consorts are....

1. Akaasa Bhairava—Tara
2. Maarthaanda Bhairava—Raja Mathangi
3. Mrutyunjaya Bhairava—Kapaalini
4. Vriksha Bhairava—Bhavani
5. Unmattha Bhairava—Jwalini
6. Asithaanga Bhairava—Hamsini
7. Ujeevana Bhairava—Ujeevini
8. Vijaya Bhairava—Jaya

Here certain key point about Vriksha Bhairava & Bhavani, as highlighted by Guruji:

- They are the fourth of the rarest of the rare form....
- They are mostly found only in the natural environment like the forests and the jungles....
- It is believed that they are age old and keep living below the earth for thousands of years.....
- When the time is ripe they come out of the earth as plants/trees to announce to the world that they have finally arrived to be seen, adored and worshipped....
- Since they live deep below the earth, may be millions and millions of miles, they have absolute control on the seven patala lokas...atala, vitala, sutala, talatala, mahatala, rasatala & patala.....
- The forefathers of humans are under their control and the pitru lokas will fall under these patalas depending on the collective kaarmic effect of the individual families and souls....
- On worship and propitiation of Vriksha Bhairava with His consort Bhavani, will heal the negative impact on human beings due to non-performance of rights and righteous duties for departed souls in the family by the kartas.....if with faith, any one approaches Vriksha Bhairava/Bhavani and prays dedicatedly problems in the families concerning forefathers will be solved/mitigated....

- In case if someone has missed performing their duties (pitru kaaryam) to their forefathers can pray to Vriksha Bhairava/Bhavani, and such prayers will result in the blessings of the lord and the forefathers.....
- Since the lord in this form is the absolute owner of the seven patala lokas, he remedies people suffering from black magic and witchcraft (ill effects of vaamachaara prayogas of the east and the voodoo, sorcery and negative occult practices of the west) .....
- In this mundane world, right from getting a job or for a successful marriage or for begetting a progeny or for living a healthy peaceful life, the blessings of the ancestors/forefathers is a must...

By praying to Vriksha Bhairava/Bhavani, all these things are fulfilled...of course faith, reverence and dedication is the key.....

Worshipping Forefathers (Pitru devata Aradhana) at Vriksha Bhairava Kshetram:

Here in our temple, we perform pujas to Vriksha Bhairava/Bhavani regularly, and specially on all days of the Mahalayapaksha (Shraddha) period. During this period, we also bring our Pitru Narayana saligramas to the Bhairava Kshetram and perform Ekadasha Rudrabhishekam every morning from **3.45 am to 7.30 am**. This is extraordinary.

During Mahalaya Paksha, those who are having parents also can come and do the worship their ancestors. You can also do pitru devata Aradhana to your parents.

In addition to conducting prayers during Mahalaya paksha, you can also perform pitru karyams at this kshetram, anytime, throughout the year.

Please Contact Sarada Amma or Pandit Rajagopalan for further details or if you would like to perform ancestral worship during this upcoming Mahalaya paksha/ shraddha period.

Thoughts and Emotions

Tired of these torrential thoughts in sequence,

And overwhelming downpour of emotions intense.

Much like the cycle of water and vapor,

These vicious cycles render us to smile and suffer.

Holding thoughts a little away,

Tough when it is a loved one in sway.

Time to practice our yogic tools,

And not paddle in the karmic pools.

~ By Mahalakshmi Iyer

FEAR

Fierce it is described as, pouncing onto the feeble mind,

Basking on the faintest origin of an anonymous thought put through grind

Encashing the severity of vulnerability and anxiety entwined,

Casting the darkest of shadows on a path of sunshine turning us blind

What if this "fear" was pondered over to know where it birthed from,

Diving deep into an ocean of clustered notions decomposed as a scum

Just to realise a fact that hid all long proving us dumb

That baseless needs a base of courage to overcome.

~ By Mandakini

Sadhana Pada

We have completed the first book of Sage Patanjali, “Samadhi Pada”, in the previous issue. The second book is, “Sadhana Pada”, which essentially talks about the practice of Yoga. Since it is not easy to attain nirbija samadhi, the seedless contemplation, Sage Patanjali tells the student to prepare himself or herself by laying the proper foundation, and gradually build on it to reach the ultimate state. For this, he gives a number of different directions.

He starts with instructions on how to do Kriya Yoga. Although this Kriya Yoga is not to be confused with the Kriya Yoga promoted by Swami Yogananda Paramahamsa. The Kriya Yoga that the Sage Patanjali refers to, only means “Kriya” or “doing” or “practice”.

He says, the Kriya Yoga comprises of 3 parts: Tapas,
Svaadyaaya, and Ishvara pranidhaana.

Tapas literally means “to burn or create heat”. Anything gets purified when it is burned in fire. Gold becomes pure gold. As such, by accepting all the pain that comes to us, our mental impurities get burned. It is not easy to receive pain without giving some of it back. But if we learn to receive and accept the pain, it will help purify our mind.

Tapas also refers to self-discipline. If our body is the chariot, the intelligence is the charioteer, the mind is the reins, senses are the horses, and the Self is the passenger. If the chariot is allowed to run without the reins and the charioteer, it would not be a safe ride for the passenger. Although control of the senses seems painful – if we are angry, we have to control it; if we love to eat sweets, we have to control the urge to some extent – it will eventually lead us to good things.

Almost every home has the picture of Krishna holding the reins as a charioteer for Arjuna. It essentially means what we saw above.

Some people inflict pain and suffering on themselves in the name of severe austerities. In Bhagavad Gita, Lord Krishna talks about Tapasya and He does not encourage people to do self-torture in the name of Tapasya. Self-discipline will help spiritual progress, whereas self-torture will be an obstacle.

(To be continued…)

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

~ By Kavinaya

Just for Fun—Anusha Nukala

Word Scramble Solution

SHAEGN _____GANESH_____

KMLISHA _____LAKSHMI_____

SAHIKRN _____KRISHNA_____

VHUSNI _____VISHNU_____

UGARDA _____ GARUDA_____

ALKI _____KALI_____

NAHNMUA _____HANUMAN_____

NGAGA _____GANGA_____

HVSIA _____ SHIVA_____

TAAARIWSS _____SARASWATI_____

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/QEM7IoO46_U

Please like, share and subscribe to our Youtube channel.

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

Just for Fun—Anusha Nukala

WORD SEARCH

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

ATMA	BHAJANS	BHAKTI
DHARMA	GITA	MOKSHA
OMKARAM	SADHANA	STOTRAM

SPOT THE DIFFERENCES

Spot 6 differences between the 2 pictures

INDESCRIBABLE EXPERIENCE AT THE VRIKSHA BHAIRAVA AND BHAVANI KSHETRAM

BY MOUNIKA MADGULA

I HAVE ALWAYS KNOWN ABOUT THE SAI TEMPLE AND YEARNED TO VISIT THE TEMPLE THIS JULY. WE ALL KNOW THAT WHEN YOUR PRAYERS ARE SINCERE AND DEEP, GOD MAKES IT HAPPEN. ALL MY THINGS FELL IN PLACE BEAUTIFULLY AND I WAS FORTUNATE TO ATTEND YANTRA POOJA AT SAI NARAYAN TEMPLE, RICHMOND. I GOT TO MEET SAI TEMPLE AND JWALA FAMILY MEMBERS AND MADE NEW CONNECTIONS. THE CONVERSATIONS SEEMED LIKE WONDERFUL SATSANGS.

ABOVE ALL, I WAS BLESSED TO HAVE THE DARSHAN OF VRIKSHA BHAIRAVA AND BHAVANI KSHETRAM. PUTTING THE EXPERIENCE IN WORDS IS JUST IMPOSSIBLE. AS THEY SAY – THE DEEPEST FEELINGS CANNOT BE DESCRIBED AND IT WAS JUST THAT. THIS MAGICAL PLACE, YOU JUST GET CONNECTED INSTANTANEOUSLY. IT FEELS SO CLOSE TO THE HEART. IT WAS SO PEACEFUL, CALM AND UPLIFTING. I DID NOT FEEL LIKE STEPPING AWAY FROM THE PLACE AT ALL. YOU JUST SIT THERE AND DO NOTHING FOR MANY MANY HOURS AND IT FEELS LIKE MINUTES, THE TIME JUST FLIES. IT'S JUST A VERY SMALL WAY OF EXPRESSING WHAT I FELT. ANYTHING RELATED TO GURUJI ITSELF IS EXUBERATING. THE EXCITEMENT AND ENERGY OF THE TEMPLE AND THE KSHETRAM IS AT A WHOLE DIFFERENT LEVEL. I AM VERY THANKFUL FOR THE BLESSINGS. ANOTHER BEAUTIFUL MEMORY ADDED TO THE MEMORY LANE TO REVISIT WHEN I AM ON THE EAST COAST. ALL THE SOULFUL DESCRIPTIONS I HAVE READ ABOUT THE KSHETRAM AND THE TEMPLE DON'T DO JUSTICE TO THE GRANDIOSE EXPERIENCE. ONE HAS TO VISIT IT TO EXPERIENCE IT. HOPE TO COME BACK SOON.

Guruji's visit

Guruji visited our temple last month, performed a Sudarshana Yantra Puja and blessed all the devotees

Ganesh Chaturthi Celebrations

Special Abhishekams were performed on the occasion of Ganesh Chaturthi

Mahalaya Paksham Flyer

SRI SAI AMRUTHA NARAYANA TEMPLE
340 THREE CHOPT ROAD, MANAKIN
SABBOT, VA 23103

RARE MAHA BHAIRAVA YAGNAM
BY
HIS HOLINESS V.V.SRIDHAR GURUJI
SUNDAY, SEPTEMBER 18, 2022

10:00 AM—12:00 PM
THARPANAM through Guruji's hands to appease our forefathers and for our karma ksheyam

3:30 PM —
Sri Sai Amrutha Narayana Nrusimha Sudarshana Samputitha
MAHA BHAIRAVA YAGNAM

2:00 PM—
Maha sankalpam

2:30 PM—
Punyahavachanam,
Kalasha Sthapanam,
Dasadikpalaka Puja,
Yaagashala Suddhi

3:30 PM—
Maha Bhairava Yagnam

9:30 PM—
Kalasabhishekam

Yagnam will be performed by Sri Guruji himself at the EXTRAORDINARY Pitrukshetram of the western world—THE VRIKSHA BHAIRAVA KSHETRAM @ Richmond Sai Temple

To offer Pitru Tarpanam and/or to sponsor Yagnam —Please contact:
Sarada Jammi # 804 868 5751 or Pt. B Rajagopalan # 804 708 3007

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