Prema Vahini

E-Newsletter from Mukthi Nilayam

Karma Yoga - a remedy for Karmic Law

What is the Law of Karma? All must experience the reflection, reaction and resound for the actions performed in the past and present. This is God's law, which governs life on earth.

The Bhagavad Gita gives many ways for man to balance these karmas and free himself from the result of action. Karma yoga is a proven remedy for Karmic law.

What is karma? Every action that we perform is karma. For example, speaking, writing, sitting, resting all are karmas. One cannot be in a state of inaction even for a moment. All are engaged in one activity or another. The action of breathing during sleep is also karma. Yoga means to connect with God, literally, 'to yoke to God'.

Karma yoga converts ordinary action into yoga. What is turning action into yoga? It is to perform action free from burden of consequence. The disturbances that arise in the mind while performing action cause the burden. These are the feelings of happiness, sorrow, worry, likes and dislikes that cause stress to the mind. These feelings are binding; they register in us as samskaras, deep impressions.

They create the feeling of 'i', the sense of doership. If the 'i' is absent, we will be free from worry and fear; actions flow easily in the absence of 'i'. Such actions are pure and perfect. This is yoga. Equal-mindedness is yoga. The feeling that we are the doers disturbs our peace.

We are only born to free ourselves from attachment. By turning all actions into yoga, we can achieve this freedom.

(Continued in the back cover ..)

Mango Beetle - A revelation ...

When the mango flower blossoms, the beetle goes inside. The flower closes and the mango begins to form. The beetle is inside enjoying the Mango Rasa. As the beetle grows, it cannot escape from the mango. It is only when the mango is ripe and cut open that we see the beetle within.

I am like the mango; within this jeeva Vasantha is the Sai Indweller. The Sai beetle is within enjoying and immersed in my Prema Amrita Rasa. He is happily there, yet no one knows. It is only when the ripe fruit is open that the beetle comes out.

When the Vasantha fruit becomes a jyothi, it merges with the Sai Paramatma Jyothi. Until then, both have no freedom; the jeeva, the one who is pouring Prema and the Indweller. This Prema binds the two together. It is Vasantha's request for world liberation that is keeping their physical forms apart. Only when it is bestowed, will there be freedom for Swami. This is Prashanti. This is bliss.

This is Moksha. This is world Liberation

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Special points of interest:

- Separation from Lord is the cause for Karma. Realize God in all.
- Make Swami happy by practicing His teachings
- Pay more attention to the practice of meditation
- Madhura Bhava, the highest form of devotion
- Seeing differences in creation, makes impression, which sows seeds for rebirth

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Story Corner

See God in all ...

There was a wonderful flowering plant. Many flowers had beautifully blossomed on it. A bee came, saw the flower and said, "Oh flower, how attractive you are! Your color is also very beautiful.

How enchanting is your fragrance!" Then the flower replied, "Oh bee, thank you very much, what can I do for this? I will do one thing. I will give you my honey, you take it." Then the bee sucked the honey from the flower and happily flew away.

One monkey who was watching this ran over to the plant, plucked the flower, crushed it and threw it down and went away.

The world is like this. The bee saw the splendor of the flower and began to wonder about its beauty. It praised the flower. To repay the bee, the flower gave its amrith. In the same way, if you think the entire creation is like this flower, praise it and see its beauty, it will give you amrith. God's amrith overflows filling the entire creation. If we recognize this, it is Amaratwa, immortality.

However, like the monkey, if we crush and experience, then we will suffer in the cycle of birth and death.

"Morning to night if we dedicate our feelings to God, it is akin to performing 24 hour pooja"

The "mosquito" Ravana - but yet powerful

All can love God. All can express their devotion openly saying, "I love you God." But how many can say, "I have pleased God?" All can love God, but pleasing Him is not easy. I wrote this in the chapter 'Nishta Broken'. I said, "People do not listen to God. They do not follow His words. They take delight in opposing the command of the Avatar." Swami told the same thing twelve years before. We may love God, we may be devoted to God, but we must please Him by practicing His teachings. We must fulfill His commands.

The Lord preached the Gita, to show man how to live. For the last eighty years Swami is showing this through the example of His life. How many are following His example? One may follow a few teachings, but who can do all to please God. We must do all to please Him. One can renounce all worldly pleasure and say that he is living only for God. However, this is only external renunciation. It is not enough to live in an ashram or cave, donning an ochre robe. One must renounce all internally. Some may even do this. However, they do not renounce an important person within.

An example. If Ravana were to appear in front of us, we would be afraid. He has ten heads and the body of a demon. Seeing him, we would be afraid and run away. The body would tremble in fear. However if Ravana came as a mosquito, we would not know or care about it. We would not give it much attention. In the same way, one can sacrifice money, house, family and position. This is external renunciation. This is like fearing the asuric form of Ravana and running away. We tremble in fear, run away to live in an ashram or cave. Do you not know that a 'mosquito Ravana' can also trouble you? We however are unconcerned of this small form of Ravana, the 'i', the ego. This mosquito demon is within us, but we are unaware.

We should be ever vigilant and remove all traces of ego. Even if it remains in a form the size of an atom, we cannot please God. One must be like Jadabaratha. He should not reveal himself outside. He should not worry what the world thinks of him. One should remain unaffected by praise and blame. One should be fearless, established in the self.

Satsang - Spiritual Queries

How do I develop Love towards Swami?

Divert all your feelings, senses and mind towards God. We think that there is happiness in worldly things, matters and relations. One should realize, this is not so…(it is only of a temporary nature.)

What is sadhana?

Always thinking of God every single minute, all twenty-four hours a day. A half hour or an hour is not enough.

Amma, how do I purify the body, mind and intellect?

Every thought, word and deed should be watched meticulously for their vagaries. Nothing should be hurtful. Past actions can be nullified by chanting and other austerities.

Echoes of Devotion - 1

Sairam. I am living in Dubai and I very much wanted to attend the Viswa Brahma Garbha Kottam opening ceremony @ Mukthi Nilayam from Oct 18-23, 2010, but couldn't come. Following is the account of my experience during that time.

I too had Amma's darshan on 23rd, in my dream. I was feeling little tired and took a small nap in the morning and around 10.30 (IST) Swami showed a beautiful darshan scene where I saw Amma sitting with so many people in front of her and something and all was going on and finally in a hall 2 golden chairs were kept for Swami and Amma. Swami appeared in the chair and did abhayahastha three times. Seeing this, I started crying and was awake. I couldn't believe it, I had the beautiful darshan of Amma and Swami on Ammas birthday, and

till afternoon I was crying. Swami's mercy is unpredictable.

I generally connect to the Mukthi Seeker's Center, Coimbatore for satsang and one of the satsang members had jokingly told to ask Swami to show me what was happening in Mukthi Nilayam like Vidura. Swami did exactly that. Even now as I am writing this, I am crying. Swami is in our hearts. He knows even our small small talks. I just feel like running to Swami and Amma. Their love is simply astounding. Amma and Swami are one and the same.

Last time when I had been to Mukthi Nilayam, I very much wanted to take Amma's hand and kiss it. After coming back from there, one day I had a dream of Swami and He gave his hand to me and asked me if I wanted to kiss it. I kissed His hand. Amma and Swami are one. I am crying so much now, I don't know why.

- A devotee from Dubai, UAE

Conversations with Amma

Devotee: Amma, when I chant I feel I am doing it mechanically. What should I do?

Amma: Just keep chanting. Even if it is mechanical in the beginning, the feelings will come.

Devotee: Anger is very deep rooted in me. I frequently loose my temper. What should I do?

Amma: You have to have a very strong will to remove it at the thought level. Once you make a strong vow to change, it must be put into action. It is no good thinking, "I must not get angry". The mind always will focus on the negative word 'anger'. Make it positive and say instead, 'I love all, love is my nature'. (In a melting voice) Love, Love, Love, show love to others.

Devotee: Amma, do we get karma from our thoughts?

Amma: First feelings arise and then thoughts. We should discriminate before we take action. Think, is it good? Will it help me to attain God? If not, you should cut it at the thought level. Then there is no Karma.

Devotee: I do not want to have unnecessary thoughts, we need to hold on to something to avoid the pull.

Amma: "Nama japa is the best. I chanted 50,000 times a day. Japa should be like this. The name should be in every nerve and cell of your body."

Write to us ...

If you have any spiritual questions that you would like to be answered, please email it to us @ mukthinilayam@gmail.com . We would collate such questions and seek the Divine guidance of our Beloved Amma on the same. The same would be published in the subsequent issues of the e-newsletter.

If you would like to share your experiences with Amma & Swami, or if you have any poetical offerings, essays, etc on them, pls send. Kindly submit your experiences and questions by the 10th of each month, so we have enough time to include them in the upcoming issue of the e-newsletter.

Thanks for your support and cooperation.

Echoes of Devotion - 2

Experience while reading "Prema Sai Prema Avatar" book. This experience is very important for me. It shows, that my life is connected with Avatar's mission, with Amma and Baba. What and how I will spread Their message I don't know yet, but my life is dedicated to do this.

When I was reading about Prema and Raja, how they joyfully play in Swarga I got thirst to go there and bow down to their Lotus Feet. In the beginning, I started with spontaneous visualisation with that thirst. When I saw Them in my internal space and bowed down touching Their Divine Feet, suddenly a feeling arose in me to become a footrest, to have Their Feet always on me. I thought "all my sin, adharma and imperfection will be vanished in this way, I will always be in ananda and bliss".

From that moment onwards, everything was changed into vision beyond my control. I became a footrest, but as a cylinder of bark, totally empty inside, with no wood. Divine feet started happily dancing on me making beautiful music, which was spread through endless space. They where sitting and looking at each other with great joy, and dance with their Divine Feet on me. I felt their beautiful feelings for each other, so I said: "I don't want to be empty, I want to have the feelings for both of You". And then I heard: "you have to be empty to make the sound from you strong, for that sound to travel as far as it can. You turned everything within you into feelings for Me, so when I immersed your dedicated feelings into Me nothing left, and you become empty."

Joyful dance was continued till the end of vision.

Jai Sairam ... Mirek, Poland.

"Unless attachment is destroyed completely, the wavering sense organs pull even the most disciplined mind forcefully towards the world. Destroy attachment. Then only will the senses come under your control"

Poem - Krishna Leelamritha

The world is Krishna Leelamritha
How much bliss is here
Singing birds, dancing peacocks
Floating butterflies, prancing deer

High peaks, low valleys
Many shades of trees, blossoms
Green carpeted plains
Do not all these give you bliss?

Among men we see great souls
Like the high mountains
Then there are mean ones
Like the low lying lands
There are restless ones
Like the ocean waves

There are hardhearted ones, like the rocks
There are gentle souls, like the creepers
That sway in the breeze.
Like the birds, there are free souls
That fly in the spiritual sky
There are also selfish people
Trapped like crabs in their shells.

Many different people!
Learn to enjoy their nature
Focus on the unity of all,
This is Truth.
Seeing differences makes impressions
And sows the seeds for rebirth.

How many different kinds of creation!
How many differing natures?
Oh my Sai! All show only Your grace
Finding kith and kin in this
And binding the mind is Ignorance!

Practical tips for meditation

Amma says ... "In every meditation I experience the joy of talking with Bhagavan. I may go without food, but I never miss Dhyana. It gives such unimaginable results"

"***Why do we not pay more attention to the practice of meditation?*** Start practicing from now onwards! Meditation gives physical and mental strength. In this modern age, it is essential for everyone to take up this practice, as through meditation one can develop high human values and the feeling of universal brotherhood".

Important points for the practice of Dhyana (Meditation):

Dhyana	:	Be always in thoughts of God and fix your mind at His Lotus Feet
Power of Dhyana	:	Convex lens focus the rays of sun over a piece of paper and ignites is. Similarly you focus all your thoughts on God, a strong power is generated.
Success of Dhyana:		Success is assured for one with a concentrated mind

To achieve success in Meditation:

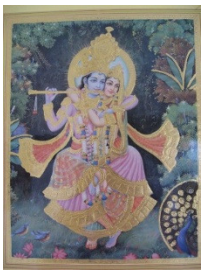
* Practice in solitude
* Train your senses to accept 'only' good
* Be equal minded
* Be moderated in food and sleep
* Avoid close association with anyone, even contact in Satsang group must be minimized
* Show love to all, but do not have too much affection towards any person

Steps in Meditation:

* See a picture or idol of your chosen form of God
* Consider It as real and worship It
* Close your eyes and imagine that you are talking, laughing, admonishing, serving food to, and worshipping that form internally
* Have firm faith that your chosen Lord will give you darshan
* As one progresses, he should learn to see God everywhere and at all times
* Whatever we see or hear, should remind us of God. We should learn to cut the world and connect to God. Then we will be in constant remembrance of Him, 24 hours a day.

Madhura Bhava

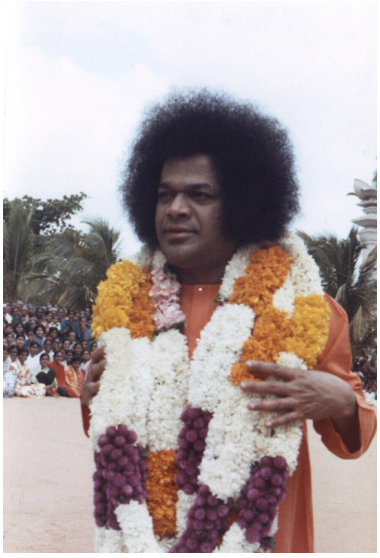
Yearning and aspiring for God, craving to attain Him, delighting in bliss, enjoying His grace, different kinds of such emotions are called Madhura Bhava.



When love towards the Lord reached its peak, then a Meera Bai, Radha or Andal are born. She is happy to live for the sake of God. Day and night she lives for her beloved Lord. One moment she cries because of separation, the next moment she laughs that the Lord is near her. Her yearning calls and cries make her appear as someone mad. She is therefore very different from others. For her, worldly activities or pleasures have no appeal. No attraction can entangle her. Her world is separate.

She creates a new world, where she makes her Lord its great emperor and she herself becomes the queen and lives in it. Now it is only Him and her alone. She is not conscious of the presence of others. She lives only in the consciousness of her Lord. All her feelings are centered on Him. She has tied with her Prema. The Lord is bound by her Prema.

Both are tied to each other, by the rope of Prema.



Prema Vahini

E-Newsletter from Mukthi Nilayam

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Long life to my Lord, the Lord of Lords!

Long life to His crown of light

Long life to His merciful eyes

Long life to His sweet words of Prema

Long life to His grace so soothing to pitiful cries

Long life to His silver chime voice

Long life to His sacred hand that rescues all

Long life to His golden feet that give refuge

Long life to His path of Sathya

Long life to Him the Parabrahma

Long life to my Lord!

Karma Yoga - a remedy for Karmic Law

(… Continued from the cover page)

Who is related to whom? Family life can be likened to a train journey. Passengers travel together, talking and laughing with each other; each one gets off at their respective station. Like the train passengers, all join in a family; they are connected through karma. After fulfilling the karmic debts to each other, they go their separate ways. Until this time, members in one family must perform their duties without attachment, as offerings to God. Then the mind will not be burdened. If any one in the family suffers, we should think, 'Why should my peace of mind be disturbed? Each one experiences sorrow or happiness according to his karma. I will remain calm and pray for him'.

All relationships are illusory. God alone is permanent. He is our only true relation. Performing action, considering Him as our own is Karma yoga. Action performed with a sense of doership, becomes a burden; when done with the feeling of offering all to God, it becomes yoga. Thus, feelings are the cause for our bondage or freedom.

Do not allow events, people or anything to touch and kindle feelings in you. Desires are the root cause for feelings to arise. We should be careful not to let the mind dwell on any desires.

"If we look at the faults of others, our own energy is wasted. Those faults come to us"

The most essential quality for practicing this yoga is not to see faults in others. If we look at the faults of others, our own energy is wasted. Those faults come to us. When we appreciate the good qualities in others, we acquire those qualities. When we see good, those divine energies come to us.

On the other hand, when we do not accept the faults that others point out in us, we become bound in the cycle of birth and death. If we do not accept and change ourselves, how will we become free? When somebody points to our mistakes, the ego refuses to accept it. It complains and argues its case.

How am I different? Instead of finding fault with others, I should think what my shortcomings are. Consequently, I change and correct myself. This is the secret of Karma yoga.

Swami said to me, "You cannot touch anything, nothing can touch you. You are the fire flower." My actions do not touch or affect me. Since I do not feel any burden, I am able to do my actions effortlessly. My mind is at peace, in equilibrium. I move through life freely like a log floating on a river. I do not touch anything because there is no 'i', no ego in me. When nothing touches me and I touch nothing, there are no impressions left in the mind. This nature is like that of a free bird no longer caught in the cycle of birth and death.

When we perform actions without any disturbance in the mind, it is yoga. When I say 'I am Vasantha', I am limited to a name and form; differences arise. I think that only those connected with this form are mine and the rest are separate from me. Separation is the cause for karma. If it is realized that I am in all and that the one Atma has become the many, we will become free birds. The removal of attachment is liberation. It is bliss.

- Taken from Amma's book: **Karmic Law Remedy**