



## Amma Newsletter-Northern New South Wales

*"Why be anxious about tomorrow? What happened even a moment ago is like a cancelled check. here is no point in losing your strength thinking about it. Live today with great care and alertness, and tomorrow will be your friend."* **Amma** ~ "Lead Us To The Light" P147

### Amma's 2008 Australian Tour

What a wonderful tour with Amma!

Amma's presence brings to us many memorable experiences that help to deepen our spiritual practice. If you would like to share any experience you had with Amma please send it to our email: [byronbay@ammaaustralia.org.au](mailto:byronbay@ammaaustralia.org.au)

Thank you to all devotees who helped with the organization of the Gold Coast retreat and public program, and to those who did voluntary work (Seva) during Amma's tour. A particular thanks to those who came to meetings before hand and to those who stayed at the end of Devi Bhava to help pack and clean up the venue.

### Amma's Kitchen

Amma's organization has been running Amma's Kitchen's across the world for many years. We asked Amma some time ago if we should start one in the Byron Shire and she suggested that we concentrate on nurturing our own Amma family for the time being which is what we have been doing and now we have a very sweet and strong team of dedicated devotees who meet together regularly to share satsang and give service. We had a meeting a few weeks ago and during that meeting decided that we felt ready to begin a regular kitchen somewhere in the shire and asked for guidance. In less than a week on the front page of the local paper we were given our answer as the Mullumbimby Soup Kitchen was in need of help. So, as of June 18<sup>th</sup> we will take over running the third Wednesday of each month at the Neighborhood Centre in Mullumbimby; serving food to those in need of a good wholesome meal. We will meet at 4pm and serve from 5pm-6pm, to be packed up by about 6.15pm. We will serve soup, a main vegetarian meal and a desert to approx 50 people, so if you can contribute in any way either by cooking and delivering food and/or serving over the next 6 months please contact Shalini on 02 66859939 or [byronbay@ammaaustralia.org.au](mailto:byronbay@ammaaustralia.org.au) .

### IAM-Integrated Amrita Meditation Courses

We now have 3 accredited IAM teachers in the Byron Bay area and so regular meditation courses will be available. Teachers will also be available to travel and run courses for groups upon request.

**IAM-Integrated Amrita Meditation** is also available for children from ages 10-14 and 14-18 years of age.

There is also an IAM-Integrated Amrita Meditation course for organizations that can be taught at the workplace. Please contact [byronbay@ammaustralia.org.au](mailto:byronbay@ammaustralia.org.au) for further information.

**If you have recently learned the IAM-Integrated Amrita Meditation and would like to attend a refresher course of the technique** please let us know and we will arrange one as soon as possible. This course will take place in the Byron Area, most probably on a Saturday or Sunday afternoon.

### Satsang

We have regular satsang which runs for 2 hours; the second Saturday of each month (Check calendar for details) Satsang involves meditation, the singing of bhajans (devotional songs), meditation, reading from Amma's teachings and a short DVD. Satsang literally translates as association with truth. Amma encourages us to get together in this way to develop inner spiritual growth. Satsangs are free of charge to everyone and afterwards if you would like to share dinner please bring a plate/pot of vegetarian food to share.

### Karthika

"Devi will always protect those who chant the Lalita Sahasranama with devotion every day." Amma

As of June 2<sup>nd</sup> we have begun celebrating Amma's birthstar birthday (Karthika) as they do in the ashram in India each month. We gather to chant in Sanskrit the 108 names of Amma, the 1000 names of Devi (Lalita Sahasranama) and the Mahishasuramardini Stotram, during which we perform a small puja (worship). All are welcome. No chanting experience necessary. Check calendar for details.

## Sent by Amma to help deepen her children's spiritual experiences and practices.....

Brahmachari Shantamrita Chaitanya (one of Amma's senior western devotees) will spend a weekend with us in nature at the foothills of Mt Wollumbin nr Murwillumbah during the first weekend in August. We are especially blessed that Amma is sending us a Swami to help keep the fire of our practices awakened so soon after her Australian tour. Br Shantamrita will spend a month in all traveling around Australia and he will begin his tour in Northern New South Wales/ Queensland. We plan to hold a weekend residential retreat where we can all fall into the silence of the environment and partake in activities such as walks in nature, morning archana ( chanting) as held in Ammas ashrams, spiritual discourses and question and answer sessions with Br Shantamrita, hatha yoga, children's activities, various workshops and the rare opportunity to experience a Homa ( Sacred Fire ceremony) performed by Br Shantamrita below the majestic peak of the most sacred mountain in the area.

Friday August 1st - Sunday August 3<sup>rd</sup>.

Bookings Essential. Please see attached flyer.

Cost : Adults \$130 /Teenagers \$120 / Children under 12 \$80 / Preschool -Free

## Fundraising Cake Stalls

Throughout the year we will be organizing fundraising cake stalls in both Byron Bay and Mullumbimby to raise funds for Amma's charities. If you can help bake or help serve for an hour or two during one of these stalls it would be greatly appreciated. See calendar for details.

For your diary- the future dates are- July 19<sup>th</sup>, Oct 4<sup>th</sup>, and Dec 20<sup>th</sup>

## Any Fund Raising Ideas?

All our fundraising efforts go towards funding Amma's charitable works and Amma's next tour. If you have any ideas and would like to contribute to fundraising in any way then please get in touch on **02 66859939**.

## Amma's Bookshop

Amma's books, CD's, malas, incense and other items can be purchased from our bookshop set up at the monthly satsang meetings and also from the The Bead Shop in Brigantine Street, The Arts and Industrial Estate, Byron Bay.

## Tour Stories

A few days before the end of the Australian tour there was a rumour that Amma and the group traveling with her might leave Sydney 24 hours ahead of schedule. The airlines however had other ideas and there were no spare seats on the flight. Amma it seems didn't want to have a day of rest in Sydney after the program, instead she was anxious to get back to the ashram. Each day the airlines were contacted and each day there was no possibility of having the nearly 50 people traveling transfer to an earlier flight. Even the morning of the last program there were no seats available. Amma had other ideas though and sent one of her Swamis to the airline office at the airport. A couple of hours later he returned with all those in the group transferred to the earlier flight. I for one have no idea how this could have happened. Did nearly 50 people wake up that morning and ring the airline and postpone their holiday? Did the airline decide to get a plane with nearly 50 extra seats on it?

The last day in Sydney many of those traveling with Amma had to return to the places they were staying between programs and pack their bags and bring them to the hall, everyone would be leaving straight after the program finished. We worked out that we would need to finish by 3.30 or 4am to make the flight, especially if we had to pack up equipment that was being used right up till the end of the program. 3.30am came and went, so did 4am 4.30am and 5am. It was well after 5 when Amma left the hall, and some time after that the equipment was packed and transported to the airport. Somehow around Amma time stands still, everyone and their luggage made the plane.

## Amma's website

Satsangs, fundraising events  
and other special celebrations can

all be found on our website: [www.ammaaustralia.org.au](http://www.ammaaustralia.org.au)

## Byron Bay area Amma Group

If you have any questions, or would  
like to help in any way, please call us

**02 66859939** or email [byronbay@ammaaustralia.org.au](mailto:byronbay@ammaaustralia.org.au)

**OM SHANTI**