

Rama Sakthi Mission Trichur

CHARANAM SHARANAM RAMAMBIKE
CHARANAM SHARANAM TRAYAMBAKE.

(WEEKLY BULLETIN)

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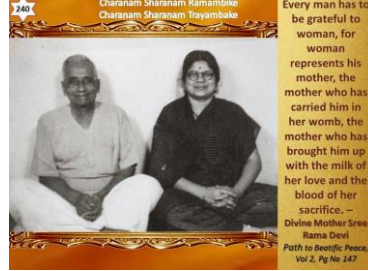
RAMA SAKTHI MISSION TRICHUR

SREE RAMADEVI MANDIR,
POONKUNNAM,
TRICHUR, KERALA.INDIA
680002

- 1.SMT.GAYATHRI VISWANATHAN
(PRESIDENT)
- 2.SRI.K.N.NEELAKANTAN
(SECRETARY)

CONTENTS

- 1..AMRUTHAVANI
2. BHAGAWAN'S TEACHINGS.
3. VISHU IN TARAMANAGAR
- 4.WORDS OF WISDOM
- 5.MANDIR NEWS



AMRUTHAVANI

Beloved children,

The Rishi culture of venerated tradition, rooted in truth and dharma, is the theme of praise even in western nations. Whether you are here or anywhere else, Mother's words are the support for strength and guidance. As you go on reflecting over them, you will discover mines of wisdom in them. They are your beacon light in your voyage across the stormy sea of samsara. It is these words that bring illumination in the enveloping darkness, that take shape as the mystic insight (viveka), that emerges finally as the perfect enlightenment (jnana).

*Love and blessings
Rama Devi*

--Bhagavad-Gita-18/25

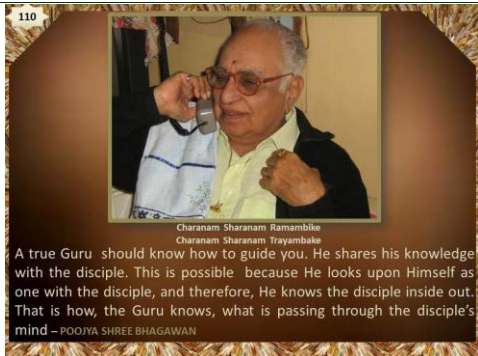
*anubandham ksayam himsam anapeksya ca paurusam
mohad arabhyate karma yat tat tamasam ucyate*

And that action performed in ignorance and delusion without consideration of future bondage or consequences, which inflicts injury and is impractical, is said to be action in the mode of ignorance.

Website:ramasaktimissiontrichur.org

Telephone:Mandir 0487-2382406

Secretary :(res.)-04872305500,9446323355



It may naturally seem that when such a Supreme Shakti has come as our Guru in the form of the motherly and radiant Sree Rama Devi, surely some very difficult sadhana must be needed to please and realize Her. Here again Poojya Shree Bhagawan has clarified that the way to please Her is to regard Her as our own and surrender to Her will like carefree children with full faith, true love and complete surrender. When this is done, Mother can show any miracle and make the impossible possible for Her children.

VISHU CELEBRATION IN TARAMA NAGAR----Mrs.Radhika Nayar

Vishu, the Malayalam New Year fell on 15th of April.

The day before was Ambedkar Jayanthi which happened to be a holiday in Maharashtra. Taking advantage of this, we set out on 14th and reached Sree Tarama Nagar so that we could get the darshan of Poojya Shree Bhagawan on Vishu day.

14th April was also the Tamil New Year. The Devi in the shrine looked beautiful with sarees and alankaras on both days. She looked like a Tamilian on the 14th and like a Malayalee on the 15th wearing apt sarees!

Poojya Shree Bhagawan came to the mandir on 14th evening for the evening arathi.

Medha akka also spoke a few words to the few residents there and the few guests who had come. She mentioned that everyone should come and visit and stay here for a few days to enjoy the peaceful environment that calms the mind, the beautiful views of nature and of course the proximity of Poojya Shree Bhagawan in this setting. We couldn't agree more as we were already feeling very happy and relaxed and blissful to be there!

The trees around were bursting with mangos. Several huge bags were already taken to nagar and distributed/sold. Poojya Shree Bhagawan mentioned to us later that rains were needed as the wells were very dry. On Vishu day at 3:30 PM, there was such a terrific downpour of rain that came as a blessing from Mother Nature Herself!

Vishu day was memorable, as all the Malayalees present got "vishu kai neetam" from Poojya Shree Bhagawan. This is the ritual where the elders give money/coins to the younger people. Deva spoke to the few gathered devotees for some time, and then everyone dispersed for the Kerala feast in the canteen. Most of the important Kerala dishes were made. Mrs. N.S Nair (Mani aunty) brought home-made mouth-watering Kerala dishes from Pune for all, while few dishes were prepared in the canteen.(see next page)

RAMA SAKTHI MISSION TRICHUR BULLETIN 597

WORDS OF WISDOM

1. The journey of a thousand miles begins with one step.

Lao Tzu

2. Do not go where the path may lead, go instead where there is no path and leave a trail.

Ralph Waldo Emerson

3. A man must be big enough to admit his mistakes, smart enough to profit from them, and strong enough to correct them.

John C. Maxwell

4. Everything that irritates us about others can lead us to an understanding of ourselves.

Carl Jung

5. We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.

Swami Vivekananda

6. Knowing others is wisdom, knowing yourself is Enlightenment.

Lao Tzu

VISHU CELEB (cont....)

This is the first time that I also tried my hand at making food in the canteen, and knew that this was a holy yajnasala for sure, where it is Mother's hands that work! Having soaked in the love and happiness emanating from all directions, we felt full in our tummy and our hearts! Poojya Shree Bhagawan mentioned that he wants everyone to develop a taste for Sree Tarama Nagar and come here often.
Sree Tarama Nagar, call me back soon!!!!

PEARLS FROM MOTHER'S LIPS

1. The one who lifts the veil of maya, is with you as the all-loving mother and the compassionate Guru. But you should have faith in Her words. You should yearn for release (mukti). You should act according to Her instructions. You must not rest until the goal is realized. Such should be the spirit of an earnest seeker.

2. As the sun gives light and heat to all equally, so too Mother is showering Her love and grace equally on all. All are Her children.

DEVIMAHATMYA

महामाया हरेश्चैषा तया संमोहयते जगत् ।
ज्ञानिनामपि चेतांसि देवी भगवती हि सा ॥ ५५ ॥
बलादाकृष्य मोहाय महामाया प्रयच्छति ।
तया विसृज्यते विश्वं जगदेतच्च चराचरम् ॥ ५६ ॥
सैषा प्रसन्ना वरदा नृणां भवति मुक्तये ।
सा विद्या परमा मुक्तेर् हेतुभूता सनातनी ॥ ५७ ॥
संसार बन्ध हेतुश्च सैव सर्वेश्वरेश्वरी ॥ ५८ ॥

Even so men are hurled into the whirlpool of attachment, the pit of delusion, through the power of Mahamaya (the Great Illusion), who makes the existence of the world possible. Marvel not at this. this Mahamaya is the Yoganidra, of Vishnu, the Lord of the world. It is by her the world is deluded. Verily she, the Bhagavati, the Mahamaya forcibly drawing the minds of even the wise, throws them into delusion. She creates this entire universe, both moving and unmoving. It is she who, when propitious, becomes a boon-giver to human beings for their final liberation. She is the supreme knowledge, the cause of final liberation, and eternal; she is the cause of the bondage of transmigration and the sovereign over all lords.

MANDIR NEWS.

BHAGAVATA SAPTHAHA FROM 21-4-2015

The Bhagavata Saptaha will be started on 21-4-2015 with Mahatmya on 21-4-2015 at 4.30 M. The Acharya is a young exponent called **Sree Raj Namboodiri**. He is only 26 years old. By this time he made his mark in the field of Bhagavata Saptaha by his extraordinary oratory and devotion. All are requested to attend this auspicious function. This saptaha Yajna is devout offering of Mrs. Hema Mukundan

Yogic Diet

by Swami Sivananda

A diet that is conducive to the practice of Yoga and spiritual progress can be rightly termed 'Yogic Diet'. Diet has intimate connection with the mind. The mind is formed out of the subtlest portion of food. Sage Uddalaka instructs his son Svetaketu as follows: "Food when consumed becomes threefold, the gross particles become excreta, the middling ones flesh and the fine ones the mind." Again you will find in the Chhandogya Upanishad: "By the purity of food one becomes purified in his nature; by the purification of his nature he verily gets memory of the Self, and by the attainment of the memory of the Self, all ties and attachments are severed." Food is nothing but a mass of energy. Food supplies energy to the body and mind. If you can draw this energy from your pure will, if you know the Yogic technique of absorbing the energy directly from the sun or cosmic Prana, you can maintain the body with this energy and can dispense with food altogether. The Yogi gets Kayasiddhi or perfection of the body.

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