

Sri Chakra article, choose Print from the File menu. Press Enter to print the brochure.

UPCOMING EVENTS FROM SRI RAJARAJESWARI PETTAM

N/A

REGULAR SERVICES:

MONDAY TO FRIDAY

MORNINGS - 9:30 am - 1:00 pm

EVENINGS - 6:00 pm - 9:00 pm

SATURDAY AND SUNDAY

AND USA HOLIDAYS

ALL DAY (9:30 am – 9:00 pm)

- ? **Pujas on Weekdays are at 9:30am, 12:30pm & 7:00p**
- ? **Pujas on Weekends are at 10am, 12:00pm & 6:00pm**
- ? **Abhishekam for the Devi is at 10:00am on Saturdays**
- ? **Navavarana Pujas are performed every Poomima**



Sri Rrajarajeswari Peetam

6980/6970 East River Rd

RUSH.N.Y. 14543

Phone (716) 533-1970

Email – aiya@frontiernet.net

**TO RECEIVE THESE ISSUES IN THE
FUTURE PLEASE REGISTER YOUR
SELF IN WEBRING**

<http://www.srividya.org/>



SRI CHAKRA

THE SOURCE OF THE COSMOSE

Blossom 5 Petal 3

CHAITRA, SRIMUKHA

April 1993,

**THE JOURNAL OF THE
SRI RAJARAJESWARI
PEETAM, RUSH. N.Y**



AIYA

SRI CHAKRA

THE SOURCE OF THE COSMOSE

AT THE PEETAM

Sri Chakra wishes all its readers a Happy New Year -- *Srimukha*. We pray to *Dhevi* for the welfare of all Her children.

The highlight of the last bimonthly period was the celebration of *Mahasivarathri* and the *Kalasa sthapanam* for the new *Mahameru* at the *Peetam*, which took place on consecutive days. *Mahasivaratri* was celebrated on February 19. The large size of *Dhevi's* Family was apparent in the turnout for the occasion, which included devotees from various parts of North America. The fact that it came off on a Friday was an added attraction this year. (Please see the article entitled "*Mahasivaratri* at the *Peetam*," by Sri Parananda). The *Kalasa sthapanam* for the new *Poorna Meru* was performed the very next day. (Please see the last issue of *Sri Chakra* for the details about the Meru). The *Pranaprathishta* will take place on May 22. All the devotees are looking forward to that consecration ceremony. Sri Chaitanyananda Natha has indicated that many more *Peetams* will be consecrated on that day.

Sri Chakra is very happy to inform readers about the marriage of Sujatha with Raja and Veena with Ram. Sujatha is the daughter of Sri Paramananda and *Smt. Gnaneswariamba*, *Peetadhipathis* of the *Shanthilakshmi Peetam*. Veena is one of the keen devotees at the *Peetam*. *Sri*

Chakra congratulates both the couples and extends them warm wishes.

In the last bimonthly period, Sri Chaitanyananda Natha was invited to sing at the Kandaswami Temple in Scarborough, Canada. He was accompanied by *Sow. Saraswathi*, *Sow. Bala Amba* and *Sri Sriganesh*. He also performed *poojas* at the *Sahasrakshi Peetam* (Scarborough), the *Krauncheshwari Peetam* (Missisauga, Canada) and the *Saraswathi, Bhadrakali, Lakshmi and Mathangi Peetams* and the residence of *Smt. and Sri Ramachandran* (all in Boston). He also performed the cremation of *Smt. Kamalambikai Kanakaratnam* (Los Angeles) and Mrs. Martha Bott (Rochester).

Sri Chakra is happy to announce that work is progressing at the *Peetam* on the production of a comprehensive manual on the *Sri Yantra*.

Maha Sivarathri at the Peetam

Here is a write-up by Sri Parananda, Peetidhipathi of the Saraswati Peetam, Boston, on the Mahasivaratri celebration.

This year, *Mahasivaratri* was celebrated on the night of February 19th. The event began at 6 p.m., with an elaborate *abhishekam* to the main *Moorthy* of *Sri Rajarajeswari*, along with the *Shiva Lingam and Ganapathi*. Afterwards, *Dhevi* was dressed and adorned with jewelry,

which made one reluctant to move away from Her sight.

There was an all-night *pooja*. On this night the *Sri Rudhra Shodasa Upachara Pooja Vidhanam* was introduced to the *Peetam*. Sri Chaitanyananda Natha performed an extended version of the *pooja* for this occasion. It was then followed by the performing of the *Shiva/Lalitha Sahasranama Archana*. This was done by all the devotees present. Towards the break of dawn, the *Rudhra Trisathi Homam* was performed to complete the occasion.

Thousands of Thoughts

Sri Chakra presents below an article by Guruji on negative attitudes and ways to overcome them.

Based on struggle, pain and need for approval, you have become used to giving automatic commands you have programmed yourself to obey. For example: It is time to wake up, I've got to go to work. Got to catch the train/bus.

Based on a level of helplessness, you develop an attitude: I can't get up, I can't get the job done, I can't cope, I can't catch the train/bus.

This attitude becomes resentment/revenge: I don't want to get up, I don't want to go to work. Damn the train/bus, I don't want to catch it.

All these stem from basic beliefs you have formed about yourself and life: I DON'T DESERVE TO LIVE. I AM BAD, I HAVE SINNED, THERE IS SOMETHING WRONG WITH ME, MY LOVE HURTS PEOPLE, I WILL NEVER MAKE IT. These are your guilt-based primal laws, so deeply rooted, they seem FACTS. They limit your life. Now please allow me to show how they can be corrected.

The method is to tell your subconscious in a relaxed state, the statements which correct the limiting primal laws. Make up your mind to do the following relaxation/reinforcement for forty days everyday at the same time, preferably when you are fresh from sleep and not tired. It could be in the morning, or after a relaxing bath in the evening.

RELAXATION/REINFORCEMENT TECHNIQUE

Tense and relax every muscle in your body and try to remove any little pains in your body. Remember a cat shaking itself up before it settles down comfortably? That is the way to do it. Sit with your buttocks on the edge of a

chair, keep your spinal cord straight
Close your eyes.

Relax and close your eyes, imagine that they are becoming heavy.

Listen to the world of sound: around you, far, near and inside you. The sounds may be audible, or just vibrations, or energies going around in various parts of your body. Spend five minutes like this. Now repeat the following three times: (since you can't read this with closed eyes, make a cassette of this and listen or have someone you love do this for you): (You are saying this in the mind; as you are saying, this statement is broadcast to the whole world, and hear it coming back to you as if the remotest corner is echoing it back to you)

I am perfectly happy, contented here and now.

I am being taken care of in every way.

I am connected to the infinite intelligence, power and love of God.

I am able to relax, take every situation in my stride.

Relaxation helps my success.

I am divine and everyone recognises this.

I am perfect just the way I am made.

I express myself clearly and fully. What I say always hits the target.

I am beautiful, lovable, attractive to myself and others.

My love heals, does not hurt others.

I am not responsible for others' misery. As I create pleasure or pain in my life, so

do others.

I am God's gift to the world; the world is God's gift to me.

I am always at the perfect place at the perfect time. I belong here and now.

The world is my reflection. I love the world; the world loves me. I love and believe in myself.

The best part of me is my environment. My one commitment in life is to enrich everyone around me. Therein lies my progress.

Love, Amritananda