AMMAJI'S KAYA KALPA

We are truly fortunate to live on this planet at the same time as the "Living Siddha of Pondicherry", our beloved Ammaji Yogacharini Meenakshi Devi Bhavanani.

I have never known any other human being who has positively influenced the spiritual transformation of so many seekers through her loving guidance and exemplary life of Yoga. She has been the most amazing Divine Mother, Guru and loving "Best Friend" all rolled into one Stupendous Humane Being.

For the past three months I have been fortunate to serve her as she goes through her own Kaya Kalpa, the rejuvenation that all Siddhas must undertake at some time or the other. As a loving son and sishya, I consider this the highest blessing of my life. The Universe has given me an opportunity to give back to her a small bit of the infinite unconditional love she has bestowed on me for my entire life. I am nothing but her grace and love, for everything I have of value is a gift from her and Swamiji.

Every evening I sing half a dozen songs for her and we have intimate conversations on many topics with jokes, wit and other tidbits that spice up human relationships. We have had many interesting conversations over these months and she always comes up with short and witty comments to my questions. These have taken on the form of unique Ammaji aphorisms or *Ammaji-isms*.

I felt it would be nice to reproduce a few of them for the benefit of our readers.

> Ananda: I hear you say that gratitude is the best therapy.What is gratitude?
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> Ammaji: Love.
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> Ananda: What is love?
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> Ammaji: Purity and beauty.

Another conversation came about as we reviewed the many thousands who were fed on Guru Puja at Sri Kambaliswamy Madam (Samadhi site) during the grand celebrations on 13th January 2021. I told her that more than 2000 people got a good meal on Guru Puja and she replied, "That's great"!

> Ananda: You and Swamiji have fed so many thousands and thousands through your work in the past 50 years.
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> Ammaji: Yes, we have.

Ananda: And few have expressed their gratitude. Many have never even bothered to express any gratitude to you.

Ammaji: That is just who they are.

Ananda: Do you regret any of it?

Ammaj: Not at all.

Ananda: Are you happy.

Ammaji: Well, we just did what we had to.

Yogeswar Sri Krishna's teachings of "Nishkama Karma" come alive so much with my dearest Ammaji.All I can wish is that we all be blessed to live these highest teachings with our every breath.

On another occasion, my deepest gratitude and admiration for her was expressed as I said, "You are truly great Ammaji!" She took a deep breath and replied, "I am NO ONE!"Again and again the Universe reminds me that humility is the surefire sign of greatness and Ammaji, you are way up there in the ratings.

On a Sunday morning I was off to the Madam for the Puja and said, "I am off to the Madam for Puja and will ask all the gurus to take care of you". Pat came her reply, "No need to do so. They are already doing that."

As I finished singing for her one evening, she said something about love and so I asked her, "Ammaji, what is love?" "A little girl", she replied. I continued, "Does she look like Dhivya Priya?" With a giant smile on her face she said, "Well, her grandmother thinks so!"

The wider and greater perspective never puts anything into a box as it is truly infinite. Ammaji showed me how she has transcended all these limitations when I asked her, "Ammaji, am I good or bad?" and she answered right away, "I will not put you in a box!"

In the past few months, she has taught me more than she has in the nearly five decades of this lifetime. These teachings have come through her words, her silence, her smile and through life-situations created by her recuperation. Many people have come into my life and some have left. All of this has created an introspective steep learning curve and in moments of despair I have asked her,"Ammaji, what is my Sadhana, what am I to focus on?

And.....she answered, "Nothing".

In that moment, I realized EVERYTHING!

~ Yogacharya Dr Ananda Balayogi Bhavanani