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Nourish positive thoughts: Amma



Express News Service

First Published : 11 Jan 2010 02:54:00 AM IST

Last Updated : 11 Jan 2010 07:19:00 AM IST

COIMBATORE: To ward off evil tendencies, human beings should develop the ability to accept and nourish healthy thoughts, Mata Amritanandamayi Devi has advised devotees.

Delivering a discourse at the Mata Amritanandamayi Math at Nallampalayam here on Sunday, Mata Amritanandamayi, fondly called Amma by her devotees, said self-realisation and increased awareness have a benevolent effect on people.

She said war and terrorism had ravaged the lives of millions of people.

“Such violent attitude is robbing away peace and love among human beings.

And it is because of nurturing selfish thoughts that society no longer believes in unity, but in individual isolation. This selfish attitude has been firmly entrenched in our minds. Instead, people must attain pleasure by devoting more time in serving society,” she said.

Expressing concern over drug addiction, Amma said it not only affects a person’s health, but also deprives him of peace and happiness. “Earlier, during the festive days, people used to throng religious centers, whereas now they queue up in liquor shops.” She also said greed is having a terrible influence on human beings. “It is sad to hear that people are ready to kill each other even over small property disputes.” Sounding a spiritual note amid technological advancements, she said, “While striving to take humans to the stars, there must also be attempts to bring back humanity to earth.” The two-day spiritual programme in Coimbatore includes satsang, bhajan, meditation, darshan and special pujas and is being attended by devotees from India and abroad.

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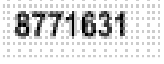
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