

Amma: a biography

On the morning of the 27th of September 1953, in a small poor fishing village, Parayakadavu in the Quilon district of Kerala, a baby girl was born. Her parents gave her the name Sudhamani. She came into this world not in tears as babies usually do but with a beaming[1] smile on her face, as if prophesying the joy and bliss[2] she was to bring to the world.

Sudhamani spent the years of her childhood and teens immersed in intense spiritual practices in order to present a living example for the world.

Another quality that was clearly manifest in Sudhamani from this tender age was her love and compassion toward all human beings.

‘Amma’ as she is known all over the world today, has inspired and started innumerable humanitarian services. She has earned international recognition for her outstanding[3] contributions to the world community. She is recognized as an extraordinary spiritual leader by the United Nations and by the people all over the world.

For the past 35 years Amma has dedicated her life to relieve[4] suffering humanity through the simplest of gestures: an embrace. In this intimate manner Amma had blessed[5] and consoled more than 25 million people throughout the world.

As Dr. Jane Goodall, while presenting Amma with the 2002 Gandhi-King Award for Non-violence said, " She stands here in front of us. God's love in a human body."

Amma says “My sole mission is to love and serve one and all. Amma’s only wish is that her hands should always be on someone’s shoulder, consoling and caressing them and wiping[6] their tears, even while breathing her last.”

Amma always says that the purpose of human birth is to realize the Self or in other words, “to realize who really we are”. Amma has addressed the Parliament of World’s Religions in Chicago, the United Nations in New York and the Global Peace Initiative of Women Religious and Spiritual Leaders, conducted at the UN in Geneva.

When she is asked to which religion she belongs[7] , she answers: “**My religion is love and service.**”

“**Love is the foundation of a happy life. Knowingly[8] or unknowingly we are forgetting this truth**”, she says. Amma on several occasions has said that it is important not only to feel love but also to express it. “**After all, love is our true nature.**” For more information, visit: www.amma.org

[1] To beam: vt(persona) Radiar alegría: *To beam at sb*: echar una sonrisa radiante a alguien.

[2] Bliss: n (incontable) (una) dicha.

[3] Outstanding: adj. Destacado, excepcional.

[4] To relieve: vt. Aliviar; relieve suffering: Aliviar el sufrimiento.

[5] To bless: vt. Bendecir.

[6] To wipe: vt. Limpiar(se), secar(se) wipe the tears: secar las lágrimas.

[7] To belong: vi. Pertener a algo/ a alguien.

[8] Knowingly: adv. Intencionadamente.