

PREFACE BY THE AUTHORS

“There is her infectious joy, her kindness, her simplicity.

There is her light and her grace, her lightness.

Let’s look, let’s listen, we cannot forget her...

To follow the footsteps of Maitreyi Amma,

Let’s become children again. She simply invites us...”

Annapurna

On that memorable summer day in 2002, we disembarked on the tiny island of Sainte Marguerite. In this little Mediterranean paradise the air was fragrant with sea spray and pine, and feelings of joy and freedom arose within us. To the chirping of cicadas, we made our way to a little cove where the clear waters seemed to invite us to take a sacred bath. Time appeared to stand still as we experienced long moments of communion as kindred souls... It felt like a perfect opportunity to hear some episodes of Maitreyi Amma’s life story. She was happy to answer our questions and her words delighted and nourished us. Though we did not know it then, that day would mark the birth of the small group that has remained close to Maitreyi Amma ever since.

Years later, we continue to accompany Maitreyi Amma on all her travels and support her in her various activities. For us, she is both a profound teacher and a caring Mother. We feel very honoured that she has agreed to let us write her biography, in answer to the wish of the many people wanting to learn more about her. The vivid account that follows was garnered in the course of our travels with Mother over the last few years.

This work is based on recorded conversations with Maitreyi Amma. It seemed appropriate to present it in the form of questions and answers in order to preserve the flow of a conversation.

The first seven chapters narrate various episodes of Maitreyi Amma's life. The eighth and ninth recount her quest and her mission. Chapter ten consists of testimonials of people's experiences with Amma.

WHO IS MAITREYI AMMA?

From the first meeting, Maitreyi Amma appears as an extraordinary being to many of those who come to attend her teachings and receive her darshan¹. For some she embodies the feminine aspect of divine love, while others are comforted by her strength and her cheerfulness. For those who have prayed to meet a Master in the guise of a

¹ Darshan: the blessing of a spiritual Master.

Note: throughout the book, we have mainly adopted the conventional 'anglicised' spelling of Sanskrit words.

Western woman, she comes as a revelation. Maitreyi Amma expresses herself with joyful spontaneity. Her teachings are original, practical and well adapted to our Western way of life. They originate from her own worldly and spiritual experience as well as the transmissions received from her Master. Until 1996 Maitreyi Amma lived in France where, ever cheerful and constantly at one with the Divine, she led the life of a Western woman. Since 1996 she has lived mainly in India where she has found and integrated a culture and spirituality that resonate deeply within her.

In the year 2000, Maitreyi Amma met her Master, Śrī² Tathāta and instantly saw in him pure Divinity. By her complete devotion and total surrender, the energy of Śrī Tathāta and that of the Divine Mother flow in her. Maitreyi Amma has become the messenger of Śrī Tathāta's Dharma³, spreading His message wherever she goes and inviting everyone to meet this divine Being.

We wish to express our infinite gratitude to Śrī Tathāta for supporting our efforts and for blessing this work.

Annapurna
Satyakaman
Jyothi and Govinda
Radhika and Varuna

² Sri: pronounced Shri.

³ Dharma: the cosmic path of Eternal Truth.