



SonoMa Ashram & India Service Project Update

August/September 2009

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Dear Friends,

As this activity filled summer is about to transition into fall, we are getting ready for Navaratri's nine days of silence, stillness and diving deep into our practice. I just wanted to connect with you and keep in touch with all that's happening in Sonoma and in India.

SonoMa Ashram

Sonoma, California USA



This summer many friends old and new have spent time at the Ashram. We feel so enriched by each visitor's presence and uniqueness. Seeing how a person is affected by spending time at the Ashram fills our hearts with gratitude for all our supporters ... we are truly grateful for this opportunity to be of service.

A picture tells a thousand words - enclosed are some images that give a glimpse of this vibrant, bountiful summer.





Deeper study of yoga and Ayurveda — summer classes with Edoardo and Eleonora from Italy



Intimate moments with Babaji are so precious



The animals' delightful presence



Planting trees, a lasting offering of love



Tiwariji filled the Ashram and our hearts with devotional music

We will celebrate the sacred observance of **Navaratri** from Sep 19-26 at the Ashram. Maintaining silence, fasting, stilling our minds and focusing on our practice are all ways we nourish our Deep Self during this time. For more info on Navaratri, [**CLICK HERE**](#).



Babaji's Audio Satsangs

[Click here and log in with your member ID and password](#)



Raising environmental awareness in Varanasi is this year's focus. The first event we organized was an environmental awareness rally, and included school children from the city. Our second event (held today) was an environmental symposium at Bal Ashram. Representatives from various religions came and spoke about the environment as it's mentioned in their scriptures.

The Bal Ashram children have grown 5000 *tulsi* plants from seeds which they will distribute to individual homes, carrying the message of "A Healthy Environment for All."



**PLANT A TREE
GREEN THE EARTH
CLEAN THE AIR
TOGETHER WE CAN!**



Vidya

Thank you for making it possible to bring smiles to the faces and hearts of so many people.

Babaji sends you his love and blessings.



*Namasté,
Shivani*

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