

SRI SARVESHWARI TIMES

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Aghoreshwar Baba Bhagwan Ramji

THUS SPOKE AGHORESHWAR: ON CONDUCT

1. Within our worldly lives, in our social life, we should constantly examine our behavior, and we should keep doing constant self-analysis.
2. When you cannot find soft, sweet and beautiful fruits on old trees, new trees should be planted in their place.
3. After the fall season a tree acquires new leaves - give up old ideas and live freely with new ideas. Be sure that illusions and attachments do not grab you.
4. Duty and its modus operandi should be explained keeping in mind the needs of the time, the country, and the person concerned.
5. If you have to criticize somebody, do it with a well-wishing heart.

6. Good people do not harbor feelings of revenge within them. Darshi! You will also have to live such a life. Even amidst the most trying conditions we will have to take the shelter only of a healthy mind, a healthy conscience, a healthy body, healthy senses and good conduct. You will always have to keep in mind that you do not humiliate anybody through your words, or insult anybody in any other way, whether they call a good thing as good or bad. This is saintliness, this is true humility, this is all-encompassing vision.
7. If your pure heart does not permit you to do certain things, do not force it to do them, do not incite it to do them, or it will become very heavy, very difficult to carry around, very difficult to bear. If you put undue pressure on your mind to do unjust things it will have a very bad effect on your mind and intellect, and your speech will lose its forcefulness.
8. Always pay attention to two things -- if you can do good to somebody with this body, definitely do it; and if somebody does something bad to you, ignore it. Suffer patiently, eat less, and do not let your Self-respect die.
9. Members of the Sarveshwari Samooh, followers of the Aghoreshwar should be liberated from this world and the sorrows of this world, live their own life and satisfy the hunger of their family and dependents, with discipline and modesty.
10. Service of the nation and society is greater than worshipping sculpted idols. Such service is also akin to worshipping yourself.
11. "Welfare of all, happiness to all" is a noble and normal behavior. To fully accept is the best human duty.
12. There is a great devotion to be practiced in life -- devotion to the mother who gave birth to you. Regard the debts to your earthly mother as greater than the debts to that Other-worldly mother. In ancient times very old, very respected people were in fact referred to as 'mother'.
13. You have to save yourself from the ills of bad company.
14. Listening to criticism of others reduces the life-spark in your own life. It does not provide any positive encouragement to you.
15. The company of those who are fallen, will not take you across the ocean of life.
16. A person who, despite living in the ashram keeps jealousies towards others, does not use his thoughts and speech carefully, and whose temperament it is not to respect others, lives like a very poor person.
17. It is not improper to live with beauty in this world. But it is very dangerous to become engrossed in it. Like an ant, one should remain apart from it despite eating the sweet syrup,

not like the fly which just goes and falls in it.

18. The person who is criticized for doing good deeds is a very fortunate person. The person who expects thanks or praise for his good deeds is a very unfortunate person. That is because he sells away his very valuable deeds for a very little price.

19. Speak sweet, it does not cost you anything. The wealth of kindness, knowledge, devotion, virtue, contentment, wisdom, and detachment that one has, cannot be stolen by anybody, cannot be burnt by fire, nor does the ruler of the country have any rights over it (for taxes!). Humility -- the person who has this wealth, is a very wealthy indeed.

20. In this world nobody is either your friend or your enemy. Here, it is your behavior that creates friends or enemies for you.

21. O human being! Do good for others. It lifts your own heart very high.

22. Facing up with difficult situations provides great power to the spirit.

23. Only that person truly lives who is devoted to his duty.

24. Do not close your doors for your mistakes. It is your mistakes that will eventually take you to the right path.

25. It is a great sin to look down upon an unmarried, but pregnant woman. Whichever religion you follow, if you can, try to reassure her. If you do something to protect her baby you achieve the merits of worshipping God. If you want to eradicate this weakness of society then work to make such an unfortunate woman a fortunate one with your assistance. It will be an act of great merit. But if we insult such mothers, then there is no place for us anywhere.

26. Say something with conviction only when you yourself are fully convinced about it.

27. To move forward means to work with constant evaluation of time.

28. To not know, not see and not listen to the weaknesses of others is a meritorious act.

29. Listen! Do good to everybody. If somebody does any disservice to you, pray for that person. If somebody walks a mile for you, then you should walk two miles to benefit that person.

30. We should all be practical in our behavior. Practical behavior is the biggest achievement of social success.

31. A patient is given medicine not according to his likes or dislikes, but according to his condition.

32. A living being who has limited needs is always happy and prosperous.
33. You should never keep yourself inactive. The person or organization or party that does not have a clear goal or project, ultimately perishes.
34. In whichever corner of the world may a human being be, it is his duty to stop the one who exploits, to boycott the exploiter, and to save the exploited. This is the worship of the Brahm.
35. Keep rancor, jealousy and petty contentions far away from your family.
36. To have simplicity in life is very important.
37. Human beings should not lose their faith. Make yourself believe in yourself. This will raise morality. This is the only medicine to eradicate the darkness in your heart.
38. To criticize others is ignorance. Look at things with a good vision. Be mindful of what words you use for whom, and what effect it has on the person. Understand all this, and then evaluate yourself. Act only after thinking your acts through.
39. You will need to give up a few more things (weaknesses). Giving up (selflessly) is the foundation of our life. You do not need to give up your home and family.
40. To serve the suffering is to serve God. Real service is done by good actions and wholesome inspirations of the mind.
41. We have to learn the temperament to give. We should learn to give something. On doing this we will have friends, well-wishers, dear ones. By giving I do not mean giving money. Give pure behavior. Give pure actions. Give pure conduct. And teach all this to your little children too.
42. How can we evaluate somebody else's life and conduct? You cannot measure even a blade of grass against a mountain. A blade of grass has its own importance in its place.
43. Keep beautifying this organization, in the same way you beautify your hair.
44. To look back upon some of your past actions in life will give you sorrow. Perform pure actions in the present or it will lead to retrogression.
45. May God give us the strength to bear with things.
46. The ashram in which you live, the little hut in which you live, everything in there is worthy of respect, not neglect. When you live with this feeling then you will achieve that vision of the Guru, the experience which saints and great souls keep looking for, and that entity who is addressed as God. All these you will find right here.

47. Divinity is nothing separate from us. Human beings themselves are divinities. Human beings themselves are demons too. If their behavior becomes so, they become demons. If their behavior becomes good, they become divinities.

48. I hope you will keep yourself free from all tensions and stress in every way, and will pay attention to your health, to your cleanliness, and to your good behavior.

Ashram News:

Navaratri was observed in the Ashram from April 7th through April 15th. In addition to those who observed the whole Navaratri, occasional guests and visitors also participated in daily puja and havan. The mornings began with puja and aratri, some participants went to their work and some stayed at the ashram in the day. In the evenings after the puja and arati, **Hariji** gave talks on different aspects of practice and how to go deeper with devotion. A very sweet and meaningful Navaratri indeed.

Excerpts from reflections on Navaratri:

John MacKay

O'Divine Mother, Welcome to my heart...I am grateful
to each beat of life You grant me.

Welcome to my mind...I am grateful
for each thought of you, You grant me.

Welcome to my senses...I am grateful
to experience You every where You allow me.

Howard Sapper

An auspicious day and night
A glimpse of Divine Light
Human hunger - Hunger of the Soul
Grateful for life and the sweet Essence of the Nectar...
Mantra.

Howard Morris

The timelessness of the ancient ceremonies ring true to my heart and mind
...opening channels to go further inwards.

Introduction to Ayurveda series at the Ashram:

On Wednesday May 21st **Dr. Helen Thomas** will be speaking on the **Five Sense Therapy**. Talk will begin at 7:00 PM. All are welcome. Advance reservation is not required. A benefit for Samooh Relief Fund.

On every Friday (from 11:00 AM to 2 :00 PM) **Dr. Helen Thomas** is available at the Ashram for initial consultation for balancing of the doshas (ills) of different body types, pulse diagnosis. First come, first serve basis, no appointments. Benefit for SR Fund.

Yoga and Meditation

Daily Meditation at the Ashram: 6:30 AM to 7:15 AM

Daily evening arati: 7:00 PM to 7:45 PM

Yoga sessions:

Mon. 5:30 PM to 7:00 PM at Vintage House

Tues. 9:30 AM to 11:00 AM at the Ashram

Wed. 5:30 PM to 7:00 PM at the Ashram

Fri. 9:30 AM to 11:00 AM at the Ashram

Sat. 9:30 AM to 11:00 AM at the Ashram



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