



Aghoreshwar Baba Bhagwan Ramji

AUGHAR VANI (Avadhuta's Wisdom)

Give to others anything except negativity.

BHAV BAṽ (Sentiment)

1. In a desire-free heart, attachment does not arise.
2. Our happiness is the happiness of the Divine Mother. A heart beyond pleasure and pain indicates her closeness.
3. Divine Mother is in the form of our faith and devotion.
4. Faith is a wealth. Faith is an unfailing wealth. Neither can it be snatched away, nor can it be

nationalized.

5. It is necessary to provide lasting stability to your faith. Without faith, no beliefs can be generated.

6. If your inner disposition is limited by your emotions, do not consider this to be a weakness. It has a unique place of its own.

7. These three fires should be extinguished: the fire of desire, the fire of jealousy and the fire of attachment.

8. **What are the contaminants of the mind?** Intense greed, hostility, anger, long-lasting feud (resentment), miserliness, hard-heartedness, envy, jealousy, illusion, foolishness, stupidity, inertness, violence, praise, prestige, negligence are the contaminants of the mind.

10. Only pure and wholesome sentiments resonate with auspicious thoughts about the Divine Mother and the guru.

11. When your mind becomes like a roasted seed (a seed that will no longer germinate), understand that you are in God's lap.

12. A heart without longing is the immovable rock of inner strength of the soul and the source of supreme joy.

13. True detachment exists only when there is no desire or jealousy, no concept of heaven and hell, and no distinction remains between "we" and "they". On achieving this state no currents arise (in you). And when currents do not arise, you do not perceive the world (in its illusory form). This is known as true knowledge.

14. Affection is a great state of the mind hidden within. Remember this --the more your affection is secret and the more it arises in solitude, the stronger it will be.

15. Search without egotism. You will definitely find it. The day you find the master of love within your heart, that day you will know what love is.

16. Reverence and love are as different as the ocean and the Himalayas.

17. A generous heart is one that has always been respected, and always will be.

18. Life has to be kept away from jealousy. Jealousy makes life very egotistical.

19. You should not have blind faith in me. Blind faith produces separation.

20. Once the contaminant of doubt taints a person's heart he becomes forced to live a life of helplessness and resignation, like a person who falls in a deep well in the wilderness and

keeps screaming and yelling for help but nobody comes to help him.

21. You should not become happy and encouraged by sweet words, nor should you become sad and discouraged by harsh words.

22. One who has the zeal to acquire some knowledge from his Guru with all the humility of his heart, mind and action receives that knowledge. He then becomes enthusiastic about his duties and life, and a source of inspiration for others.

23. Humility embodies compassion, kindness, and friendliness. It is oriented towards the Guru.

24. Human beings are in a state of fear due to many kinds of animosities and jealousies. They are afraid of their friends and relatives, they are afraid of their wife and children, they are afraid of their neighbors, they are afraid of their acquaintances. Our life is afflicted by fear. We pray that we may be relieved of this fear, that we may become fearless.

25. One whose heart and mind are unstable keeps wandering. He does not become stable. He is unable to understand what is in reality, and what is not. Because of non-understanding, he becomes angry with many people. He does not then have any affection towards his well-wishers, and his friends. He gets entangled with himself as well, and becomes angry and displeased with himself.

26. The faith and devotion that you have towards Devi, Bhagawati, Bhagwan, Bhawani is nothing separate from you. This faith and devotion of yours is itself that form which you are willing to worship in an external way. It arises within you and gives you indications about it.

27. We do not have to do much except straighten our temperament a little bit. We have to make our mind realize that we have our devotion and faith with us, and that faith and devotion towards the Divine Mother has great strength. We carry this belief with us, which has a very long reach.

28. I feel as if you must have been with me through many ages, which is why even in this period too, you are present here, and are touching me with your good feelings and ideas expressed through your unspoken speech.

29. A person may think that he is very clever, very wise, and has great understanding. This person does not know anything. He has become so wise in his own eyes that he leaves no room for true wisdom to enter.

30. There are many things in the world through which happiness can be generated, but they are all artificial, and artificial happiness is a short-time guest.

31. Sometimes our mind becomes very deviated or bad feelings sometimes arise in us. As

soon as these feelings awaken in us, all our prayers and worship, meditation and reflection, all our reverence -- everything seems like poison to us. We become very dull then. We become ready to practice unwanted behavior. Remain watchful of such tendencies of your mind.

32. In the same way that you have twelve hours of night and twelve hours of day, so too half of our life is spent in darkness . A person in such a state is not able to achieve anything. He remains frightened. But the person in whose life even a little bit of light exists, and who has even a little bit of interest in the light, enjoys at least twelve hours of bright light, and for the twelve hours of the night too, in the light of electricity, or in the light of perfumed oil lamps -- all the darkness of his night is cut -- and he remains fearless. His life is a completely free life. As long as he lives on the earth, he lives well. As long as the merits of his good deeds last, he enjoys life.

33. Friends! In our lives we many times see darkness at every step. At every step we think -- what will happen now, how will things work now, what will happen after this -- now what will happen? Oh brother! We give up everything of ours to the hands of that omnipresent being. That omnipresent being, that unknown God, will definitely do something for us, definitely does something for us, but we will have to have absolute faith in him. That absolute faith of ours, our devotion, is our God, our Mother Goddess, or our Divinity. When we start helping ourselves, then that being will also help us.

34. Friends! The thoughts in each one of us are in conflict with themselves. But when this conflict and tussle dies down, our heart-mind becomes calm and quiet, and we then understand that we are very close to that Divine Mother.

35. Sin must be something that has polluted our heart and mind.

36. This mind of ours is the cause, the bondage, as well as the provider of liberation for us.

37. Faith is like a Banyan tree. It is like a wish-fulfilling tree. Living under this wish-fulfilling tree whatever determination you make in the morning, in the evening, and while walking about, all that definitely has an effect on you.

38. Do not let your faith weaken to engage in petty things. When your faith weakens, all the days you have spent doing japa, doing worship, doing virtuous actions, go to waste. Do not let your faith weaken because of small things.

39. We should create good sentiments for ourselves too, that we are pure, we are wise, we are knowledgeable, we are deep, we have an equal vision, we are very far from ignorance, and that we want to remain very far from it. God, now we need your help. Divine Mother, creative energy, now we need your help. When we get help from you, then only will we succeed in all these endeavors.

40. The kind of sentiment we make on getting up in the morning, that is how our day is spent.

If we wake up with rancor, our day is spent in petty problems. One kind of trouble after another keeps following us. Even when troubles do not happen, our heart and mind remain worried -- what will happen? what should I do? We remain absolutely disoriented.

41. The wilderness of our own mind is like a forest. Many kinds of weeds take root here. Many useless things grow, some into thickets. Absolutely lost in the jungle of our mind, our life becomes feeble.

42. A blessing means only this -- whatever I say should have a good effect on your mind -- and this effect should not remain limited to you; it should touch your inner-soul too as you give it a practical form.

43. The entity we meditate on, that we concentrate on, begins to create many kinds of tests for us. It makes our heart feel very strange. It makes our mind feel very strange. Sometimes it may even lure us towards devotionlessness. Because of all this if we feel even a little bit bad towards it, we lose everything. Then we achieve nothing. That is why first we have to say to that God, O God, O Mother, let the knowledge that I have acquired from my guru always be with me. Let me always have unbreakable faith and devotion in it.

44. The kind of determination one makes within himself, that is how he becomes. Someone who says I am very dirty, I am dirt, sees dirt everywhere. Someone who thinks I am pure, I am conscious, becomes so.

45. The Divine Mother can be known only through your sentiments. She will have to be worshipped only through your sentiments. She will have to be seen only through your sentiments. If we have a lack of sentiment in us, then she will not be there at all.

46. If you acquire even a poppy-seed like quantity of faith in my words, then you will be able to ask a mountain to slide over from here to there and from there to here, and it will be nothing strange to you.

47. Sin and virtue are only sentiments of the mind. One should keep a Divine sentiment in his soul.

48. What is sorrow? Non-fulfillment of our desires as we desire them.

49. Patient human beings live forever. Impatient people burn up like dry sticks.

51. Jealousy, hatred and competition begin to devour human beings. They indicate weakness.

52. Stresses and strains are an indication of weaknesses. Stress leads towards failure.

53. One who does not deprive common people of his sweet smile, also does not give rise to envy, jealousy and hatred.

54. An untrue person is one who, without asking, repeats somebody else's bad traits again and again, criticizes repeatedly, and tries to cover up his own bad characteristics. He is absolutely not worthy of companionship. He is like a vessel full of despicable thoughts.

55. The special difference between animals and humans is that humans can change their temperament, thoughts and ways of thinking. This is not possible for animals.

56. If an action leads you to feel guilty, even if you are familiar with that action and it is interesting, give it up.

57. Love everyone, trust a few. Beware, do not hurt anyone.

58. I know only this much about your mind: that you give many meanings to just one thing and that you have many different ways of thinking. Because of this you acquire an improper style of life, become distorted, and then become angry at yourself.

59. You can have respect and devotion towards all, but true love can be had only from one.

Up coming events at the ashram:

September 05: Full Moon Havan

September 12: Baba's Birthday celebration

(Chanting in the evening starting at 5:30 pm)

September 21: Navaratri (begins)

September 28: Mahanisha Puja (final havan)

September 29: Visarjan (completion)

Ayurveda Education day: Saturday, Sept 19th

Topic: Five Layers (Body, energy, mind and soul)

A series of events in a year-long ayurvedic seasonal process to heal and educate. Each month will feature a different topic related to health issues integrated with yoga practices.. The day's events are made possible by Dr. Helen Thomas who will speak on each topic and perform Ayurvedic pulse diagnosis for the benefit of participants. Baba Harihar Ramji will speak on related yoga practices. Proceeds from the event will benefit the Samooh Relief Fund. For more info please call the ashram.

Schedule notice: All the scheduled Yoga and meditation sessions will be cancelled during the Navaratri

observation and will resume on Wednesday September 30th.



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