

SRI SARVESHWARI TIMES

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He who evokes lower, unclean thoughts
in you should be renounced

AUGHAR VANI, Avadhuta's Wisdom



Aghoreshwar
Baba Bhagwan Ramji

KAYA (The Body)

1. Seekers! That person who makes his body a container of virtues, who worships virtues, who cultivates virtues, and who constantly finds virtues within himself, know that person to be Aghoreshwar.
2. The purpose of the body is action, and the purpose of action is to find the soul (atma).
3. When you become able to know yourself, then you will understand the Kapaleshwar. Just as no one can actually 'see' the life-force, still everyone knows the presence of life-force in the living being. Know Kapaleshwar in the same way. He will be there only when you are there.
4. How do we know what the eye sees or what speech says? The eyes do not have speech, and speech does not have eyes.
5. Oh! Liberation matters to one who thinks only as a living being living in the body. A person who lives in the body but is inspired by the sentiment of the eternal spirit (Brahm), this person does not need liberation. He does not need any position. And for this person heaven and hell as well do not exist.
6. Your inner being is very omnipresent. It makes someone else say the things you should hear. This inner being is an instrument through which

one hears from someone else's speech exactly what one needs to hear. We do not even know of all the instruments that exist in this body!

7. It is because of excrement and urine, the muck that we have in our body, that our body is clean and healthy, has strength and power. A human being without this muck becomes pitiable.

8. Your own body is like a corpse. With your body many lowly desires have realized their fulfillment. You can, however, keep it very fulfilling by keeping nice thoughts.

9. Everything can be achieved through this body.

10. Divine rays are inseparably associated with our body. But they stay only with the worthy.

11. Let us focus our attention on the instrument that the Kapaleshwar has put into our own skulls. Through this instrument, knowledge and science indicate right path and direction.

12. Purification of the body is known as tapa (austere practice). These practices should be undertaken early in youth.

13. The conscience is purified through action. First comes action, then comes knowledge; the two complement each other. Without one, the other remains incomplete. When the conscience gets purified through action, then knowledge arises.

14. Speech is such an instrument in which all truths arise. Speech is the only instrument of its kind that pervades and comes to light everywhere, simultaneously.

15. If you have affection and love for the glory of the body, then be kind to it. Kindness shown you by others is not as important as kindness towards yourself that will help you become free.

16. Vibrations give us inspiration. If our mind-hearts are in an appropriate condition then we will definitely achieve happiness and peace. In this sacred place of the siddhas (spiritually realized persons) the sky and the directions all around are imbued with the light of their soul. If we have worthiness within us and our heart-mind is attuned, then despite the hundreds of thousands of miles that separate us, we can gain good inspiration. But if our heart-minds are not attuned, even in close proximity

we remain deprived of that light and those vibrations.

17. The source of energy is with our body itself.

18. The strongest element that is present in the body (reproductive fluids e.g. semen) maintains and nurtures a long life. The body cannot withstand its misuse.

19. The body, which we may treat with little regard or in fact abuse, this same body if we take on the right path through our speech, will carry us toward realizing our innate knowledge.

20. Vibrations emanate from every person's body. From some people very polluted vibrations emanate, dirty vibrations, foolish vibrations. From others with a pure body, elevated sense and proper understanding, very nice vibrations emanate.

21. These senses of ours, these are the very same demigods that produce all kinds of obstacles. Until they are no longer fed, they will remain greedy for more.

22. There are nine senses, and one more, the mind. As soon as they see any material of their indulgence they open all the doors and say, "Welcome, welcome!"

23. The head is known as the king, the belly is known as the Vaishya (trader, merchant). The two together are known as Vaishwanar. We constantly put oblations into this Vaishwanar. If we do not provide food to this Vaishwanar our body will not be able to function. It will become very frail, fall on the earth, and break.

24. It is like gold mixed with poison, such is a beautiful body with bad actions.

25. Even if we close all these ten doors, still a pile of garbage accumulates in this house (of the body). We have to keep sweeping and mopping it constantly. Only then can we experience cleanliness. Cleanliness is very pleasing. It is, of course, beneficial for us, but also of benefit to others.

26. Along with good thoughts and contemplation also keep doing those acts that are good with your hands, feet, and your body so that they remain straight and healthy, and keep functioning well.

27. We are all worried about making a name for ourselves. And what should the name be? It is really not very important. Today we are born in this house and so we have this name. Tomorrow we will be born in a different house and have a different name. The day after that, we will have yet another name. The form of our body has not remained constant through childhood, through youth, nor through old age. It is moving very fast towards becoming frail and decayed.

28. O conqueror of the senses, remain vigilant about your conquest! Keep the fortress of your body, in which resides a weak mind that produces fear, very secure. Otherwise, Seeker, this fortress of glass will break easily with the slightest blow.

29. While you rested in the eternal form (Safal Yoni) you lived in joy, you lived in peace and your life was very happy. But the day you disregarded that success and came into this condition, that day everything was snatched away from you, your happiness, your peace, and joy. What have you now? Only a body of flesh and bones! A body that experiences disease, experiences sorrow, experiences troubles, experiences decay, and experiences ups and downs! You cannot escape this.

30. O Kapalik! The human body has great meaning. You should remember well that you can get a home again and again, you can get the earth again and again, you can find friends again and again, and a mate again and again, but you will not get the human body again and again. Hence, upon receiving this human body, you should do something that will make your life very clean.

31. At every moment we are beset by the three maladies of Kapha, Pitta and Vata. If we are not relieved of these, the effect of their disorder means certain death. That is why we need to understand the energy flow in our bodies. The day we understand the process of these energies, we can take appropriate measures to free ourselves of these three maladies.

32. All parts of our body such as hands, feet, heart, mind, etc. are our friends. If even a fly sits on the body, the hand automatically swats it away. If hurt, the hand holds it. However, these same friends can be enemies. When a deer gets wounded by the hunter's arrow and runs away, it is its own blood dripping from the body which tells the hunter the path that the deer has taken and the place where it is hiding! Similarly, the Sun is a friend of the lotus, but if there is a scarcity of water the same Sun burns and destroys the lotus.

33. Sitting in solitude, sitting in ashrams, we try to concentrate in ourselves the vibrations that have come out of the bodies of great saints, which are scattered all over the sky and the atmosphere, and which depend upon the physical posture of our bodies. This tapa (austere practice) bears fruit and takes the person to that divinity which he needs in his life, and which he has not been able to understand.

34. In a sense our whole body is full of excrement and muck, yet we say it is very clean. Everyone acts very undefiled. Despite being wrapped in bad actions they pretend to be very virtuous.

35. Prodded by the mind we heat our body and we cool our body, and we throw it in the fire of many indulgences. We burn it and burn it again, and finally it turns to ash. Then after a period, a time comes when even our breath -- the God-connection in us --also stops, and from this point of view, the creation disappears for us. In our sight this creation remains no more.

36. After only the ten digits of mathematics, the eleventh is said to be the mind. In truth, there are only nine digits, then the use of zero. Eleven is an illusion. In the scriptures, after 10 senses, the eleventh has been called the mind.

37. By living in the company of ill-perceiving people your aura, your luster, your glory and the rays being emitted by your body, all become subdued. Again and again you will be seen as an egotistical person, and within that egotism is hidden a terrible anger that is actually not yours, but has come to you. Until the time it goes away, you will not find peace, you will not find happiness.

38. After That (everlasting truth) comes into your body the good vibrations being emitted by your body will provide happiness to others as well. Bad vibrations being emitted by your body will make you as well as others unhappy. Whether it troubles others or not, bad vibrations will definitely burn you up. That is why the company of undesirable beings has been prohibited.

Ashram News:

New Project:

We are in the need of remodelling an existing structure into a multi-purpose room - the family hall. Approximate material cost is \$3,000.00 plus labor. Please let the ashram know if you are able to participate in this much needed undertaking financially or physically.

Upcoming Events:

- 1. Maha Shivaratri:** Sunday, Feb 14th.
- 2. Navaratri** begins on March 18th.
- 3. Full moon havan** on March 1st.

Babaji is scheduled to return to the Ashram on Feb 25th. An informal get together is planned on Saturday Feb 27th around noon. All are welcome.



SRI SARVESHWARI SAMDOK, USA

Sonoma Yoga Ashram

P.O. Box 950 1087 Craig Avenue Sonoma, CA 95476 USA

PH 707-996-8915 FAX 707-996-0388

Send email: info@sonomaashram.org

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