

# SRI SARVESHWARI TIMES

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Peace is the primary source of the Self  
and lack of peace is  
the dominant factor in distorting the self

AUGHAR VANI, Avadhuta's Wisdom



Aghoreshwar  
Baba Bhagwan Ramji

## Aghoreshwar

### On Living a Meaningful Life

Our attachment to various things, ideas, thoughts and behavior patterns are the cause of sorrow in our lives.

This attachment does not go away from our hearts. We can definitely live a good, long and peaceful life if this attachment goes away. The bonds of attachment because of which we suffer tie us. We listen to all kinds of freeing thoughts, yet remain forced to spend our lives like an animal tied to the hitching post. Despite living in this world, those who remain away from the bonds of attachment, like the stage-manager from the play, spend their life in happiness and peace. One does not progress on the path of liberation till his attachments do not break. The path of his numerous desires is so intoxicating that despite being unbearable he hankers for the same intoxication. In order to leave it all behind and separate ourselves from it, we will have to give up attachments. We will have to give up the feelings of jealousy, animosity and revenge.

It is because of this baggage of ours, that we have come to this situation. We have made heavy baggage of many kinds of our frustrations and because of its weight, we have become dull headed. Where we have to say something, we do not say anything, and where we should not say anything we keep on speaking. Where we should listen, we do not, and where we should not, we listen very carefully. In the same way, because of our obtuseness with regard to seeing things, going to different places, and doing different things, everything that we do is having an opposite effect.

A match-stick remains within the match-box and on shaking it makes a rattling sound too, but it does not burn till the time a third person produces friction between phosphorous on the match-head with the phosphorous on the match-box. This is known as the ill of bad company. Wise people use it to light lamps to derive light, prepare meals on it and perform hawan (fire oblations) . Uncontrolled and ill-understanding people turn that into a poison,

which can burn everything and is unacceptable everywhere in the absence of Aghor.

The way we look at ourselves -- that we are this -- we are actually not that. It just seems to us that way, in the same way that something may be hanging above water and we see its reflection in the water. It is not true that we will understand the truth just by looking at the reflection. Because the truth of that reflection lies somewhere else.

We think we are awake and that we are sitting here. Even this is a dream, friends. That we are moving and walking is also a dream. And this dream will end only when we understand that essence, that truth. That is why in the beginning of any worship, meditation, contemplation, thought and prayer we say "Om Tatsat". By saying this much or by remembering the Guru we atone the ill effect of intake of unworthy things. We purify ourselves off the ill effect of association with wrong company. The ill effect attaches itself to us when we go to unworthy places and when we engage in lowly deeds. Because of it we experience guilt, we consider ourselves as cruel, we deceive ourselves, and by closing our eyes we try to escape the reality.

### **Peace is an action, an inner action.**

*During the August 21st satsang with the participants of the "Ashram camp in the Redwoods" in Garberville, Baba Hariji addressed with the following words.*

I would like to welcome you on this beautiful morning. It's wonderful to get up early in the morning and just have a few minutes to yourself -- just a few minutes. That's why I had encouraged you to get up in the morning, find a spot and just sit. Feel the breeze touching your body, feel the warmth in the air. Your mind is not racing to accomplish something. Just sitting being with one's self. To be able to be with one's self is Yoga. Whenever we are in this state, that we are totally content with ourselves, nothing is lacking at that moment. Such a moment is the moment of Yoga ® union

To be able to be with one's self is the greatest wealth. When we are not in this state, we need interaction with other people and need other things to be happy. Someone came and told me the other day, " this person that I live with is very needy and its driving me to the wall." I said, that is the greatest blessing, to have someone like this around you. What happens when you run into a situation like that? You label that person as a needy person. It's a negative term. But, if you look at it, really! What is it that the person is needing? Basically this person is looking for a little space in your heart.

What options do you have at that moment? You can contract your heart and say no this is mine, I don't want to let you in, I don't have any time or tolerance for you The other option is to just expand your heart a little bit and allow or give a part of yourself to this person. Whenever you do that, you are working on the expansion of yourself. You are making yourself greater than before. Whenever you give part of yourself to the other person with this understanding, you yourself are growing. The more you give of yourself the more you grow. This richness is the most valuable aspect of human life. It is said,

*qvr Pl nih . KAq hW, sirqA ipyW n nIr |  
prmArQ kw kArnW sAFun FrA SrIr ||*

(That a tree doesn't eat it's own fruit and a river doesn't drink it's own water, it is for the welfare of others that the great beings have taken this life, this body).

So whenever we expand ourselves, expand our heart, give a piece of ourselves to the other... a piece that is sweet, nurturing, and nourishing, we come in the category of elevated beings. We all have this capacity. We all have this gift, this blessing and this is also called sadhana, practice- a spiritual practice.

Think of yourself like that fruit giving tree or the nourishing river. Please remember this. Bring this practice into your life. Maybe everyday you could include this in your prayer, that may I be able to expand my heart a little bit for those who are around me. Basically, that's all people are really looking for... I mean, everybody. That's the need of each individual, to have a little space in your heart. That's all anybody is really looking for, nothing more. It may come in many disguises but that (to connect) is the need.

Whenever there is union and fusion, a tremendous amount of energy (shakti) is created there. In this state there is harmony, there is love for each other, there is peace. This energy is nurturing energy, energy that helps growth. There is also the other kind of energy. The energy of splitting, like splitting atoms, it's very destructive. Whenever we split ourselves from the other person, the energy that is created is destructive energy. It not only destroys our peace, our home and our environment, But it destroys our community, our society and ourselves as well.

So may we all keep striving to have the energy, the shakti of harmony and unity. It is that energy that holds this world together. We all know whenever we are in peace and harmony, we create that energy, shakti, that vibration. That energy holds the world together. The other kinds of shakti, the destructive one is also present all around us. It is a constant play of the two kinds of energy in this world— constant and continuous play. Each one of us is responsible to hold this world together... each one of us. So we are not only responsible for ourselves and our homes, we are responsible in a much greater way. It depends on us which side we want to play on. What team do we want to join? Sometimes we play on this side and sometimes the other side. Life is short, we never know what will happen in the next moment. The shakti that is created by peace, is very valuable. Nothing is more important than that, nothing! We are humans, we get irritated, frustrated and angry. It's easy to get into that mode and the sooner or later we release it, the quicker we set ourselves free from it and the better off we are.

Whenever you realize that you are in that state, take a moment to take a nice deep breath, open your eyes and look at the sky. It reminds you of the vastness and the grandness that is within you. Allow a little space for that person in your heart. You will see how easily it is diffused. There are some very good pointers for this practice. Whenever you find yourself getting all caught up with resentment, irritation, frustration and anger, look at yourself, don't look at the other person in that moment. The more you look at the other person, the deeper you are getting into it. Look at yourself. What's happening? It's all in your head at that moment. The same lines keep coming back, like a broken record. It's like the record doesn't go any further.

Go in your heart at that time, and even imagine, that your heart is this (open arm) big, imagine it a little more expanded. You may have to stretch it with force ® force of breath. Take some nice deep breaths, calm down, and allow a little space for this person by thinking of a good quality of the person. You may visualize this person sitting in your heart. Whenever you go in this space, immediately you will see that the stuck record begins to flow again, and maybe there is a different kind of song ahead— a prettier song.

It is very important to have peace in this world. As Baba used to say "peace is not just hollering 'peace peace peace'. Peace is an action, an inner action." When you are at peace, peace is created in the world. Whenever that happens in your heart, its effects- those ripples emanate from your body and touch everything around you. You may not feel it, but whenever you are working on creating peace with yourself, it's affecting the whole universe, the whole cosmos.

Let's work together to have a wonderful retreat. Whenever we are in a group, there are always all kinds of dynamics, but the main dynamic that we are working on is coming closer to each other. Getting to know each other as a person. Each person does have a little something that you can point your finger at. But remember that whenever you are pointing a finger at someone, you are pointing three fingers at yourself. It hurts you three times more.

There is only One, that breathes through us all, sees through us all, and hears through us all. Keep remembering your higher Self. Keep remembering that space in your heart, that is large enough to contain the whole world.  
May we all have a wonderful time together.

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## **Ashram Camp held in the Redwood country**

*By: Tom Pickford*

The true meaning of Ashram as family became wonderfully apparent the weekend of August 20-22 at the Ravencliff retreat center in Garberville. Twenty folks from Sonoma joined with sixteen Garbervillians to laugh, sing, meditate, swim, canoe, share meals and simply practice life as yoga. The setting was a beautiful YMCA camp in the redwoods on the Eel River. The entire weekend was a special moment and it was quite obvious to all, that hearts opened as the participants shared the chores, the ceremony, and connected in new ways.

Upon arrival the community spaces were cleaned and sanctified, cabins selected and a wonderful meal prepared under the supervision of Lorrie, the kitchen angel. There were lots of children laughing, playing and skinning their knees. The yoga sessions were somehow extra special. There was a Havan for the Garberville folks preceded by chanting so sweet the moon rose early just to listen. The late night campfire serenade provided a different lullaby for those who lay in bed and listened.

Something truly magical happens when likeminded people gather for a common purpose. It is clear why all of the spiritual traditions promote some version of sangha (community) as everyone in Garberville that weekend bore witness. The weekend closed with a session where truth, honesty and love were in abundance. Where there were two now there is one.

### **Upcoming events:**

Full Moon: Friday, Sept. 24th

Navaratri begins: Sat October 9th



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