

SRI SARVESHWARI TIMES

OCTOBER 2001

Remain in time without getting washed away

Keep flowing without getting stagnant

AUGHAR VANI, Avadhuta's Wisdom



Aghoreshwar
Baba Bhagwan Ramji

On Being a Responsible Human

Speaking to a gathering on Sunday morning September 23, 2001, at Sonoma Ashram after the terrorist attacks in New York City and Washington, Baba Hariji said,

Before we begin today, lighten your mind, relax your eyes, and soften your whole body. Descend into your own heart. There is a very special place in your heart, surrounded by golden light. Imagine the lotus of your heart opening in its fullness. Come to that stillness. As the breath comes in, let that space expand a bit more. Mind tends to wander. Keep bringing it back, back into that space. When you are established, tolerance, acceptance, and forgiveness are easier to practice.

We are faced with challenges every day in life, big and little. Little things irritate us. Little things have power to instill some kind of fear. Little or big, we are affected by it all. As we already know, the world is a very unstable place right now. All kinds of vibrations are in abundance in our environment; vibrations of fear, vibrations of anger, of revenge, grieving, suffering, vibrations of speculation, all kinds of things.

What is my dharma, what is my duty, my responsibility in such a situation?

The first dharma, first responsibility is to remain grounded as a human being. Remain grounded. When I am grounded, the right action comes. There is a word in sanskrit, Dhairya. Dhairya means, loosely translated, patience, but more deeply, the ability to forbear, the ability to withstand. When brought to practice, one is able to take pain and pleasure in the same state of being, not affected or excited too much by either one, neither by gain or loss, sorrow or happiness. You are able to maintain your grounding. The person who is able to maintain himself, contain himself in either situation is called mahapurusa, a great person. We are all capable of practicing it in our lives to some extent. If we are not aware of this quality, this ability, this strength, any little thing that happens sways us in this direction and

that direction, this direction, and that. The ability to come back to that special cave in our heart, to accept all without being swept away is Dhairya. It has happened before, and it will happen again. This is the wheel of time. It is constantly happening all around us. It is happening in nature, constantly happening in nature.

We have to stop ourselves from flowing with every little current. We can come back to our grounding through whatever means we have to ground ourselves; through our practice, through our prayers, through our sangha, come back to that place. The virtue of Dhairya is most needed in times like these, being tested like this.

I hear all kinds of things. People are afraid, angry, in the mode of blaming somebody, holding somebody responsible, we must do something, we can't let it happen. These kinds of words are all around us. What can we do? Those who are angry and resentful and hurting will retaliate and do something.

We are all responsible. We are all responsible for what is happening in the world. It is not some abstract thing, somebody out there. In my opinion, we are all responsible. We all emit vibrations through our bodies. If you really want to make sure it doesn't happen, each one of us has to take responsibility that the vibration of anger, vibration of revenge, vibration of frustration, irritation, doesn't come out of my body. It all comes out. It all goes to the center and becomes a big collective. We all give it power. This is the truth. If we want to make sure it doesn't happen again, if we want to end it, this is what we as humans will have to do. It is not somebody else who can fix it. If truly, truly, truly I want it to be fixed, this is what I have to do. There have been great people throughout the whole history. All have tried. And they're still trying. That's what keeps it in balance. There are great people, many people in this planet right now, who are holding the balance. Maybe it's you too, your thoughts, your prayers for peace, your prayers for tolerance, your prayers going out in a very collective place making a difference. Otherwise, if everybody was thinking nuke Afghanistan, if everybody was spreading that kind of thing, it would be nuked by now. But there are prayers, meditations, those concerns, and it's all going in a collective place.

This is what came to me in one of my meditations and it was very powerful. It is not somebody else who can fix it. It is us individually. Do not think you are little, that you don't make a difference. We all make a difference. It is very clear to me.

You know, darkness is vast, but sometimes all it takes is a spark of a match, and the whole of darkness is removed in that instant. Such is the power of our thoughts, such is the power of our prayers, while grounded in our hearts. When we're grounded, we become the temple of the Divine. We become a stable home in which the Divine can come and reside and express itself. When the building is wavering and swaying in every direction, nobody will come to live in it. So make yourself that steady, stable, temple of the Divine, acknowledging 'I am a Divine being, I am capable of hosting the divinity within me, I am worthy of hosting that divinity within me'. When I make that prayer, when I make that wish, it does make a difference.

The whole purpose of encouraging you to come this morning was not something mysterious. I was very overwhelmed with the mediation that I am important. Each individual is responsible. Please do not lose yourself in this or get totally overwhelmed. Make a difference.

Practicing Dhairya, practicing patience. I don't know if there is an it in exact word for

English. Forbearance or ability to withstand is close. If really good things happen, we jump with happiness. Somebody steps on our little toe, we jump with pain. Being able to withstand in such a way that we don't jump in either situation, this is maintaining grounding.

What is happening will keep happening again and again. It has been happening, all around us. I'm not trying to say numb yourself. There is a difference between numbing yourself and being able to take it in a gracious way, to forbear. If we have to give any opinions, let's give the opinion of peace, sanity. As an individual, my only responsibility is really to stay grounded. That space in our heart is very very vast. It's not your space. The heart space is not your space. It's universal space. It's large enough to contain the whole universe. Heart is not yours. Heart is Divine, the place for Divine to dwell. So keep that place very open, very vast, let it maintain its sanctity, its divinity. If you consider yourself Divine, don't just consider it, live it. Be it, at least for a moment.

I'm sure we all have entertained the thought Aham Brahmasmi... I am the Divine being, the very God that resides in my heart. But be it not only through the words! Be it, taste it. You don't have to be it right here right now. Take a moment in the night just sitting in your bed or in the meditation room or in your chair. Just pull back and let the mind descend in your heart. As long as you are stuck in the mind, you can't get there. You have to be able to descend into your heart, enter into that vastness where identity is lost. When we enter in the heart, individuality is lost. Mind is like a bubble. When we come in the heart, it pops. It all becomes like water. Mind separates; heart unites. Coming back to the heart, feeling every pain, every pleasure, every gain, every loss, in that space it all dissolves. It has no individual existence.

When we're established in that space there are no words.

All that I'm saying... I do have individual relationship with you, understanding with you, friendship with you. I have an idea that I'm not saying anything that you do not believe in. I'm not saying anything that you don't already know. I'm just reaffirming myself, my meditation with you. Please remain grounded. Do not join in arguments, and taking sides, and this and that. We are human beings and sometimes we get into idea contests. 'My idea is better than your idea.' But catch yourself. Come back. Take a nice deep breath. No blame, no punishment.

On a bigger scale it is all the play of *maya*. Dropping bomb on who?

We are still living in this world so we have some responsibility. Both worlds exist simultaneously. We can't deny it. So what is our responsibility? Please stay grounded.

Spend a little time in your heart. It's time to practice your spirituality as best as you know, whatever you know. Whatever you know, practice. Minimize the vibrations of fear, revenge, anger, irritation. Practice being at your best, now. Show your concern, love, and commitment for a better world, for a healthy world by making some personal sacrifices. Whatever comes out from you, from your heart. It is time for us to remind each other of the Divine that we are, to live our fullest. Not only ourselves, but whoever we talk to, remind them. Please do not flow in the direction others may flow. Let them come to you, Let them flow in your direction, of grounding, stability, peace. Establish yourself in your space. Just like water flowing, put the stick of your grounding in, and all things will start revolving around it. If you are grounded, things, people will begin to revolve around you. So be that. Now.

Navaratri Observance at the Ashram

Wednesday October 17 through Thursday Oct 25th

Navaratri is the time to engage ourselves in the upasana of Shakti. Upasana literally means to obtain a seat next to, to get close to, enrich oneself with, worship etc. Shakti is the all pervading energy that is the source of the existence of the world. All the creatures become lifeless for lack of Shakti. It manifests itself in numerous ways.

In order to speak about Shakti, seers have called the Shakti "Mother". Shakti manifests itself as creation; it is the mother who gives birth to and nurtures the newborn.

Although Shakti is beyond the boundaries of gender, form or color, we call It Mother because of its qualities as a mother. Out of this idea different names and forms came into existence. It is the formless that takes form depending on the intensity of the seekers' longing and devotion.

Helpful hints for the observers during this period: Restraining sensual urges. Practicing contentment. Observing silence. Sleeping on the ground or a firm surface. Avoiding sitting or sleeping on other's seat. Eating in moderation (once in 24 hour or going on a fruit and vegetable diet.) Japa (repetition of Mantra, more than usual.) Meditation. Maintaining a calm heart and mind without much deviation. Bowing with all limbs to the Guru and Divine Mother at least once in the day.

SCHEDULE

Morning Puja: 7:00 AM to 8:00 AM

Evening Puja: 7:00 PM to 8:00 PM

Satsang: 8:00 PM to 8:30 PM

Havan: 9:00PM

WEDNESDAY, OCTOBER 24TH

Mahanisha Puja (Final Havan)

7:00 AM THURSDAY, OCTOBER 25TH

Kumari Pujan, send off

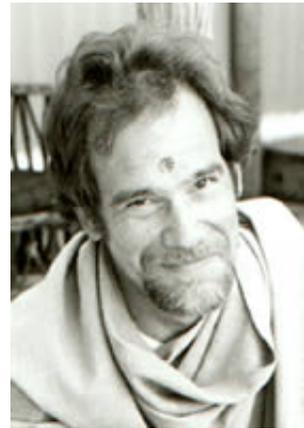
Please Note: All the Yoga classes will be suspended during the observation of Navaratri (Oct 17th through 25th). The temple will remain open for meditation for all.

Meet the faces at the Ashram

Through this column we salute the special individuals at the Ashram

Chris Garramone

Chris Garramone: In 1996, about five years prior to actually coming to the Ashram, Christopher Garramone met Babaji in Garberville. He still remembers cooking dinner for Babaji in his home there, (homemade French fries, beer-batter onion rings and salmon on the grill.) It was not until the last week of June 2000, one week prior to Guru Purnima, that Babaji took Chris into the Sonoma Ashram as a resident. Chris had been working as an electrician in San Francisco, and was, in general going through a rough time in his life. Chris stated, *I didn't know who I was, or where I was going. I asked Babaji for help.* The rest, as they say, is history.



Chris lived in the Ashram as a responsible resident, kept his eyes and heart open to the duties and needs of the Ashram. He is always eager to be of help—towards himself and even more so towards others. Chris learned from Babaji and from the whole of the Ashram community. He found himself and understands his direction. When asked what the most important lesson learned over the past year was, Chris said, "Babaji taught me to love and respect myself." Chris also took the time over the past year to retrain in his career. He learned computer architectural/electrical design (AutoCAD.) Today, although he's working and living outside of the Ashram grounds, he is always there to help when needed.

With a foundation built upon the teachings of Babaji on 'being a good human being', and his new found skills, Chris decided to jump back into the world with both feet. He and Pam MacDonald have announced their engagement to be married. Their wedding date is set for October 5th and they are getting married in the Ashram with a simple ceremony of the Samooh as prescribed by Aghoreshwar Baba Bhagwan Ramji. May the blessings of the Guru keep guiding them both towards living a life of true human beings.



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