



SRI SARVESHWARI eTIMES

SEPTEMBER 2004

**One who speaks sweet, who sees the Divine
everywhere is a gem of mine**

Aghoreshwar Baba Bhagwan Ramji

AUGHAR VANI, Avadhuta's Wisdom

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Thus spoke Aghoreshwar on human being

If you listen to everybody's good and bad but do not reply, your conscience will praise you, appreciate you, eulogize you and give its love to you.

§

Those who remain quiet, and those who speak a lot, both are misjudged for being erroneous by people. To save yourself from this judgement, it is said, do not be loquacious nor too quiet, neither too much rain, nor too much sunlight.

§

Those who have done good deeds look at other people very humbly.

§

Friendship and friend have a vast definition. A friend's pain, for a real friend, is bigger than any other pain in the world. A true friend inspires only towards good actions. Instead of egging towards cheap acts, he always inspires you towards profitable deeds.

§

We desire peace, prosperity and happiness, which is possible only by friendship. If you do not have peace, then despite having everything you are very poor. Food grains, water and money can be found even in the homes

When you become very polite and humble with your elders and respected ones, or with those who are lesser than you or neglected, don't you derive satisfaction? You do indeed. At times even firm words said to those dependent on you also provide satisfaction because even those words contain the feeling of their welfare. Love in the heart, and firm words on the tongue. You have unfathomable love in your heart. Only then must you be using firm words with your children, workers and dependents. You are under no obligation to say all this to someone you are not concerned about, and you cannot even say it.

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The more you say something gently and softly to your children or your spouse, or your brother, or your sons, the faster they will be able to understand it. But if you just start yelling at them, then neither will they understand it, nor will you succeed in making them understand it.

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The person who has the strength to bear against the attacks from all sides of guilt, disappointment and sorrow, is a real human being. That person has an eternal life.

§

My advice is, "without tact, there will be no devotion". In any kind of work you need tact, only then does it get done in a good manner. If you do not have tact, merely devotion can mislead you. Your prayers and meditations can turn into a nuisance. Devotion and prescribed action, if done properly, lead to success. This is what is also known as yoga. Otherwise you can keep banging your head and body, but you will not be able to find that Divinity.

§

The merit of one moment spent with a good person is more than the merit achieved through prayer and worship of hundreds of years.

§

One whose words are true is close to God. One who speaks lies remains afraid.

of the riff-raff, the gangsters, the thieves and the prostitutes. If you do not have peace, then what is the difference between them and you?

§

Friends, if you desire respect and prestige in society, then make sacrifices and undertake difficult-to-do actions. That sacrifice and austere action will only be this; if you do not need to be in the company of undesirable people, then you should not be in such company.

§

There are many human beings who just are not able to pass their time. Time weighs heavy on their hands. They know very well that life is short, but even the time of that short life seems unpleasing to them. They have no idea of what to do. Let us use our free time in a good way. Let us try to attain the company of the Guru and the Divine, and in this free time being in the company of great souls, let us produce nice thoughts!

§

Those who are born in a nice lineage, those who are endowed with nice cultural traits, never give their advice in the Ashram unsolicited, or in the planning of somebody else's work. If they can do something, they actually do it to help them, otherwise they leave the place quietly.

§

We always benefit from going close to saints and by seeing them. If we go to them alone, and desires, wishes, envies, jealousies, attachments and ego do not accompany us, then we achieve an immeasurable wealth. But if we go to them lugging the baggage of our untrue thoughts and feelings, then we remain deprived of achieving anything. Because that saint (mahapurush) will think, "this person is already staggering under his own loads, if I also weigh him down with something, he might even die. He may lose a lot." And so they do not give you anything.

§

If a tiny blade of grass or a tiny grain of sand goes into our eyes, all the panoramic views that we see become invisible. We cannot see anything. We begin to close our eyes. When that tiny particle is removed, that great panoramic view becomes visible again.

§

By listening only a little you can understand a lot more. You have a deep insight.

§

It is essential for our nation, society and community that we show the right path to our youth. We should inspire them towards higher thoughts, higher sentiments and towards living a life of self-sacrifice. We should inspire them towards nice behavior. The question is, to whom? To those youth who are blameless, faultless, "dilemmaless", and whose heart is as clean and pure as water.

A service to all **by Baba Harihar Ramji**

During one of the Sunday talks at the Sonoma Ashram, Baba Hariji addressed the gathering with the following words:



We live in a world where there is a great deal of strife, violent conflict, even war. The violence that we see in the world is not something out there; actually it's all our own creation. The vibrations of violence that we practice with ourselves, the violence that we practice in our homes, in our society, all accumulates. And these balls of violence keep falling in different parts of the world.

Just for a moment, separating ourselves from our own strife, let's focus our attention on that part of the world where there is tension and fear, holding people in our hearts on both sides. There is no need for violence or war. Whether it's internal or external, it all starts with a very trifling thing. Whether it's violence within an individual, within a family, within a community, within a society, within a nation, or internationally, there is no need for it!

When we are away from our heart, when we are away from our divine Self, it's so easy to participate in these battles. In times like these, when there is a conflict in our life, we truly need to call upon that divine Self who is not fearful, who is tolerating, accepting, understanding, and who also knows the consequences of our actions. We all know that fear breeds tension and friction, which turns into violence and creates still further misunderstanding. The more we practice tolerance, the more we try to put our self in the other person's shoes, the more we try to see their point of view, the more we will be able to understand.

When I am very rigid about my own ideas, my own way of seeing things and my own way of trying to make the other person see, conflict is bound to happen. It's unavoidable. Greater is the person, the nation, that bows down and avoids violence.

Non-violence really has to be practiced on a very personal level. Whenever you feel offended it is time to look at yourself and ask, "Why am I feeling offended? Why am I feeling threatened?" These are the moments to practice smiling and taking a mindful breath. Otherwise our immediate reaction is to tighten up and jump. A person who is saying something negative to me may not be coming from a place of understanding. He or she may be coming from a place of fear or ignorance. Communication with grace is important.

We can make others very comfortable with our smile, and maybe then diffuse the tension. It goes all the way from our personal lives to the relations between two nations, because it's all just people. If we are genuine in our hearts we can change the world.

Similarly, in our personal lives there is tremendous desire to be liked, to have power, to be different from or more special than the other person. Because of this desire we keep practicing violence. Just remember the simple practice of smiling and asking, "What can I do to make others feel more at home and welcome? What can I do to make others feel better than they are feeling now?" If we keep our mind totally focused on that, then we are in touch with God.

When I am out of the way, all that's left is God. It's a very simple practice, but it's very powerful. All we have to do is keep paying attention to how much I is standing there. It's wonderful the way I is written in English. It's like a firm stick, like a post stuck in concrete in the ground. Immovable. Really pay attention to that.

Practicing non-violence is the way to be of service to all. Whenever I feel in conflict, whenever I feel that the space in my heart is tightening, that is the time to take that mindful breath and even smile. Your mind will say, "How can I smile?" But go ahead and just smile, and let the mind tell you that. If you don't want the other person to see you smiling, turn your head in some other direction and smile. But see how it works. It really does.

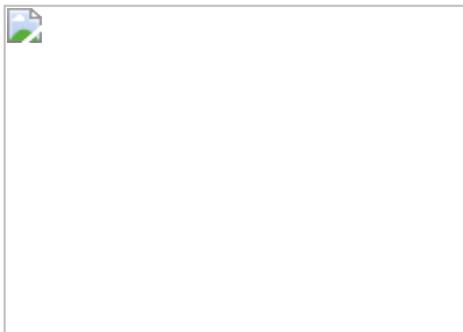
I remember a little story that my father used to tell me. Once there was a guy in the village who was getting upset with people very easily. One day he found a reason to get upset with my father and he said, "Panditji, you do not know me, I am a very stiff person!" The word in Hindi he used means I got a chip on my shoulder and I am a guy with a club in my hand too. My father just looked at him and smiled and said, "My son, stiff things break very easily. Learn how to be supple, then you won't break." This person broke down, and fell to his feet.

Learn how to bend in any direction. It is so true, stiff things, whether they are thin or thick do break, snap, split. Learning how to bend, learning how to bow, learning how to accommodate the other, makes us a good human being.

I bow to that non-violence, that peace residing in our hearts.

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Ashram Life



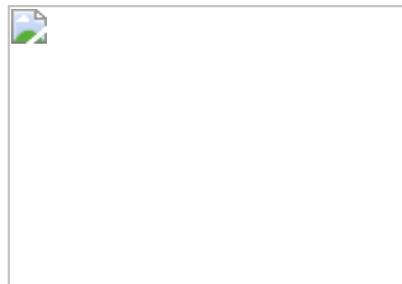
MEDITATION & YOGA: We are pleased to let you know meditation and yoga are now being offered daily as before. The yurt is back up in it's place, and we invite you to come by. See daily schedule on last page.

Yoga classes can be exchanged for a donation of \$10 or one hour of service work which can be arranged at each visit. No sincere student will be turned away.

[Ashram Daily Schedule](#)

SPACE FOR GRACEFUL TRANSITION: We have dedicated a space in one of the duplexes on the Ashram

EVENINGS OF WELCOME & INTRODUCTION: If you have a friend or relative that you would like to introduce to the Ashram, the first Friday of every month is a perfect time to do this. From 5:30 to 7:00 PM, a program has been designed especially for newcomers and friends who have not been here in a while, to experience a little of what the Ashram offers. Please call for more info.



RESIDENCY OPPORTUNITIES: We are getting prepared to offer a three month long residency program at the Ashram. Those interested in deepening their spiritual practice and living a disciplined life of service in a learning environment could apply for this opportunity for a minimal cost.

grounds for an individual facing the greatest Truth there is, and would like to spend their final months/weeks in an Ashram environment. Call or [email](#) for more info: 707-996-8915.

Retreats

PERSONAL RETREATS: Space has been set aside for people wishing to spend some quiet and reflective time in the Ashram's peaceful environment. Retreat guests are welcome to participate in all activities, including yoga and meditation sessions, community meals, and a wide range of service projects. Please call or email for availability.

RETREAT IN YOUR AREA: Next year's retreat schedule is starting to take shape. Baba Hariji will be visiting different parts of the country and sharing the teachings and simple practices of being a good human being and living a meaningful life. This is a wonderful opportunity to be in Baba Hariji's presence in an intimate setting. If you would like to know more about having a small retreat with a few of your friends, please contact the Ashram.

Recent Events

[Upcoming Events](#)

COLEMAN BARKS POETRY READING: A fund raiser for the Ashram was held in May featuring Coleman Barks reading his poetry of Rumi. It was the first event of this magnitude to benefit the Ashram.

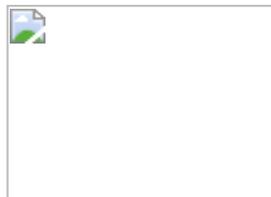


GURU PURNIMA 2004: Guru Purnima was celebrated on the first full moon of July. It was a wonderful event to see so many of the Ashram's friends and well-wishers gather together in celebration of wholeness and friendship.

ANNUAL REUNION IN THE REDWOODS: This year's annual reunion was held in August at Krishnalaya, in Piercy, CA, by the Eel River. Approximately sixty people participated in a delightful weekend of yoga, meditation, chanting, satsang and just enjoying each other's company.

KRISHNA BHATT CONCERT: We have had a musical summer at the Ashram. One of the highlights was an evening with Krishna Bhatt, a world renowned sitar player. It was remarkable to experience this caliber of music in the Ashram's intimate setting.

CHILDREN'S DAY: This summer a group of fifteen children came to the Ashram for a day. They enjoyed yoga and meditation, planted flowers and harvested vegetables, and visited with Babaji.



Ashram Sustenance

Here are two innovative ideas in place for friends and well-wishers to participate in financial viability of the Ashram:

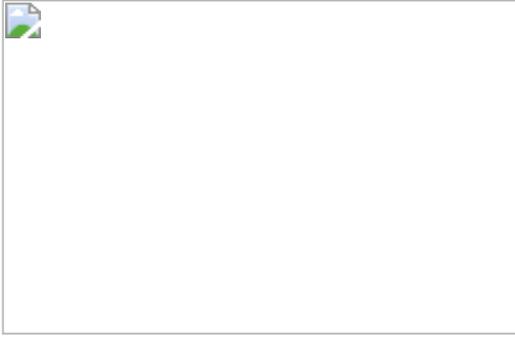
OASIS ANGELS: The Ashram's daily operating costs are covered by Oasis Angels, people across the country who contribute only \$1 a day. Your participation will help the Ashram maintain its presence here and continue its various offerings locally and across the globe. [Email the Ashram](#) for more info.

STOCKS, BONDS, FUNDS: The Ashram is now equipped to receive donations in the form of stocks, bonds and mutual funds.

Bal Ashram

An Oasis for Children
Varanasi, India

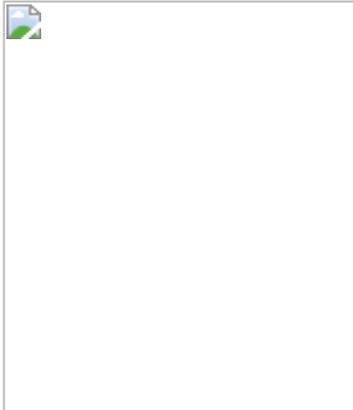
During the last visit to Bal Ashram, we felt a need to carve out a little space for abandoned newborns. Our greater vision includes creating a hall big enough to accommodate



Namasté DEAR FRIENDS,

It has been a long time since we communicated with you in printed materials about our orphanage project in India. Although we have kept our friends and supporters up-to-date via email, we do recognize that we don't have emails of some of our supporters whose help was instrumental in manifesting this safe home for children in Varanasi.

It brings great joy to our hearts to bring this report to you. The orphanage has been given the name [Bal Ashram](#), literally meaning, Children's Ashram. Sixteen children from ages four to thirteen are living there. Some go to [Little Stars School](#) for their education and the young ones are schooled right at Vidyalaya, the Ashram's nursery school.



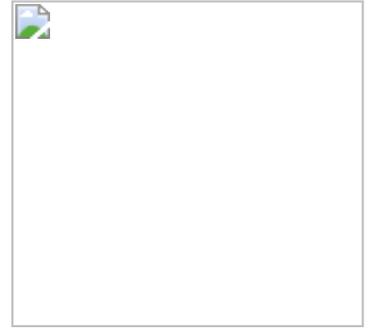
Over the last three years the previously barren land Bal Ashram has grown into a beautiful home for the children. It was very heart-warming to see the initial resident children welcome the new arrivals, taking them under their wings and tending to their basic needs. Until last year there were only six children living as

residents. Once they got used to living there and the staff gained experience with running Bal Ashram, more children were brought in. Ultimately we envision this facility as a home for forty children. Although we do recognize that the need is much greater than what we can accommodate, we intend to maintain quality over quantity.

about ten infants and a few nurses.

Our vision also includes expanding the facility to some adjacent land and creating a safe home and vocational training center for women.

There are many women who are victims of the dowry system or are widowed and living unfulfilled and dependent lives. Such a center would be a great gift, allowing these women to learn a vocation that inspires and sustains them. At the same time they will be able to express their motherly love and nurturing to the infants and children living right next door.



Bal Ashram has a few rooms set aside for visitors from the West to stay in as guests or as volunteers for short or long durations. Many young people from this country have already gone and spent some time with the children in India. They learn to appreciate what they already have and find creative outlets for their talents and gifts. Bal Ashram is also proving to be a perfect place for cultural integration.

It all has manifested with the help many of you have given in the past. A few pictures are printed here showing the progress made with your donations. We are still in the process of constructing a full kitchen and dining hall and a few other structures to make it a fully functional facility. We truly hope you will keep this project in mind for any further acts of generosity.

Once again, thank you for being a part of the creation of such a facility in a land where it is truly needed, where every penny of your donation goes directly to the cause.

With deep appreciation,
and on behalf of our
brothers and sisters at
Bal Ashram

*Namasté,
Shivani*

Most updates and event invitations from the Ashram are sent via email and also eTimes, our on-line newsletter. If you have not been receiving these updates and invitations, we would be pleased to add your email address to our database. Please send it to : info@sonomaashram.org

*Newsletter subscription is US \$10 a year.
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