

# SRI SARVESHWARI TIMES

Volume IV, Issue No. 8

**AUGUST 2019**

"One should not lose trust. Live in a way that others can trust you. This is the only medicine to eradicate the darkness in one's heart."

~Wisdom of Aghoreshwar Bhagwan Ram~

*On a beautiful Sunday morning, Babaiji addressed a group gathered at the Ashram in Sonoma with the following:*



## TRUST IN DIVINE GRACE

Divine Grace is showering upon us all. It does not discriminate. Worthy and unworthy, it showers on us all equally and unconditionally.

If we look at our own life, we came totally vulnerable and empty-handed into this world. And everything that we needed - not wanted - needed, was provided in one form or another, through one instrument or another. If we didn't find mother's love, that love came through our grandmother or through our father, or through another person or relative. Somebody came. That love came.

When hungry, food was provided to you. Maybe it didn't come from the one you expected it to come from, but somebody else became the instrument for that food. With a little ease, or a little effort, it has come. Being able to recognize that is trust.

That Divine Grace flows towards us all. Just because our mind is somewhere else, holding some other image, we are not able to recognize it. Spiritual practice is all about recognizing that grace, that blessing in our life.

When I first came to Sonoma as a young monk, the first food that was offered to me after being hungry for two days, was a glass of champagne! Here I was, trying to live the life of austerity, leaving everything behind. If I had that judgment in my mind, that, "No, I am a monk, and I want orange juice, or I want water," I wouldn't have been able to recognize the gift in that moment.

I consider that day a very special day in my life, because it was the day that the Divine Mother gave me food. If I was looking for Divine Mother in a specific form, like riding on a tiger, holding a trident or sitting on a lotus floating from the heavens, I wouldn't have recognized that moment as the Divine moment that it was. From that day on, my journey began and I have never lacked anything - I have never gone hungry since that day.

There is a similar story in the life of Baba. He was a young wandering monk, living on alms. He was at Kumbha Mela, a large gathering that happens in India every fourteen years, and had been invited for food at one of the campsites there. When he arrived, there was no food left, and so he left hungry. As he departed, an old woman came to him, gesturing, "Come," and she led him to her hut, and gave him some crushed rice with jaggery and sesame seeds, a snack that Indian mother's often give to children.

Baba said, “Right after that, this thought came to me, that this is the Divine Mother giving me her nurturing love.” He received the food with that grace, and, as he has said “From that day on, I have never lacked food.” If he had been looking for Divine Mother riding on a tiger, he wouldn’t recognize that divine moment that happened in his life.

So, these moments of Divine Grace happen in all of our lives. That grace is not coming only in the form of food. It’s coming to satisfy all different kinds of hungers we have. Emotional hunger, physical hunger, spiritual hunger. But if we are holding certain thoughts in our mind about the form that Grace should come to us in, we block ourselves from receiving.

Being able to recognize and trust divine moments in our lives is very important. In order to recognize them we have to just stop, take a step back, take a deep breath, look at what is happening inside, what is judging, what is seeing it. Is that my true self?

If you are losing your trust, look at what image you are holding. Maybe you need to shift your attention, and just look for it a little differently, and you will find it.

A life of trust is a meaningful life. If we lose trust, if we lose hope, we fall into despair, and all our energy, all our creativity, all the gifts that we have been given go to waste.

Lack of trust blocks your energy. That energy is flowing, it’s constantly willing, ready to express itself, manifest. If you’re losing your trust because, you are looking for a specific result – like, “Oh, I have been praying for all these years and nothing happened,” you cut yourself off from that energy.

When we realign ourselves with our trust, and look at the vision, we can create Heaven in our own life and on this Earth.





## Upcoming Events at the Ashram

### **NEW! Garden Yoga & Seva - @7:30am to 8:30am**

Join Adam Lovelace, the Ashram's gardener, chef and yoga teacher, most mornings in the Ashram's gardens for group gardening and seva. Enjoy the morning air and sunshine, connect with Mother Earth, and share good company. FREE TO ALL! Bring your water bottle & gloves!

### **NEW! Wednesdays with Ajitji – 4pm to 5pm**

In this weekly meeting Ajitji will teach various topics, such as:

- Sanskrit pronunciation and simple grammatical structures.
- Explanation of mantras, chants, and pujas
- Sanskrit and Hindi words and phrases, within the context of Ashram
- Indian cultural norms and Spiritual topics from Babaji's Satsang

This is an informal and interactive session that is guided by questions and topics desired by participants Drop-ins are welcome!

## Ashram's Daily Meditation Schedule

### **Monday - Friday**

6:15 am - Meditation

7:00 am - Morning Reading

7:00 pm – Meditation

\*Thursday 5:00pm – Guided Meditation & Yoga in Spanish

### **Saturday**

8:00 am Meditation

8:30 am Morning Reading

7:00 pm Meditation

### **Sunday**

10:00 am Meditation

10:40 am Babaji's Satsang

7:00 pm Meditation