

# SRI SARVESHWARI TIMES

Volume IV, Issue No. 9

## SEPTEMBER 2019

"To achieve the great Grace of the Supreme Soul – Cosmic Energy – all you need to do is practice self-control. Performing violent austerities does not qualify you as a true seeker. Maintaining good character and self-discipline is the mark of an authentic quest."



~Wisdom of Aghoreshwar Bhagwan Ram~

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

### RESPONDING INSTEAD OF REACTING

Living in the world, we are presented with all kinds of situations and all kinds of people. There are many types of friends and acquaintances in our sphere. Sometimes we feel happy and inspired by the people around us and sometimes we are not as inspired. Sometimes we experience disappointments and situations that challenge us. There are all kinds of emotions that come our way constantly through our interactions with others.

How do we live in the world without losing our peace? How do we honor our dharma to maintain peace in our hearts?

When you feel that somebody has insulted you, the first impulse will often be to come back with even more piercing words. If we act on that impulse and we offer those sharp words, be it through an email, a text message, telephone call, or whatever, we may feel lightened in the moment, but the effect of that reaction will just bring even more pain later on.

The mind will say: "Yes! They deserve it." And it feels good just thinking about getting even. But really, that is the place to pay attention to yourself. If I am committed to my dharma, to honoring and respecting myself, I do not allow myself to go there.

Sometimes it seems like all kinds of things are just falling on you or coming at you. In moments like that, the best thing to do is just to hunker down, put your head to the ground and let the wave pass over you. The mind might suggest that you are dishonoring yourself by not trying to set things straight. But if you don't react, if you just sit with what is happening, that actually is a way of honoring yourself. You are not going to allow yourself to get into that fight. You are not going to engage in that ping-pong match.

We can get ourselves into so much trouble over such small things. When we feel insulted, we become blind. We want to protect our honor, but this sense of "honor" is such a false notion of the Self.

If we are committed to our dharma of maintaining our peace, which is really everyone's dharma, we do not react. This is a great practice that can be done every day and in every situation. We can always pay attention to ourselves, and look at whether we are reacting or responding.

Responding always requires a little space. Responding requires being able to take a moment to consider the impact of our behavior – to think about what kind of a reaction or effect it will cause in the recipient. Then we need to consider how the recipient might counter back. When we can take a moment to consider these two or three steps, we are more likely to respond to the situation, rather than react.

This practice, taking this space, helps us to grow inside. Forbearance, patience – these are all Divine qualities. We develop an ability to absorb things in different way and transmute the initial negative energy that we may experience. If we are always living like a rubber band, always ready to shoot back, we live a very volatile and stressful life. Not losing our grace, no matter what happens, is a very beautiful and sweet practice.

It's really a practice of kindness to ourselves. Be kind.

The word “kind” sounds very good, but what does it look like in our daily life? That kindness is, “May I not subject myself to situations that drain me, or that take my peace away.” That's kindness.

Whatever is coming my way, whatever my mind is reacting to – can I just be a witness. Mind will do its thing, but I don't need to follow it every time. As Baba Kinaram, the founder of our lineage, says: “If the mind runs, let it run. Oh, body, don't run after it.”



## Upcoming Events at the Ashram

**Sunday, September 8, 15, & 22** (11:45am – 12:45pm)

Staying Flexible with Feldenkrais

Gentle Awareness through Movement classes.

**Sunday, September 22** (2:30pm – 5:30pm)

Moving from Pain to Ease

Ayurvedic Yoga Therapy – Adapting to the uniqueness of the person

**Saturday, October 12** (9:30am – 12:30pm)

Yoga and Mudras followed by extended Yoga Nidra

**Friday, October 25 to Sunday October 27**

Yoga Nidra Restorative Retreat



## **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