

SRI SARVESHWARI TIMES

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Look at yourself with utmost attention. In yourself you can find everything in its wholeness, without lacking anything at all.



~Wisdom of Aghoreshwar Bhagwan Ram~

On a recent Sunday morning, Babaji addressed a group gathered at the Ashram in Sonoma with the following:

PAYING ATTENTION TO THE PATTERNS CREATED IN YOUR MIND

I would like to welcome you on this beautiful Sunday morning.

Coming out of the house this morning, I saw a beautiful sprout on the big rock in front of the house. It looked so happy. It had no fear. It was in its total fullness. It was so small, but in its full vibrancy. It reminded me of the children living at Bal Ashram in India who came from so much hardship, but are happy, full, and in appreciation of everything that is there.

The message was very simple - have trust. The one who has helped you sprout, will also appear in the form of soil, air, water, sunshine. And the truth is, it does appear, against all odds. We were all born somewhere and we are all here today. Every day, every moment, it has appeared for us and supported us in the world.

We are truly blessed here. We have so much. We can live in that full trust, that, "I'm grateful for all the blessings in my life. I am here today in my good health, surrounded by those who care for me. I'm just going to live my best today."

When we stay connected to that gratitude and appreciation for the blessings in our life, we are truly connected with our strength. But when our attention goes away and we focus on what is lacking in our lives or what could make us happier, we forget our strength and forget what we already have.

So often we hear something that sounds good, we try it for a day, and then go back to our old way of being, our old pattern. How can we create and start living by new and more positive patterns? Until we do that, no matter how many times we sit in satsang, or go to retreats or

seminars or workshops, nothing will change. The real work is inside. We need to practice what we have learned.

Pay attention to the patterns that you have created in your mind. For instance, the pattern to focus on what is lacking in your life or whatever negative way of thinking you fall into that saps your energy or lowers your self-esteem. If there is pattern that is not working for you, you need to do the work to change it. It's not very hard – it just takes a little will power and practicing what I say over, and over and over:

Stop. Take a step back. Take a deep breath.

By doing that, you can find a little space to break free from a pattern that is limiting you.

Think of a bad habit that you have - something that is not working or that has held you down. When that habit starts to push you in a negative direction and you find yourself falling into that pattern again, with total awareness, total determination - acknowledge the pattern for what it is, and stop. Take a step back. Take a deep breath. Don't get lost in it. Move yourself. Go somewhere else.

It sounds very simple, like a very elementary thing – too simple to really be effective. But actually, this is a very powerful practice. Sometimes we become victims of our mind – actually, most of the time. Mind will say, "Oh, this is very simple. It's not going to work. I know it, I have done it for so many times. It doesn't work." Mind will throw that kind of suggestion and then we go back to the old place.

Hidden within that bad habit or negative pattern is a tremendous amount of energy. Instead of being a victim of it, can you redirect the energy that is pushing you in a negative direction towards something higher? In Aghor practice, we never look at ourselves as a victim of circumstances. We look for the Shakti that is hidden in any negative pattern or situation. It's up to us - can we utilize it towards other things?

Honor yourself, love yourself, respect yourself, worship yourself. Baba would say, "You have no right to worship anyone else, except yourself." Worshiping yourself really means accepting yourself, and utilizing the resources that you are given in the right way.

Even weaknesses in the form of bad habits or negative patterns, are resources that you can draw upon. Instead of being victim to them, use the energy that is behind them towards creating new patterns of faith, trust and gratitude for the abundance in your life.



Upcoming Events at the Ashram!

Friday, May 10th to Sunday, May 12th

Mother's Day Weekend Retreat

Yoga, art, music, meditation, gardening, or cooking: an opportunity for the whole family to come closer.

Saturday, June 15th

Family Day

Friday, June 14th to Sunday June 16th

Family Day (Saturday June 15th)

Family Weekend Retreat

Bring the whole family for one day or plan a weekend to connect with the earth and each other.



Ashram's Daily Schedule

Monday - Friday

6:15 am - Meditation

7:00 am - Morning Reading

7:00 pm - Meditation

*Thursdays: 5:00 pm Guided Meditation 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