

# SRI SARVESHWARI TIMES

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Who do we pray to? We pray to the Great Unknown, the Supreme Cosmic Force, or we pray to ourselves. We say, O my Self, if you are in a good state, if you are full of love, then I am not worried about anything.

~Wisdom of Aghoreshwar Bhagwan Ram~

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

## REFLECTIONS ON AGHORESHWAR

Last night I was reflecting on meeting my guru for the first time, and how it changed my life.

At that time, I had been in the U.S. for several years, living in the land of abundance, running my business, making lots of money. On one of my trips back to India, my older brother invited me to go with him to see his guru. I had no interest. I remember saying, "I know all about babas and gurus and I don't want to have anything to do with them."

But I loved going for walks with my brother on the bank of the Ganga in the mornings and I couldn't turn down his invitation. We arrived at the ashram, and I was feeling so full of myself - here I was, this successful American businessman, and I had big expectations from the visit.

The guru was lying down on his couch with his eyes closed. We must have stood there for ten or fifteen minutes. Then he kind of moved his arm a little bit. And my brother bowed, and left.

When we came out of the gate, I said, "That was it?" My brother responded happily, "Oh, Baba looked at us!"

This is the heart of a devotee. He got everything in that one glance. The guru didn't call us forward or ask us any questions. We didn't have a philosophical discussion. Nothing. For my brother, a true devotee, one look was enough.

The next day, I returned to the ashram by myself. The peace that I had felt at that place had touched something deep inside me. This time, Baba was awake. He



recognized me from a distance and called out to me to come. He made me sit down and had one of the eldest monks bring me sweets and chai.

He first asked me how I spent my time, and after listening to me tell him what I did, he said, "Well, you've got everything. What are you doing here? What can I do for you?"

Usually people go to gurus seeking blessings when they are experiencing difficulties in life. I said, "Baba, I have everything I could imagine, but I'm not happy. I keep looking for that happiness in the most expensive champagne, and wines and parties, cruises and tours."

He looked at me, and he said, "As long as you are living for yourself, you are not going to find that happiness. You have to find your happiness in the smiles of others. But you are young. Go make money and play."

He asked me to return the next day, and mentioned that he wanted to introduce me to someone. When I returned, he gave me a mantra, saying "This is a friend that I am introducing you to. Spend a little time with this friend every day. And know that this friend will be with you until the last breath you take in this incarnation. Just know this - at least one thing is settled for life. Go - deepen this friendship."

I came back to my business. Life continued; nothing changed. But every day I would find five minutes to sit with this friend. Just five minutes. In those five minutes, when I sat and repeated my mantra, that moment with Baba became very alive in me, and I could feel the chemistry of my body change in that moment. I could practically feel the chemical change happening in my body. I connected with that moment, I connected with that place, I connected with my guru and a deeper connection began to grow.

For the next few years, I would go to visit Baba when I travelled to India, and he would simply ask me about how I was spending my time. I never had more than five or ten minutes with him. Then one day, I received a call from someone in India that Baba would be travelling to New York for medical treatment, and I was asked to help with handling his affairs. I expected to be gone a week, but that week turned into a year!

Living around my guru, I never went in a cave to do austerities, I never went on a pilgrimage, I never wrote any scriptures. All of those traditional things that you think about a spiritual practice, I never did those. My sadhana was being in service to my guru.

I got a glimpse of what it feels like when there is no "I". I could have my preference, my choice, my hungers, my desires, my aspirations, but how quickly it could all be shifted to another place: to serve the guru.

After living with Baba like that, in the company of an enlightened master, I couldn't find any joy in the life that I had been living. One day, he just looked at me and asked, "So?" I couldn't even say what I wanted to ask him, but Baba knew what was in my heart.

He said, "You think my life is a simple life? You want to be a sadhu? It's very hard. You will have to leave everything behind. Go to a new place, penniless, where you don't know anyone. On the third day, if you are on the right path, you'll find a place to set your foot. If that happens, know that the Divine Mother's blessing is with you." That's all he said.

On the outside, nothing had changed – my head wasn't shaved, no orange robe was given. But inside, everything had changed. I returned to my business and told my manager, "The company is for sale." I told my neighbor, "My ranch is for sale." Everything that was tying me to that place was resolved within two weeks.

When all my business transactions were finished, I had a big breakfast, filled my car with gas, threw my sleeping bag in my car, and left everything that was known to me behind. I didn't know where I was going, where my next meal would come from, or where I was going to sleep. But I knew, my guru's blessing was with me. That was my only hope, only support I had at those moments.

As the sun was setting, after I had been driving for several hours, I saw the sign on the freeway for Sonoma. In that moment, I saw "Sono-Ma" which in Hindi means, "Listen, Divine Mother." I took the exit. There's a nice little square in the middle of the town. I just parked my car by the town square and sat down in the park. I slept in my car at night and watched people go past during the day.

After a few days with no food, someone sat next to me on the bench. After hearing my story, he directed me to see a woman who had just returned from India. He said, "I don't know what you are talking about, but maybe she will understand."

When I went to the house, the woman greeted me, "I don't know who you are, what you want, I'm very busy. It's fourth of July today, I'm having a party. You are welcome to stay." With that, she handed me a glass of champagne. I thought to myself, "Okay, Divine Mother, this life begins with champagne!"

The next morning she introduced me a Benedictine monk who lived outside of town. He said, "God has sent you here. What can I do? Live in simplicity as I do. There is a room for you."

In reflecting on my journey last night, what came to me is that it really has been a journey of trust. The guru principle emerges through where you place your trust and

love. The day I left my business and my previous life, I didn't know myself. I had to trust someone outside myself. That was my guru. But ultimately the trust I put in my guru, was really trust in myself. That whatever may come, I will live with it. No matter what happens, I will make the best out of it.

The day we can give that trust to ourselves – we are in the company of the Guru, we are in the company of the Self. And we will see that when challenges come our way, we are also given the strength to deal with them. So often, our focus is somewhere else and we don't look at our own strength. The strength is right there – you just need shift your focus.

We look for that happiness in things that are familiar to us. The guru says, “No. You will not find happiness by seeking what is familiar to your senses. Look for happiness another way, from another angle.”

With trust, even a wrong decision can become a right decision. If you don't have trust, even though all of the conditions for success are there, you'll turn the situation into a calamity.

We are very fortunate if we have the presence of the guru in our life. And guru is not a person; guru is your own Higher Self. But until you are in touch with that, it's helpful to have someone or something there to point you in the right direction. You are the guru; you are the Baba. I'm just here to remind you.



## 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 be available to answer questions and provide further instruction on 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

### **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

