

SRI SARVESHWARI TIMES

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If we remember the divine essence for even a moment while performing our daily activities, it will bestow a tremendous creative energy and insight on us. Stabilizing our mind, curbing our senses, staying within ourselves, such a moment will truly qualify as remembering the divine.



~Wisdom of Aghoreshwar Bhagwan Ram~

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

THE WISH FULFILLING TREE

In the scriptures there is mention of a tree called Kalpavriksha – the Wish Fulfilling Tree. Sitting under this tree, whatever one wishes, it comes to fruition.

As the story goes, a man was walking on a hot, sunny day. He was tired, and when he saw this beautiful tree, he went to sit in its shade. As he sat there, he thought, “It would be so nice if there was a glass of cold water.” A glass of cold water appeared. Not only that, but a glass of cold beer, too! He enjoyed them both.

As he continued to rest, the man thought, “I’m feeling hungry. It would be so nice if there was a little food.” Two or three of his favorite dishes appeared and he enjoyed a nice meal. Then he thought, “Wow, it would be really nice if there was a nice comfortable bed.” Even the bed appeared. He lay down on the bed, and before falling asleep he thought, “There must be a genie living around here. Whatever I’m thinking, it’s appearing. I hope he doesn’t show up and start thrashing me.” Guess what happened?

After being thrashed, the man left the tree, and set out walking again. He came across another tree, and found a man sitting there. The man called to him, “Come, come. I’m the genie. I need a home and I promise I will give you anything you want. Anything you wish for, I will provide. But the day you don’t have anything for me to do, I will devour you. Can I come with you?”

The man thought for a while and said, “Okay, come. I’ve got lots of plans – there are a lot of projects that you can help with.” The genie accepted the man’s invitation, saying, “I will come with you. But remember, the day you don’t have anything for me to do, I will devour you.”

The man returned to his home with the genie, and they got started on all of the little projects. The very moment that he mentioned a project, it would be completed: wells were dug, walls were built, things were moved from here to there. Then the man started thinking of bigger projects, and even those were completed within a short time.

In time, the man started to get scared that he would run out of things for the genie to do and decided to seek the advice of this Babaji who lived at the end of the town. The man said, "Please save me from this genie. Anything I tell him, he just does it, and the day I don't have anything for him to do, he will devour me. Please help me!"

The Babaji listened intently and responded, "Okay. Have him erect a long, long pole in the ground. When you have nothing for him to do, ask him go to up and down the pole. Whenever he asks about doing something, tell him, 'Just keep going.' And whenever you have a project, call him to do it, and when it is finished, send him back to the pole."

What is this story really about? This genie of the Wish Fulfilling Tree, Kalpavriksha, is our mind. Whatever comes into our mind will manifest. The timing may not be right, but it will create anything you want.

Our mind is a beautiful instrument, that we have been given, but if you don't know how to use it properly, you get into trouble. If you have nothing on your mind, it will think of destructive things. Negative things. It will get caught on small things.

So, you need to find a pole to keep it occupied. Actually, you already have been given a pole – your spine. Whenever the mind is empty and has nothing to do, straighten your spine, imagine your breath rising up and descending down your spine. It's a beautiful experience.

The mind is always running out, looking, attaching itself on small things. Even when everything is going well, the untrained mind will rock the boat and will cause a disturbance. If there is a little time at hand, try to turn your focus inside instead. Learn how to be by yourself. You don't have to have a project or something that you need to accomplish to be by yourself.

It requires some discipline to learn how to be with our Self. No matter where you are, with determination and with a little joy, bring the mind back to your breath. Imagine a light sitting at the tip of your spine. As you inhale and the breath is rising, that light rises up the spine, just like the mercury rising in the thermometer. Sit with that image. The breath coming up the spine, coming all the way, and settling in your third eye center, the space on your forehead between your eyes. Keeping your eyes closed, imagine a bright, white light sitting in the center of your forehead. It's so bright it becomes blue.

This mind is capable of providing us with anything we want, if we just learn how to use it, and how to prevent it from running our lives. Discipline the mind through meditation, through a good

daily routine, and through practicing what we already know with the right disposition - without questioning whether it will work.

Protecting your mind is the most important thing. It's the greatest gift you can give to yourself. It's very simple. It's not a dogma, it's not a religion, it's not something mysterious. It's about your presence to yourself.

Everyday problems will come. There is no end to them. Today you solve one, tomorrow five more will start. That's life. But problems don't need to control our lives. We can live fully, and whatever comes, we keep crossing.

Let's honor the genie. Honor it, keep it - it's a good genie. But keep that pole.

Keep it simple. Practice stopping and holding the breath, wherever it is, and then take a nice deep breath, another one, another one. Three. Done. Then start again to engage in whatever you were doing. Try doing this first thing in the morning, in the middle of the day, and at the end of the day.

It's all about remembrance. Really. If I can just stop myself, remember to take that breath. You'll see it will change your day; it will change your life.



Upcoming Events at the Ashram!

NEW! Wednesdays with Ajitji

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!

June 2nd – July 2nd

A month of Chi Kung classes with Richard Mendelson

Introductory Workshop: Sunday June 2, 3 - 5 pm

Classes: Tuesday evenings: June 4 - July 2, 5 - 6:15 pm

Friday, July 5th through Sunday, July 7th

Restorative Yoga Nidra Weekend

Nidra means sleep. Deep meditation done laying down. It can be as restorative as sleep while being fully aware. Join Clarissa Aliano, former Ashram resident and long-time student of Babaji's for a weekend of:

- Gentle yoga practice & restorative postures
- Yoga Nidra guided meditation
- Pranayama Breathing Techniques
- Sound Healing Bija Mantras
- Silent Meditation Morning and Evening



Ashram's Daily Meditation 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