

SRI SARVESHWARI TIMES

AUGUST 2005

*Do not voice the deep knowledge
residing within you. It will express
itself in your behavior.*

Aughar vani, Avadhuta's wisdom



Aghoreshwar
Baba Bhagwan Ramji

Thus spoke Aghoreshwar on knowledge and experiencing the Self

As you make an effort to look at your Self, all your past karmas and ideas imprisoned by your desires will dissolve and vanish. So long as you keep looking at others, you will find yourself helpless and apart from your Self.

Worldly pleasure and pain are felt by the mind, but the Self is unaffected by it. The mind is restive, but the Atman or the Self is quiescent. The mind, however, can be totally mastered so that the Self is experienced.

There are three ways of obtaining knowledge: through the senses, the mind and the Self. Knowledge gained via the senses is unreal. Knowledge obtained with the mind is closer to reality, but experiential knowledge of the Self is the only perfect and real knowledge.

The purification of the mind takes place through action. Action and knowledge complement each other. Without one the other remains incomplete. They are like the wings of a bird in the sky. It is with the help of both wings that he flies. When the mind is purified by action, knowledge arises and liberation is attained... Knowledge cannot be attained in inaction and knowledge alone does not bring liberation. One can soar in the sky of liberation only with the support of both wings, the wing of knowledge and the wing of action.

One who relentlessly pursues spiritual growth receives rare inspiration and attains the true knowledge of a realized Divine soul.

O' traveler, gone astray, don't get lost in trying to find God. If your heart is pure, God is with you. Don't you know that you are the temple of God and that God resides

within you?

The highest wisdom is the knowledge of the Self.

Cooperation between the Guru and disciple is reciprocal. The Guru's teachings will produce complete results only when the disciple assimilates them. The responsibility of the Guru is to impart the real knowledge, but to put it to practice is the disciple's responsibility. You will have to consent to come out of the darkness yourself, the Guru cannot do this for you.

One who has the zeal to acquire some knowledge from his Guru with all the humility of his heart, mind and action, only that person really gets to know that knowledge, and only he, after knowing it, becomes enthusiastic about his duties and life, and also becomes a source of good inspiration for others.

Guru Makes a Guru Not a Disciple

On July 21, 2005, Baba Harihar Ramji addressed a group at the Sonoma Ashram during the Guru Purnima celebration with the following words:

I would like to welcome you on this auspicious evening with great love and respect in my heart. This is one day which is very, very special for me because of what Guru means to me.

The very word Guru means remover of darkness, "Gu" means darkness and "ru" means remover. Guru is not the body, Guru is not a person. Guru is a principle, the guiding principle of my life that I do not compromise for anything. Each one of us has some principles that we do not compromise for anything.

Guru means that which is grand. Guru is grand. Guru is that part of me which is greater than my small self.

What is the Guru Self? It is the ability to express unconditional love, the ability to tolerate and to accept something. This ability makes you great; it does not make you small. Whenever you truly forgive someone, you feel elevated. Whenever you are able to look at the short-coming of someone and not jump, just look at it and smile, that is the Guru. Whenever you are established in your higher Self, when you are able to love, when you are able to respect, when you are able to tolerate and accept someone, you are in the Guru. Guru is your higher Self that glows within you, in your heart.

Until you are in touch with that Guru within, it may be easier to find a Guru in a person which is outside. The Guru outside is merely an altar of the Guru that glows in your heart. It is an altar. There is no restriction of any kind in accepting a Guru. Guru could be a person or a statue. Any form of creation that you can learn from, that you can respect, that you can love, that you can trust, an altar on which you can pour your love and trust could be the Guru.



If you do not have that love or that trust for someone it becomes very difficult to learn. Guru in a person is a friend, a true friend, not a friend who wins your heart by going along with your weaknesses. Guru is a good friend that if something is amiss, Guru points it out to you.

There comes a time that Guru lets you off on your own. If you have found a Guru, Guru is not interested in keeping you as a disciple forever in your life. Guru makes a Guru, not a disciple.

Guru is not all about bliss. The Guru I lived with was not about bliss. It was about growth as a good human being. There were moments that were very tough, very challenging. I did not see during those moments what I see even now. The teachings that I received from my Guru may not have made any sense in that moment, but they make sense today.

Guru is a perfect gardener. Guru knows when the weed is coming that needs to be pulled; if there is too much water, it needs to be drained; if it is dry, it needs a little more water. Guru is the gardener of my life.

If the Guru is not present in person, Guru's teachings become the Guru. Sometimes if I have doubts, if I have confusion, if I have to make a decision that I am not very clear about, I seek it in the teachings of my Guru and I find the answer there.

It is said, the day you find your Guru, eighty percent of your journey has already been traveled. You make your little effort, that's ten percent. And when the Guru sees you are ready, gives you a push and you jump, you cross. Finding a Guru, that eighty percent of the journey that is already traveled, is not like you attend a seminar and receive a mantra by somebody. Finding a Guru in a person means you develop so much love with that altar that if somebody comes and tells you there is God standing on the four corners doing miracles, you have no intention of going there. You are so full.

When I met Baba, some of his words that really struck me at home were, "I am not looking for God. I am looking for the spirit of God." What does the word God mean to you? Unconditional love, tolerance, forgiveness, acceptance, these are a few attributes that come with the word God. Whenever these virtues are present, I find God right there. When I see any of these virtues being practiced between two people, God is right there.

What does Guru mean to me? Guru is the very life force. As soon as I wake up in the morning, I remember my Guru. Guru gave me hope that it is possible to come on this Earth as a human being and reach to a Divine level. Guru gives me hope that this is possible.

Guru is not a person, Guru is inspiration. Guru is the higher Self. Whenever you think of rising above your limitations, you should know you are being showered with the grace of your Guru, you are entering your Guru Self.

Aghor teaches us to be limitless. Be limitless, aseem. Whenever you find yourself being limited, take it as a challenge; take it as a spiritual practice to work through that limitation and rise above. This is what all the teachings of Aghor school are all about, rising above our limitations.

Whenever you feel limited by something, there is so much energy wrapped up in it. In Aghor, you are taught how to free that energy and how to use that energy for creating something meaningful. We all are capable of that. We all have that Shakti. We all have that energy, it's just bound up somewhere. We invest in things that are not good for anything, that limit us. Be limitless. We can do it. It is the Guru that helps us. Remembrance of the Guru helps us to be a true human being.

The way I believe, darkness is vast, but all it takes is a little spark sometimes and all the darkness is dispelled. So each person who is connected with the Ashram is like a spark. Wherever they are, with the teachings that they have learned, the words that they have heard, when they share it with somebody, those words of hope, words of kindness, words of wisdom, work as that spark, which is very much needed in this day and age.

On this Guru Purnima I would like to remind you, we all have a great responsibility to humanity today because we are blessed to be in the company of good people. What is the responsibility? There are enough vibrations of fear, anger, envy, jealousy, and hatred in the universe today. Even in our media. Look at television, look at what kind of stories, what kinds of vibrations are being put into our universe. It is our responsibility not to add any more to the vibrations of fear, revenge, greed and mistrust.

What kind of vibration are you putting out into the universe? Every moment your body is putting out vibrations. When we begin to pay attention to ourselves, it becomes a spiritual practice in itself. What kind of vibration at any given moment, in any given situation I am putting out? If I am putting out vibrations of not fear, vibrations of not guilt, vibrations of not being limited, such vibrations do work like that little spark, they do dispel the darkness.

Each one of us is very blessed. And I am very grateful to that Guru residing in your heart. I bow to the Guru who is always there. All you have to do is evoke that Guru. Your Guru Self will shine if you will give the Guru a chance.

This was the fifteenth Guru Purnima celebrated at the Sonoma Ashram. It was nice to see so many local and far-away friends of the Ashram come, participate in the day and share their joy together.

The Vision Unfolds . . .

Project Shakti

We invite you join us in creating a much needed facility for abandoned baby girls and abused women next to Bal Ashram. In this safe home, victimized women will find meaning to their lives by giving their love to abandoned babies as well as learning some skills to earn a living. This addition will complete the much needed symbiotic support environment for boys, girls and women living in the same compound nurturing each other and living a meaningful life.

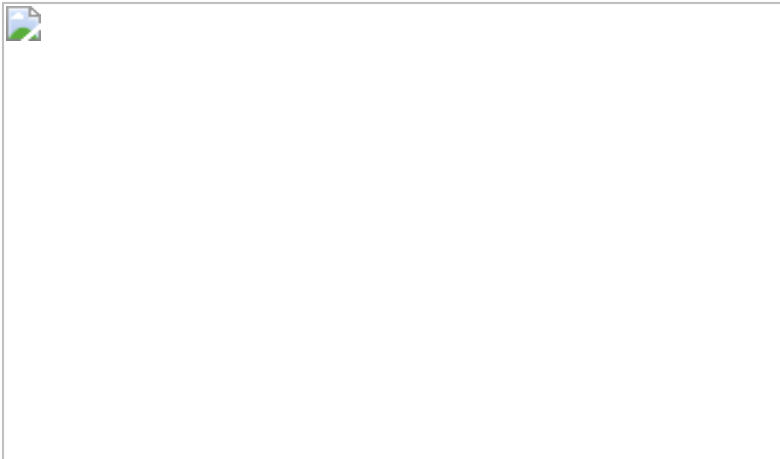
[Sonoma Ashram](#) welcomes inspired and capable people to join us in manifesting this vision. If you or someone you know is interested, please call or send email.



An Oasis for Children

[Bal Ashram](#)

Varanasi, India

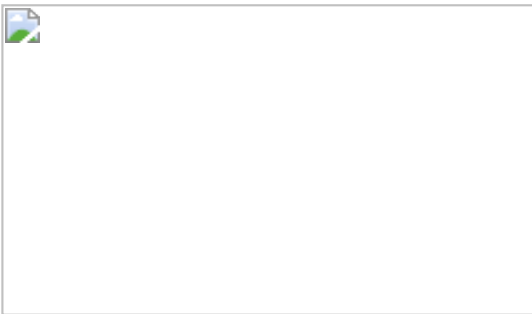
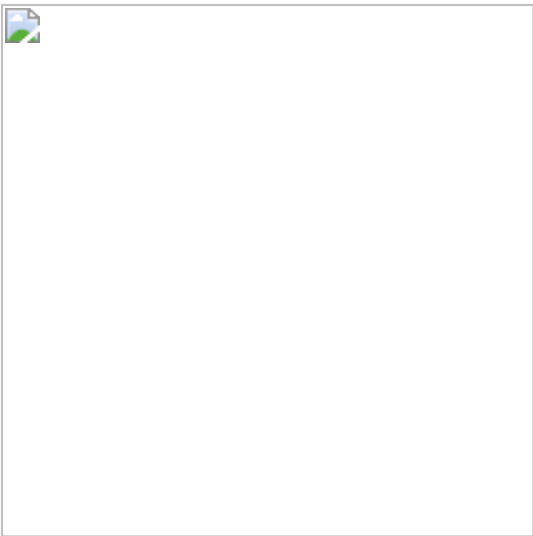
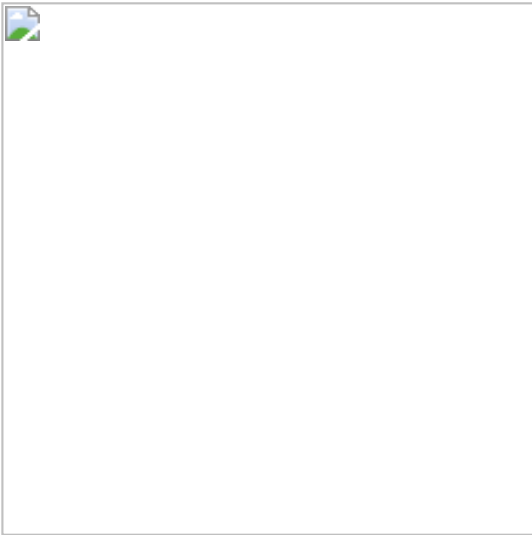
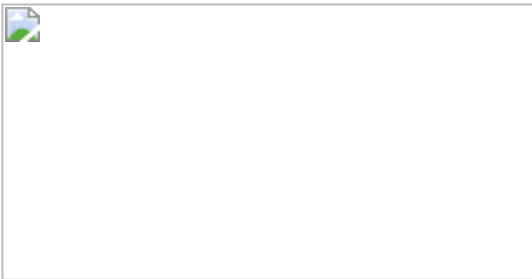
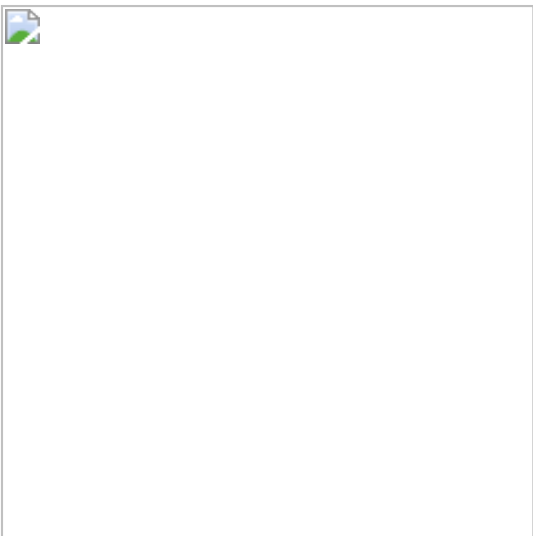


Friends, it gives us indescribable joy to bring you news of Bal Ashram's continued evolution. Rather than write a long letter, we wanted to let these pictures taken during our Spring 2005 visit tell the story.

This rich and thriving environment right on the banks of the holy river Ganges is always available to you, awaiting your visit whenever it is in your plans to travel to India. The small boys will welcome you with open arms into their home, steal your heart, and will not want you to leave.

We have been working on a Sponsor-A-Child program for [Bal Ashram](#) and soon will have the details in place. As some of the boys are getting older, we have begun thinking about their future schooling and/or vocational training. Also, some of the younger boys who show academic talent have begun to attend English medium schools. We hope to be able to give them all the best education possible according to their abilities.

To all of [Bal Ashram's](#) current and future supporters, we express our deepest gratitude to you for making it possible to have such a place that brightens the lives and futures of our world's little ones.



Sonoma Ashram Programs & Events

We are pleased to bring you this update on what's been happening at [Sonoma Ashram](#) over the last several months. The love and support of so many friends have made it all possible. Thank you for your expression of love.

Namaste!

SamooH House

In the center of Ashram grounds, there stands a house, recently christened SamooH House, which is now home to the Ashram's new kitchen, dining hall, sitting area and a few guest rooms. It has become a true heart space as it welcomes and nourishes the many friends and visitors who pass through.

Upcoming Events:

Oct 4-12 - Navaratri

Nov 1 - Deepawali

Nov 12 - Oasis Angel Dinner

Nov 18-20 - Daily Practice Intensive

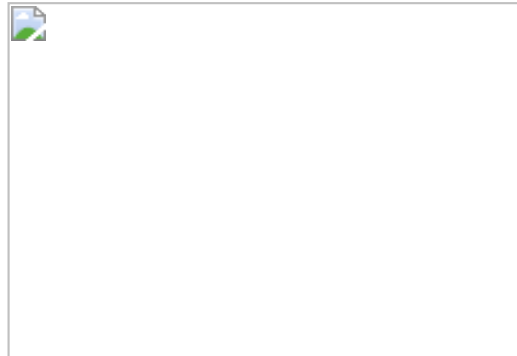
Nov 25 - Jai Uttal Concert, Sonoma, CA

Daily Practice Intensives

For the first time in Ashram history, a small group of sincere seekers spent a focused weekend together, here on Ashram grounds, for July's Daily Practice Intensive. Participants and residents alike were deeply touched by the sacred space created from our intentions to take our practice to a deeper level. We look forward to the Daily Practice Intensive in August. Spaces are open for the November intensive.

Youth Project

This summer has been very meaningful for a few local youth who have been learning building skills under the experienced builder/carpenter and also Ashram resident, Daniel Cooper. We are thankful to Patty Westerbeke for inspiring us with her sponsorship funds for the youth this summer. We are seeking others like Patty who might like to be sponsors for this program.



Upasana

Upasana, the Ashram's residential school is open to all who wish to make a commitment of one to three months to self-transformation and live at the Ashram. A typical day includes meditation, yoga, seva and time for contemplation. Residency is by application.

Samadhi House Inaugurated

We are pleased to announce the birth of Samadhi House, Sonoma Ashram's new Hospice Resident Program. This is a unique residential opportunity for an individual receiving medical hospice care who wishes to live out the remainder of his or her life

in an Ashram setting. It has been our intention for some time now to dedicate one of the duplex homes on the Ashram's property for this purpose, and it is now a reality. Samadhi House was inaugurated and opened to the public on Aug. 3rd. Being in the presence of those making the most mysterious transition of human life is a unique and powerful opportunity for us all. Applications for residents and volunteers are available.

For more information and applications for any of Sonoma Ashram's programs & events, please call 707.996.8915 or send an email to info@sonomaashram.org.

East Coast Tour

Babaji will be traveling to New England twice this Fall and will be giving weekend programs at Ananda Ashram in Monroe, New York, Northeastern University in Boston, Massachusetts, as well as several evening programs throughout New York and New England. Here's the schedule:

Sept 29 Evening Satsang at Shakti Yoga, Staten Island, NY
Sept 30-Oct 2 Weekend Program at Ananda Ashram, Monroe, NY
Oct 20 Evening Satsang at Franklin Yoga & Wellness, Franklin, MA
Oct 21 Evening Program at Northeastern University, Boston, MA
Oct 22-23 Weekend Program at Northeastern University
Oct 26 Evening Satsang in Portsmouth, NH area
Oct 28 Evening Satsang in Amherst, MA

Institute of Noetic Sciences (IONS)

This summer, Babaji was invited to lead daily meditation sessions for the participants of the IONS biannual conference in Crystal City, Virginia. It was wonderful to see such a large number of people meditating together every morning amidst all the busy activity; it was a true confirmation of how activity and meditation can complement each other.

Tsunami Relief Work

Driving along South India's Eastern coast we witnessed an amazing amount of devastation caused by Tsunami. People were camped out on beaches in temporary shelters, buildings turned to rubble.

We were fortunate enough to find "Aid India," an NGO (Non-Government Organization) run by volunteers who are mostly highly educated students from Indian Universities. They knew the needs of the victims and agreed that aid should be directed toward rehabilitation and given to those who wanted to get back to



work and reestablish their lives.

We chose Pattipulam, a small village of fisherman families who had lost everything-homes, boats and nets all washed away. We decided to provide the village with fishing nets. From the money that we brought, one hundred-sixty families were given nets.

There were people of all ages, men, women and children, and their appreciation was overflowing through their eyes. Babaji spoke to them in Hindi and it was translated into Tamil by an "Aid India" volunteer. One line that Babaji said was, "You are not alone. The whole world feels your loss and people from all over the world are turning up with their support. You are capable of taking care of yourself. This little help that you are receiving from the friends of our Ashram is just to encourage you to get your life back on its feet. God helps those who help themselves. Please get back to your fishing and have trust in God."

To all who contributed to the Ashram's Tsunami Relief Fund, thank you again for your generosity and kindness, and for making it possible to help the people of Pattipulam. Surely the joy in the hearts of these people will touch you in the form of blessings in your life.



SRI SARVESHWARI SAMOOH, USA
Sonoma Yoga Ashram

P.O. Box 950 Sonoma CA 95476 USA

PH 707-996-8915 FAX 707-996-0388

Send email: info@sonomaashram.org

© 2005 Aghor Publications, all rights reserved