

# SRI SARVESHWARI TIMES

SEPTEMBER 2005

*Only life full of kindness and  
compassion is a desirable life  
Aughar vani, Avadhuta's wisdom*



Aghoreshwar  
Baba Bhagwan Ramji

## ***Thus spoke Aghoreshwar on conscious living***

Human life is but a shadow, a transitory thing. Tune every moment of this transient life with the constant melody of good deeds which in turn leads others to a harmonious life.

The significance of life lies in the vigilance of human action. An ideal man lives in a manner that does not cause pain to another. Merely paying lip-service to the principles of compassion and service to others is not the idea. You must put into practice these principles even at the cost of undergoing hardships in the process. Only then do you lead a significant life and become a true benefactor and servant.

Life's problems are not solved by violence and war. Truth and love are the greatest virtues in life.

One who conquers the senses and is without greed is untouched by misfortune. He is commendable and praiseworthy.

One who acts towards all with compassion is an ideal human being.

Creation exists only as long as your eyes are open and you are awake in the moment. The moment you shut your eyes, creation ceases to exist and you may as well be dead. He alone who is guided by conscious consideration of benevolence has perfect vision.

It all depends on your having a disciplined life. This is not merely a concept, it relates to all your daily activities. By living a systematic and disciplined life, by distancing yourself a bit from the ordinary world, even from the world of body-consciousness, you enter the world of Atman (soul, spirit).


Let simple humanity and tenderness be your voice. Remain present in the moment,

become absorbed in the Divine Self.

One engaged in propitious deeds respects his parents, family and friends. By nature, he is affectionate and benevolent. He encourages all towards virtuous deeds and the teachings of the Guru.

Lack of good sentiments is hatred, largesse of the heart is forgiveness, and seeing the Self in everyone is love.

## **A Practical Spirituality**

*Baba Harihar Ramji addressed a group at the Ashram during Sunday satsang on May 8, 2005, with the following words:* 

I would like to share with you a particular episode in Baba's life that occurred in New York City. I was walking with Baba in the streets and he spotted a lady with very unkempt hair, dragging a big plastic bag behind her. From a distance, she appeared to be on some kind of drugs. All of a sudden he stopped and asked me to go talk to her. I took one look at her and immediately my mind was made up - she's on drugs. What and how to talk to her? I found myself thinking about it.

Anyway, Baba asked me a second time, "Go! Why are you waiting?" So, I approached her. I went to her and just smiled, and said, "How are you?" She said, "I'm fine." I didn't know what to talk about with her. So I said, "There is a Holy man from India and he wants to talk to you." She said, "Oh, OK." She followed me, and bringing her to Baba I said, "Now she is here, you can talk to her."

He looked at her with his kind eyes and said, "Why are you living like this in such a prosperous country?" She responded without any hesitation, "I don't believe in the system. There is so much waste here. I gather these cans and whatever money I get by selling them, I try to live with that money only."

The second question was, "Have you been to a school? Are you educated?" Baba could be very direct in asking questions. She said, "Yes, I have a Master's in Social Science. I could get a job, but I don't believe in the system."

Then came the third question, "Do you go to a church?" She said, "No. I don't look for God. I look for the spirit of God. I look for the attributes of God in my life."

Baba was so happy to hear this answer. He was just ecstatic! He turned around and he told her, "Yes, Mother, I look for the same thing! This is what I believe in!"

Right then, a guard from the hotel came and said, "Ma'am, you can't sit there. If you have to sit, please sit on the bench." (This exchange was happening on the sidewalk next to a fancy hotel ... Baba was sitting on a bench, she was sitting on the ground with her plastic bag reeking of stale beer and the stench everywhere.)

She looked at him, and welcoming him with a four letter word she said, "See! I was happy here, having a conversation with a Holy man! They don't leave you alone. Now

you see why I don't believe in the system?!" She got up and dragging her plastic bag walked away mumbling.

Baba turned around and came home. He had me pull out his diary and asked me to write in it, "I don't look for God. I look for the spirit of God; I look for the attributes of God. That's where I find God."

Baba's teachings are so appropriate for our world today. I'm not looking for God confined to an image or a form. To be in the company of God we have to think of the attributes of God—unconditional love, forgiveness, acceptance, tolerance. Wherever these attributes are being practiced, God is present right there.

It becomes such a practical spirituality when I know that I am truly forgiving someone. I may not be ready to tackle big-time forgiveness, but I could try bringing it in my life in small doses. Somebody may have stepped on my toes, and instead of jumping and getting even with, if I just say to myself, "OK, let me bring my practice here ... I forgive them." So, if we are not ready to tackle the big mountain, we can start from a very small place, but let us practice that. Let us bring the attribute of forgiveness in our life. The mere fact that we are aware we are bringing it in our life, we are in the company of God. We are finding that Presence in our life which is beyond any name and form. Whenever we are entertaining any of these attributes in our lives, that moment is a Divine moment in our life.

Whether we meditate or not, pray or not, go to a church or not, or go to an Ashram or not, it doesn't really matter. What matters is, in my daily life, am I making an effort to come closer to the Divinity residing within me?

Throughout the day many situations present themselves to us. For example, somebody is really irritating you. It happens to us all. You start feeling irritated by someone's little idiosyncrasies. Catch yourself from flowing in that direction and see how you are going to overcome this irritation. We all know how to. You have to just think about the goodness in that person. They may have lots of other good things.

So whenever we are trying to overcome these emotions, we have to make ourselves bigger. If they are irritating you, you think about the good traits in them. If they have hurt you, you may have to think about the moments they were really good to you. If they have been mean to you, you have to just think about the moments they have given you love and kindness. When we think like this, we are also training our mind to overcome adversities. So it helps us that way, too.

Sometimes we may feel that we are not doing enough for our spiritual life because we are busy or this or that. You can be spiritual no matter where you are. Just remembering these things, the virtues, the divine attributes, and bringing them into your life is true spirituality. If we can't go all the way, at least we can do a little bit. Let's get a taste of it in our daily life. There are moments that present themselves to us, and if we can't be Divine in all those moments, at least just take one or two and just say to yourself, Okay, now I'm really going to practice this. And do it, and then taste it.

So, there are lots of subtleties that happen when you begin to practice these things in your life, and pay attention to them. Then it's a beautiful thing. OM TAT SAT

## **Sri Sarveshwari Samooh Annual Weekend in the Redwoods**



The Ashram's annual weekend in the Redwoods was held September 9-11 at Krishnalaya near Garberville, Ca. Many participants from Sonoma and the Bay area took the drive through the mountains to reunite with kindred spirits from the So Hum Seva Ashram and their community.

The theme of the weekend was to come closer to ourselves and each other while deepening our commitment to our practice. Its such a special opportunity to spend intimate time with Babaji and the many people from the Sangha.

The program included four gracefully woven together satsangs with Babaji, three classes on Aghor Yoga with Anandji (focused on pranayam), chanting, arati, gourmet meals provided by Lori and good quality accomodations. It is always nice to get away and be in the fresh air, walk in the redwoods, swim in the river and just quiet down.

Thank you to all the people who helped with the planning and organization to make this weekend so special.

## **Sponsor-a-Child**

With sixteen young boys presently living at Bal Ashram, we are pleased to introduce to you the Ashram's Sponsor-a-Child program.

Sponsoring a child at Bal Ashram will enable you to build a unique and loving relationship. Sharing your blessings with these children will give you the chance to learn of their deep spiritual values, their culture and their dreams. Also, you will be able to visit the children in the beautiful, ancient city of Varanasi. You are welcome to stay right at Bal Ashram in one of the guest rooms. In the future, we plan to have an exchange program in place to give the boys an opportunity to experience life in the US.



We invite you, your family or even your office to join us in this on-going, heart-warming service. Please contact the Ashram for more information and application.

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