

AGHOR TIMES

SEPTEMBER 2007

“Oh my Self! I promise to behave nicely with you, I will never deceive you, I will never take you into the depths of despair, I promise you.”

Aughar vani, Avadhuta's wisdom



Aghoreshwar
Baba Bhagwan Ramji

Thus spoke Aghoreshwar on State of Being

Non-duality begins when one is established within one's self in supreme solitude, in mind, speech and action, despite being in a crowd. This is a supreme achievement.



A Philosopher's stone does not discriminate. Whether a piece of iron is from a temple or a butcher's house, when touched to the Philosopher's stone they both turn to gold.



Whatever prayers and practices, meditations and reflections, that we do in a disciplined and regular way do not go to waste. They will blossom within us and we will know grace which bestows contentment and peace.



The more you keep yourself disciplined, the more you keep your mind stable, the more you internalize sorrows, the less you eat, the more you will be permeated by spiritual strength.



People who have such strength have a very stable mind.



One who gets to know the solitude of silence, one who gets to experience the joy of silence, this one remains free from acrimony, fear and sin, and is ever joyous.



The non-attached seeker considers wealth, jewels, property—everything—as insignificant as straw.



You say to somebody, “I made this mistake.” At that moment, you become absolutely clean and pure. By that admission you have unloaded the burden within you.



What comes to us in our imagination will come to us in reality, too.



Recalling acts of kindness and acts of joy in the form of words, in the form of the mantra, I remained absorbed in myself into the last hours of the night.



Light on Aghor Yoga **by Baba Harihar Ramji**

During a recent evening gathering at the Ashram in Sonoma, Ca. Babaji spoke the following words on the topic of Aghor Yoga:

Aghor is a state of being in union with wholeness. Aghor is not a religion. The Aghor state of being is experienced by realized beings of all great traditions of human civilization. When established in a state of union with wholeness, non-discrimination becomes the first nature.

The teachings of Aghor Yoga are deeply rooted in the ancient mystical lineage of the Aghor seat of Varanasi, India. The essence of Aghor Yoga is that we as individuals are whole. Whenever we are in a state of discrimination, we limit our wholeness and fall prey to anger, fear, jealousy, greed, lust, etc. We invest a tremendous amount of energy in feeding these limitations. By identifying with our wholeness, when we are able to free ourselves from our limited way of being, the energy invested in our limitations becomes accessible to us and can be directed towards actions of greater good.

Any concise effort we make to connect with our wholeness is called a spiritual practice. A consistent effort that is in tune with our nature, simple to comprehend, and easy to practice, bears fruit. When left on our own to choose our practice, it becomes very difficult to settle on one practice. If we want to find water, it is necessary to dig



one well deep. Left to our own devices, we end up digging many pot holes and never get to the water.

This is where the Guru comes in. The very definition of the word Guru is remover of doubt. When we are free of doubt, when we begin to walk on a straight path, we reach our destination without much wandering around.

Ultimately the Guru resides within us in the form of our own Higher Self, our wholeness. Until that connection is made, we choose a Guru in a person and establish the Gurupeeth, the seat of the Guru, in that person. There is no restriction of any kind to accepting a Guru. A Guru is a person in whose company we feel inspired and reminded of our divinity and wholeness. A Guru could be a person in whose presence we feel waves of love and trust. A Guru is a person who has walked the path and is willing and available to be there for guiding the practitioner in practice.

A Guru suggests a formal practice to the seeker. It is the responsibility of the seeker to cultivate the practice by aligning with the teachings. Here it does not mean that we have to give up our power to choose to someone else. We have the choice to choose a teacher, but once we have accepted a teacher, it is very important to pay attention to the teachings in regard to the spiritual practice and not modify or dilute them.

The concept of Aghor Yoga has evolved over the centuries into a Guru based tradition. The Guru is given utmost importance in our life when it comes to our spiritual practice. The grace and guidance of the Guru enhances our spiritual growth. The Guru starts the practitioner on the path through initiation with a personal mantra.

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