

# AGHOR TIMES

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*“The light of good behavior lights  
up the whole world.”*

*Aughar vani, Avadhuta’s wisdom*



Aghoreshwar  
Baba Bhagwan Ramji

## ***Thus spoke Aghoreshwar***

People the world over want to become Christians, Hindus, Muslims or Buddhists, or even rich or popular and the whole gamut of such labels. But are we ready to become a good human being? And if we are, then what does it mean to become a good human being?



A person caught between two minds does not remain either with himself or herself, or with the other. He or she loses everything in that state of being between two minds.



We should not deceive ourselves with our mind, our words or our actions. We should show some kindness to ourselves.



Those who are high-born, their love, affection and respect is not superficial.



The person who has the strength to endure the attacks waged on all sides by disappointment, guilt, and sorrow, is a real human being.



You have a place and an importance of your own which you do not know. You are like an invaluable diamond which is not openly shown just anywhere in the market.

The day you get to know that real form of yours and realize your own value, then perhaps you will be able to lose your self image. Then, you will not like to be with these negative people who run only after coal and ashes, and in whose hands even a diamond becomes like dust.



Only from the human-tree do we find fruits in the form of saints and Mahatmas - fruits which are sought in all the markets of the world.

### **Living with Less, Finding Abundance** **by Baba Harihar Ramji**

*During Sunday morning satsang at the SonoMa Ashram on June 29, 2008, Baba Harihar Ramji spoke the following words:*

We are all looking for peace. Namo Shanti. In the process of seeking that peace, happiness and fulfillment, we become so busy that it eludes us.

That Shanti, that peace, is not somewhere outside. Something from the outside is not going to bring it to us. It's already within us provided we find time to be present to it.

We do not need more to be happy. In fact, we need less. When we have less, we have less to manage, less to sort out, and we have more time for what we already have. As we spend more time with what we have, appreciation grows within us.

Living with less is the call of the time now. There has been so much talk about the turbulent and troubled times, the rising gas prices, and the scarcity of food, water and other resources. In reality we don't need more. We have more than plenty in comparison with the rest of the world. What are our priorities? How are we spending our time and resources? It's time to focus our attention and energy on fewer things.

Cultivating and maintaining peace in our heart will require readjusting our mind. When an aspiration or idea comes, before jumping into it, take a moment to ask, "Who wants to do it? What part of me is asking for it that needs to be fulfilled? What kind of carrot is dangling there and how much sacrifice is needed in order to get that carrot?" So often, in the process of going after it, we spread ourselves too thin and lose our leisure time and peace.

I'm not suggesting that we become inactive and not do anything. We are blessed with intellect and knowledge; we have the capacity to manifest a better world. Maintaining a balance between our leisure and active time, we engage in the world with constant awareness.



This thought of finding abundance in living simply has been on my mind for some time. We need to turn our attention to this if we are going to survive as a human race. It's time to honestly look at our own lifestyle and the waste that happens because of the way we live. Minimizing our consumption and being mindful of the resources we have at hand has to become part of each individual's spiritual practice.

When we are brushing our teeth at the sink, turn the faucet off. When we are taking a shower, make it a little shorter. When we leave the room, switch off the light. Use fewer paper napkins and towels. Instead of putting more on your plate, take less. Little actions made by each individual to conserve resources are needed, and the moments we make these conscious choices and act on them are very powerful. The vibrations coming out of our being in those moments go out and touch many. If each individual starts thinking and acting like this, then a great change can happen.

Recently, I saw a hose that had been all coiled up and tossed away because it had a little hole in it. Take a little time to fix it, and there are ways to fix it. But our mentality is, if something has a little defect, we toss it out and buy a new one. We are being fed from everywhere, "Oh, you can afford it. Why waste your time? Your time is more valuable." It is very important to look at our actions and thoughts - just because I can afford it doesn't mean I have to have it.

Live with less and find abundance, find happiness, in what we already have. Do fewer things and do them well so we can truly be nourished. Instead of saving the world, let's save ourselves first, and then our families and communities. Even if we do less, when we do it well, with joy in our heart and with leisure, what is created out of that is very wholesome. Otherwise, when we try to do too much, we get fragmented and are unable to make a significant impact.

Find time to celebrate and experience the joy of living. Take time to bake bread and enjoy the rose in your garden. Even see the beauty in a weed. Take a little time, connect with it, appreciate it, and then pull it. There is life force in that weed, too. It's all about our attitude and how we engage in the world.

And remember, nothing is worth losing the peace in our heart.

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