

Sri Sarveshwari Samooh, USA

SonoMa Ashram



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Aghoreshwar Bhagwan Ramji

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If an action makes you feel guilty,  
even if it is a familiar and interesting action,  
give it up.      Aughar Vani, Avadhuta's wisdom

Carve out some time to visit the Ashram  
for a personal retreat.



Let the peaceful Ashram grounds nourish and replenish you, and let a daily routine of meditation, yoga, self-reflection and rest inspire you. Guest rooms are available year round and can be reserved by calling or emailing the Ashram.

More information about the Ashram's projects and daily activities can be found on our website:  
[www.sonomaashram.org](http://www.sonomaashram.org)

## Thus spoke Aghoreshwar

Every day you should observe, analyze and ponder

All that is happening within you.

Accept it eagerly and make it your own.

In a very short time, it will take you

Towards the Absolute Unlimited

Towards that which has

No limits at all.

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## Waking Up Early



During a recent Sunday morning satsang at the Sonoma Ashram, Baba Harihar Ramji (Babaji) spoke these words.

I would like to welcome you on this beautiful morning.

It's good to look at ourselves sometimes and ask, "Who am I? What am I doing? Where am I going?" If we have a practice, "How am I doing with my practice and what do I expect from it?" Many people talk about spiritual practice as a cure for restlessness of the mind, to be happy, to be healthy. That is good, but there is much more to a spiritual practice. It is beyond the body and the mind.

We need a healthy body and mind to go somewhere, but I propose that it should not be limited only to, "Oh, I just want to feel peaceful and happy. I just want to maintain myself."

I'm not saying that we neglect body and mind, but our nature becomes such that those things are automatically taken care of. They are not our concern. When faced with a problem, we have clarity of mind and the physical and emotional strength to deal with it.

This state of mind is acquired when our goal is high. Little things will not pester us or get a hold of us. Ups and downs are bound to happen. Pleasant and unpleasant surprises will come, but when we keep our goal high, we don't stop there and get entangled.

So where do we begin? First, *Rahanee*, Baba used to say. First learn how to live. That's creating the foundation. You see, most of the time I'm talking about simple little things because they



are the foundation. If the foundation is not there, we can't build anything on it no matter how hard we try.

What is the foundation? Wake up early in the morning. This is the first step and it is very important. If we are inspired, an hour and 36 minutes before the sun rises every morning, we will be out enjoying the nectar that's showering. When we commit to waking up early in the morning, we make adjustments to our daily schedule so we can go to bed early.

I'm telling you the truth. First thing in the morning, when the alarm sounds, many people will say, "Oh, I'm tired. I'm having such a nice sleep." We are identifying with being tired. "Oh, I have a long day ahead, I need more sleep." We are identifying with that.

We all have habits. We all have a way to talk to ourselves. How do we keep talking ourselves into things that are not serving us? These habits need to be broken. They are our comfort zones and that is why we are who we are. If we want to go beyond our comfort zones, we have to make some adjustments. If we are inspired to go deeper in our practice, we change our habits.

What if we start identifying with, "I need to get up ... it's such a beautiful day! Nectar is showering. The breeze is going to touch my skin and make me feel healthy. I can't wait to go out and appreciate." Early morning is a beautiful, beautiful time. No money can buy that time or the environment at that hour. No air conditioning can give us that comfort. Look! Just get out of the house. Move around. Sweep the front door or go into the garden. Appreciate the flowers. Breathe.

This is a perfect time of year. There is no excuse that it's cold, dark and rainy. We get more energy by being out absorbing the shower of nectar than sleeping. If we start thinking about negativity first thing in the morning, that little poison starts poisoning our mind and body, and our whole day. Start the day with appreciation. Be open to receive and be nourished.

Someone asked Gandhi, "How do you stay engaged with the world for so long?" He said, "I like everything I do." If you like everything you do, you really don't get tired. You get tired more by your state of mind and how you look at things.

It's very important to create a foundation and these are the practical things. Wake up early, drink a glass of lemon water, get out of the house. Pay a little attention to your

*Be open to receive and be nourished.*

environment. Go back in the house, finish your toiletries and take a shower. You are now ready for a little meditation. These are a few things we do to prepare ourselves, to prepare this temple, where we can do the practice.

I just wanted to inspire you to enjoy the mornings during this season and to keep your goal high. Our spiritual practice is much more than just maintenance of mind and body. It transcends them both. We become the Guru within, and when we connect with that Guru within, life goes on, up and down, this and that, but we are going somewhere else.

## Namasté from Varanasi, India



All the children living at Bal Ashram are healthy, happy and back in school for the new season. We speak almost daily with staff and stay abreast of all our Varanasi projects. Across the river from Bal Ashram, we've begun cultivating a portion of the land we acquired for Amrit Sagar, our new Eco Park. A team of workers are living there in temporary shelter and are busy fencing, building a utility room, and soon will drill a well to bring in water for drinking and irrigation.



If you are not yet on our email list, and would like to receive monthly updates about the Ashram in Sonoma as well as our projects in India, please send email to: [info@sonomaashram.org](mailto:info@sonomaashram.org)