

Sri Sarveshwari Samooh, USA

SonoMa Ashram



P.O. Box 950
Sonoma, CA 95476
sonomaashram.org

ADDRESS SERVICE REQUESTED

Non Profit Org.
US Postage
PAID
Sonoma, CA
Permit No. 33



Aghoreshwar Bhagwan Ramji

Aghor Times

October 2009

Volume 1

Issue 7

Retreat...



to the Ashram this fall.

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: sonomaashram.org.



Newsletter printing is supported by \$25 membership donation.
Please send check to: SonoMa Ashram P.O., Box 950, Sonoma, CA 95476
Published by Sri Sarveshwari Samooh, USA ©2009 Aghor Publications.

That which you think is lost
deep in darkness is actually
right in front of you.

Aughar Vani, Avadhuta's wisdom

Thus spoke Aghoreshwar

If a tiny blade of grass or a tiny grain of sand
goes into our eyes, then all the panoramic views
that we see - all become invisible.

We cannot see anything then.

We begin to close our eyes.

And when that tiny particle is removed,

that great panoramic view becomes visible again.

SonoMa Ashram
P.O. Box 950
Sonoma, CA 95476
sonomaashram.org
info@sonomaashram.org



Shelter of the Guru



During Sunday morning satsang at SonoMa Ashram July 6, 2009, Baba Harihar Ramji (Babaji) said:



We just did a beautiful kirtan chant, “Sri Guru Sharanam,” calling out to our own higher self for protection. The shelter of our own higher self is the only shelter, there is no other. When the world out there gets hot and begins to scorch us, that is the only true refuge.

There are two selves, the Guru self and the *laghu* self. *Laghu* means the small self, the ego self, that says, “Me, me, me. I want this. I deserve this.” There is a sense of entitlement. The Guru self says, “What can I give? What can I do?”

Whenever a challenge is offered to us, resistance and reaction are first to come. Who is reacting? Who is resisting? It’s not the Guru self, it’s not the higher self that is reacting, resisting and feeling scared. It’s the *laghu* self, the part of us we identify with most of the time.

It is a wonderful practice to stop, take a step back, take a deep breath and truly ask, “Is this the best way I can be? Is this the best way I can face this challenge? Am I identifying with being a victim, or is there another option?”

The very moment we stop and ask ourselves what we are identifying with, we are under the protection of the Guru. Then, whatever we’re holding onto so tightly, we are able let go of.

That’s it. That’s the practice.

When we come under the protection, the shelter, of the Guru, our higher self, we begin to see things in a different light. We begin to ask ourselves, “What can I do to accommodate this person and their need?” We are capable of doing it provided we choose to identify with our higher self. The choice is always there.

The day we begin to seek our happiness in the smiles of others, we will find true happiness, we will find God, we will find Guru. Instead of wanting, we could be giving. When we come from that place in our heart, we never run out of energy to give.

We tap into the ocean, and that ocean can never dry out. It’s always there. We connect. And when we connect with the Guru, we become the Guru. We become filled with light, Guru’s light, which holds no bounds.

Be happy. As long as we are happy, we keep our vibration high. If we just hold that as a goal, nothing comes between us and our happiness. If something comes, we get rattled, but then we stop, take a step back, take a deep breath and say, “Although it’s difficult, it’s hard, let me see if I can find happiness even in this.”

Whatever is keeping us trapped and unhappy, we have to look at it and find a way to let go of it.

What makes us unhappy? Only if things are not the way we want. If we attach ourselves to the outcome being a certain way, and if it doesn’t turn out that way, we are unhappy. So we are holding onto something, and the holding onto is making us unhappy.

The Guru self helps to free us.

What do we have to do? We have to let go of it, whether it’s an idea, concept, expectation or memory of something.

We are trapped with our ideas, concepts, fear, anger, jealousy, hatred and greed. Whatever is keeping us trapped and unhappy, we have to look at it and find a way to let go of it. Only then can we be in touch with our Guru self.

The Guru self helps to free us. But we have to call out to that protection, Sri Guru Sharanam. When the world gets too hot out there and scorches us, we have to stop, take a step back, take a deep breath, look at it and call out to the shelter of the Guru self.

OM TAT SAT

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 email: info@sonomaashram.org.

Summer at SonoMa



Our summer at SonoMa Ashram was full with visits from friends old and new, near and far. Especially in these difficult times, we were grateful to offer so many people a place of retreat, peace and comfort. We shared the bounty of our gardens at every meal and introduced our newest residents—Kashi, Puja and Ganga—female goats, as well as a formidable steer named Sita Ram. We welcomed the change of season with a very sweet Navaratri celebration. Now we are preparing for Babaji’s East Coast tour at the end of October.

