

SRI SARVESHWARI TIMES

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If the Divinities appear physically before you, they will not ask you to shun your duties, sit on a riverbank and keep meditating on your prayer beads. They will say only this: Be of service, especially to human beings, feel their pain and help them.



Wisdom of Aghoreshwar Bhagwan Ram

On the first Sunday morning of the New Year, Babaji addressed a group gathered at the Ashram in Sonoma with the following:

SEVA - SEEKING YOUR HAPPINESS THROUGH THE SMILES OF OTHERS

I would like to welcome you on this beautiful Sunday morning.

The very founding of this Ashram was inspired by one sentence: If you really want to be happy, look for that happiness in the smiles of others.

Last year the Ashram's focus was self-care. This year our focus is "seva" - selfless service. May we stay in the remembrance in the coming year to look at our engagements in the world and every day make a little effort to be of service. May we find time to go beyond me and mine.

We have to look at ourselves deeply. Where is my focus? How much time do I spend thinking "What can I do for those around me?" "What can I do to make our world a little better for all?"

There's no end to challenges and the personal aspirations that we think will make us happy. As long as we think, "Okay only after I'm settled and happy, will I engage myself in seva," it's never going to happen.

Living in the company of Baba, I noticed that he was always concerned with the welfare of others. Always. Any conversation we had was about making someone happy or making some place a little better or a system that could be improved. Although Baba was going through so many physical challenges, enough to keep a person totally self-absorbed, all of his thoughts were always geared towards upliftment - that is what I witnessed. And that probably gave him freedom to be who he was, not limited by the challenges of his body.

There are always two options as we engage in the world: "What can I do for you?" or "What you could you do for me." If you wander around in the world looking for what is in it for you, with that attitude your heart doesn't open.

"What can I do for you?" Sometimes you may have difficulty asking humans. Ask the question from a plant, from an animal. Start somewhere. Pay attention to what is around you. How could you engage with little time and little attention, to make someone else's or something else's situation a little better?

I remember when we were on Carriger Road, a person came to me and she was just totally so self-consumed. She thought she was the most victimized person - that everybody was out to get her.

I said, "Okay." I sent her in the garden, and I said, "Look for the little wilting plants, and put a little water, and imagine that thirsty plant is getting that nourishment and is being happy...connect with that happiness." And it worked - at least for that day!

So that's where we start. Somewhere we start.

Walking from the house today, I looked at all these persimmon trees - there is a story about them too. One day somebody went to the dump and brought these 7-8 persimmon trees that were just thrown out in the dump. We took these trees and planted them in the ground, wherever there was a place. Today they are producing fruit and so many people are benefitting from them. Those neglected plants, given a little attention, a little caring, began to produce fruit for many.

There are plenty of opportunities to be of service. There is no end to it. If you don't like to engage with humans, you like to go out and walk in nature, see how you could help. Plant a few more trees - plant acorns or whatever grows there. You have done your part when you are not only thinking about yourself. Thinking about Mother Earth. Thinking about natural resources, other humans, animals helps you to get out of yourself.

We may see something that's totally neglected or someone who has become totally wasted. Don't give up on them. You never know, your little support can make somebody stand up, and they become a gift to humanity.

While we engage in service, our mind can go in judgement very quickly. "This person is no good, not good for anything, why should I waste my time?" But our dharma is to really avail ourselves wherever we may be needed. Without expecting. We just do our best; that's our dharma. If we get into judgment mode and start weighing, then it gets very convoluted. We have to find a way to get out of ourselves.

And when you are going out with the notion, "What's in it for me?" it won't work. Seva is fullness overflowing. You are grateful for all the blessings in life. Remaining firm in

your devotion to self-care you connect with your fullness. And that fullness has to overflow. That overflow flows in what direction? Don't worry. If you are stable it will flow evenly in all directions. If you are tilted it will flow in that direction. But at least it is flowing! This brings true happiness to our heart.



Upcoming Events at the Ashram!

February 2nd - 9:30 am - 12:30 pm
*Body, Mind and Spirit Practices for a
Happy and Meaningful Life*
with Marilyn Knight-Mendelson

February 16th - 8:15 am - 4 pm
Ayurveda Immersion
with Dr. Helen Thomas

February 23rd - 10:00 am - 1:15 pm
Feldenkrais Workshop
with Jeanette LoCurto



Ashram's Daily Schedule

Monday - Friday

6:15 am - Meditation

9:00 am - Morning Reading

6:00 pm - Meditation

*Thursdays: 5:00 pm Guided Meditation in Spanish

Saturday

8:00 am Meditation

8:30 am Morning Reading

6:00 pm Meditation

Sunday

10:00 am Meditation

10:40 am Babaji's Satsang

6:00 pm Meditation