

# SRI SARVESHWARI TIMES

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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.

~Wisdom of Aghoreshwar Bhagwan Ram~



*On a recent Sunday morning, Babaji addressed a group gathered at the Ashram in Sonoma with the following:*

## APPRECIATING THE SILENCE WITHIN

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

Everything that we are seeking is within us. All the answers that we are seeking are there, if we could only know how to stop, how to be still.

It is well understood in Indian culture that when you visit the Guru, you wait to approach until you are asked. In that waiting, if you are a little careful, you will find all of the answers to your questions. The Guru is there as a catalyst to experience your own Self if you can just become still.

If we really want to experience happiness, we have to learn how to be with our Self. That's the greatest wealth, Baba called it. The greatest wealth is that wealth of contentment, and being with oneself.

Can you imagine a moment when you are alone without needing stimulation from outside? You are by yourself with nothing. You are not needing anything from outside. You just sit with your eyes closed or, with open eyes, become lost in the appreciation of something.

The day you learn to be comfortable by being yourself, there is a whole other universe that begins to open. Baba Kinaram, a great yogi of our lineage, said: "There is a whole universe within you. All the galaxies are within you; all the oceans are within you; all the rivers, mountains, valleys are within you."

Accessing that universe requires stillness. First one has to be still, and in that stillness, become introverted.

Our habit is that we gravitate towards what we know. From the moment we are born we have known the world through the senses. Eyes, ears, nose, taste, touch. We believe what we see through the senses and call it the truth. But in the language of the yogis, that is not the truth.

Truth is beyond the senses, and to get in touch with that, one has to be still. Be introverted, do that exploration. If our quest is only limited to our worldly wishes and desires, and we call it happiness, we are really short-changing ourselves.

Our practice of stillness is important. You don't have to be still for very long - even just for five or ten minutes. And enjoying it.

You can't be still unless you are in a state of acceptance. If you're wishing it to be any different, it will be very hard to experience that stillness. When you are in appreciation, you really are not aware of yourself. This is the beauty of appreciation. It takes you away from yourself.

When we find a way out of me and mine - there is a little freedom. There is a little space for something new to emerge. Appreciation does that to us. Whatever I'm able to appreciate, be it music, be it a flower, be it a tree, be it a river, a mountain, whatever, that in itself is meditation. You don't have to sit with your eyes closed to meditate you can find a way to get lost appreciating something. Appreciation plays a great role in our life, so no matter what's going on, may we be able to just stop, take a step back, and find something to appreciate.

Appreciation brings sweetness in our hearts. When there is sweetness in our heart, stillness is easier.

Just taking a step back from whatever is happening in our life, finding a moment to be thankful, finding a moment to be grateful. Those kinds of thoughts change our body chemistry, and when our body chemistry is like that, it also starts healing. So it's all interconnected, and everything starts with that.

The purpose of this little sharing with you is really just that yes, we are all very busy, all kinds of things are going on, but do find a little time to be still. Breathe. Sit down. Access and appreciate the stillness within.



## Upcoming Events at the Ashram!

**February 23<sup>rd</sup> – 10:00 am - 1:15 pm**

*Feldenkrais Workshop*

with Jeanette LoCurto

**March 2<sup>nd</sup> - 10:00 am - 12:30 pm**

*Relax into Yoga*

with Joanna Brown

**March 9<sup>th</sup> - 9:00 am - 3:00 pm**

*True Connection*

with Shannon Kelly

**March 16<sup>th</sup> - 8:15 am - 4:00 pm**

*Ayurveda Immersion*

with Dr. Helen Thomas



## 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