

# SRI SARVESHWARI TIMES

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“Strive to remain free of attachments, to remain the same through profit and loss, respect and disrespect. Perform everything without expectation; walk on the path of liberation. This is better than walking on the path of desire-full-actions, getting tired and sitting down on the path.”



~Wisdom of Aghoreshwar Bhagwan Ram~

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

### THE STORY OF A SADHU

I woke up this morning thinking about a *sadhu*, a wandering holy man, who came to our village when I was a child.

There is a tradition in India called *sanyasa*, renunciation. A *sadhu* is someone who has renounced the world, looking for God. There are those who are fed up with the world and those whose longing is so deep that this world doesn't make any sense to them. They step out of the world, looking for something more meaningful. When they are hungry, somebody feeds them, because people in the community know this is their dharma. People respect the *sadhu's* courage to step out of the mundane.

My family always invited *sadhus* that came to our village to stay with us. In the evening time a fire would be lit and we would sit and listen to stories, especially from any new person who had arrived in the village.

At one of these gatherings with a visiting *sadhu*, a man from the village asked, “What is the path for *moksha* (liberation)? How can I be free from suffering?”

The *sadhu* replied, “Oh, brother, that's what I've been looking for. I will tell you what I have heard, and what I have been practicing. There is a burial ground in the next village. Go there and start cursing all the people who are dead. Abuse them through your words, out loud.” The next day the *sadhu* asked the man, “Did you hear anything in response?” The man replied, “No, nothing.”

Then the *sadhu* said, “Ok. Tomorrow, go to the same place and sing their praises.” The following day the *sadhu* asked the man, “Did you hear anything?” Again, he replied, “No, nothing.”

The *sadhu* then said, “This is the path to liberation. You have to become like those who are resting in peace. You are not reacting. Those who are resting in permanent peace do not react to praise or criticism.”

A heart that is not reacting constantly to praise and criticism is able to hold that peace. If I'm always looking at my value according to what others are thinking of me, I'm never going to experience that kind of stillness. Peace - that presence is right here in my heart, but I can lose it over a little criticism

or a little praise. Finding equanimity in our heart, finding balance in our heart, and having the attitude that whatever is happening outside is not going to affect my state of being; the day we are in touch with that, that is liberation. That is God.

The rituals we create to stay connected with our Self are so important. Initially they may sound very appealing, but they need to be practiced with resolve. Then our life can truly become the life of a *sadhu* - a seeker. We have a choice. Either we become a seeker, a *sadhu*, or we look at ourselves as victims. Whatever label we put on ourselves, that is what we become, and that is how we walk in the world.

This practice of taking three deep breaths in the morning as soon as we wake up, before doing anything, sounds very simple, but it's a very powerful practice when we do it every day.

The very first breath is dedicated to loving yourself. As you breath in, you remind yourself, "I love myself." With that awareness and remembrance, your need to receive love from outside becomes less. Give that to yourself first.

With the second breath, remember "I respect myself. I am worthy of respect and throughout the day I will live in such a way." The third breath is "May my life be a life of service. May my life be to serve God."

If I am in remembrance of these three things, where is there time for anything else?

Living life of service truly makes life meaningful. A life of service is living with the attitude: "What can I do for you?" It is doing simple things – small acts of kindness. Plant trees, plant flowers, pick up some trash, sweep the ground. Anything that can make a person a little happier or a place more beautiful is living a life of service and can also be a practice.

I love myself, I respect myself, and my life is a life of service. Find those moments when praise or criticism don't touch your heart. Find a moment of renunciation. The very moment I begin to lose my stability, take a step back and maintain peace in the heart.





## **Ashram's Daily Meditation Schedule**

### **Monday - Friday**

6:15 am - Meditation

7:00 am - Morning Reading

6:00 pm – Meditation

\*Thursday 5:00pm – Guided Meditation & Yoga 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