

# SRI SARVESHWARI TIMES

Volume IV, Issue No. 12

## DECEMBER 2019

*“In a state of deep meditation, the seeker remains absolutely quiet and lets the vibrations of the heart communicate everything. Within this vibration, the mantra given by the guru resonates. A practitioner manages everything in life with no trouble.”*



~Wisdom of Aghoreshwar Bhagwan Ram~

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

### FINDING STILLNESS

Out of stillness everything meaningful is born. Absolute stillness is whole unto itself. It is complete unto itself.

There is a great need for stillness in our lives. Mind will come: “Oh, I need to fill this time, fill this space. I need to do something.” But it is important to find a little time to just be absolutely still, to carve out a little time and space for that connection. To be in a state where there are no aspirations, no dreams to fulfill. In that stillness descends appreciation.

When we become still, when that space in our heart becomes quiet, the belly becomes soft – we become grounded. We are in acceptance of whatever is. There is no judgment. There is no feeling of lacking something. There is no feeling of needing to improve anything. We are in a total acceptance of that moment, and whatever is. In moments like that, we are connected with stillness.

During this winter season when the nights are longer and we have plenty of time to be alone, consider carving out a little time to connect with that stillness. After dinner, before going to bed - what do you do, really? How do you spend your time? I’m not saying don’t check your e-mail, don’t check the internet, don’t watch tv. It’s ok to do those things. But see if you can carve out a little time to be still.

Create a little space in your own house. Whenever you go to sit there, remember that this is a space that you have created to be still. Find a time when the world doesn’t need you, when you have fulfilled your obligations for the day. When you can be truly alone. Sit in that space. While sitting there, find little time to do absolutely nothing. No mantra, no pranayama, no dhyana, no jap, no puja, no God, no Guru ... nothing. Still your body, still your breath, still your eyes, bring your attention to your navel. Before your body begins to tense, let the breath flow.

Everybody has their own answer about how to carve out that time. It’s taking the first step that is the most difficult. Once you have taken the first step in that direction, the rest is pretty easy.

Do try to carve out little time, and look forward to that time. It’s a wonderful opportunity to go deeper in your practice.

There is so much beauty in that stillness, when our mind becomes introverted, when it begins to peek into our own heart. The yogis have said that there are mountains, rivers, the ocean, the galaxy, all within us. We are not confined by the body. Through that stillness, when mind becomes introverted, there is a sense that the whole cosmos is your body. All kinds of experiences come.



### **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