

SRI SARVESHWARI TIMES

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“Whatever prayers and practices, meditations and reflections we do in a disciplined way do not go to waste. They will blossom within us and we will know grace, which bestows contentment and peace.”

~Wisdom of Aghoreshwar Bhagwan Ram~

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



The Kettle and the Tea - Being a Good Human Being

I would like to welcome you on this sunny Sunday morning. I woke up this morning with one phrase on my mind: *“Drink the tea - - Don’t worship the kettle.”*

We get so caught up in forms, we hardly have time to go to the essence. We have so many kettles: Hindu, Christian, Muslim, Jewish, Buddhist. Although the language may differ, the message is the same. They’re all making the same tea. But we divide ourselves and fight to prove that my kettle is better than yours.

In the years before I met Baba, I had spent many years running away from all the holy beings and spirituality – all of the religion. During my first visit with him in 1976, there was one plaque in the ashram caught my eye:

*Before you become a Hindu, a Muslim, a Christian, a Jew or a Buddhist
be a good human being.*

Whether you go to a temple or church or not, whether you worship or not, whether you meditate or not, whether you wear robes, look holy - it doesn’t really matter. Be a good human being. When I saw this plaque in the ashram, it made sense to me.

You don’t become a good human being just by thinking or reading about it. An idea may sound good, but how do you pursue that idea and walk that teaching?

One has to be at peace with oneself to be a good human being. Because our mind is very active, imagination runs rampant; doubting, challenging, judging -- never allowing our heart to settle. When we feel resentful, angry, upset, self-critical, our low self-esteem gives birth to judging and criticizing others. Whatever we give to others, actually we have already given it to ourselves first. That low self-esteem gives birth to criticism.

Having some kind of practice that settles the heart is very important. The purpose of any practice is to honor that goodness that resides within you. It’s there. Our mind doesn’t always go to it - we don’t worship that. We are worshiping something else. In my vocabulary, worship means something that I remember over and over again during the day. What do we worship during the day? Where

do your thoughts go? Whatever you are thinking about over and over again, that's what you are worshipping.

Our spirituality is not really a mystery. It's very simple. Pay attention to yourself. What are you thinking about all day long? What are you making an effort towards every day? That is spirituality.

Being in the world, we play whatever roles we are given. Husband, wife, father, mother, sister, son, friend. But there is another journey. How often do you think about the journey of your own soul?

For clarity on *that* journey, you have to drink the tea. Take your attention away from the kettle. Taste the tea; taste its fragrance. The tea is very good. We just have to have time to sit down, relax, and drink it. Beautiful subtleness - every tea has its fragrance, it has its aroma, it has its taste. How often do we really taste it? If you drink tea on the run, all you experience is a little warmth.

The day we take the time to appreciate what we have in front of us, that is a spiritual moment. Whatever is in front of me, if I take a little time to be in total appreciation of it, and try to go deeper, experience what flavors are there, and how they're reacting - it's all a spiritual moment.

Take time for what you already have. Separating yourself from the story, come back to yourself. Take a step back from everything. Welcome that deep breath. In that moment there is no judgment, there is no expectation, there is no waiting for anything to happen. Experience that moment of contentment. This moment is a perfect moment. Sit with that and see how it feels. Even if you can't imagine what a perfect moment is like, just say to yourself, "This moment is a perfect moment."



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 Satsang

6:00 pm Meditation