

# SRI SARVESHWARI TIMES

Volume V , Issue No. 2

**FEBRUARY 2020**

*“Even in great pain and sorrow one can experience joy and happiness. Remembrance of being alive, experiencing all that is happening within and affection of that ‘Unknown’ are more than the pain of sorrow.”*

~Wisdom of Aghoreshwar Bhagwan Ram

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



## THE SILENCE UNDER THE SOUND

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

It takes two wings to soar in the sky of liberation. Two wings.

Imagine you are lying on your back, looking at the sky. You are aware of the vastness of the sky. A little plane appears somewhere in the corner. Your mind becomes attached to the plane and begins to track it. You have totally forgotten about the vastness of the sky. Both are there, but mind attaches itself to that which is changing.

This is the nature of the mind. It attaches itself to that which is transitory. Silence is always there. Sound appears and disappears. Mind attaches itself to the sound, analyzes it, enjoys it, despises it, reacts to it. Silence is always there, but mind goes to the sound.

You read a newspaper. We read the story, the news, the pictures and the politics, and we react to it. How often do we think about the blank paper on which the news is printed? It's there, but we don't think about it. Although it's the foundation on which it's printed, we never think about it.

You go to a movie. The screen is there on which many movies have been projected. We talk about the story, the acting, the song, the violence, the what not. We never talk about the screen, although it's there for every movie.

Like this, there are two aspects of our life. There is one aspect that is ever present, ever pure, always whole, perfect. That's in the background. On the surface, things are always changing. We take on all these identities, and we react to the events of life. If we only identify with what's happening in our daily emotional, physical and material life, suffering is bound to happen.

How often do we really think: “I'm whole, I'm complete, I'm pure, I'm absolutely perfect?” How often do we pay attention to that?

Paying attention to that aspect of our life is the spiritual life. Without doing anything grandiose, as you wake up in the morning, just take a few moments to just touch base with that which is ever present, ever full. The more we pay attention to that, the stronger we grow to deal with whatever events are happening on the surface.

The emptiness, the irritation, the agitation that you are experiencing is because your mind has attached itself to the transitory. That's the nature of the mind. You are engaging in the world; you are engaging with people and the events and the circumstances. This is life.

But there is more to this life than what we think. We may not know it, we may not understand it, but we can experience it. We just have to take a little time for it. Just like we carve out a little time to go to the movies, to go to a party, to go to an event. You carve out time.

Those examples I gave you - the sky, the silence, the screen, the newspaper – show us that our minds can comprehend that there is something else there that is always present. This notion is beyond any tradition, beyond any religion, beyond any ideology. It's there; we all know it's there. We don't need to believe it - it's there. Silence is there - because of that silence, you can hear the sound. If the silence wasn't there, sound would disappear. God is there, whatever the name - G O D - it's beyond the name. It's just there. There is some aspect of my life that my mind has not gone to yet, but it does exist.

People are always praying for something, in all traditions, all over the world. And when that something happens, we pray for something else, and so it goes---on and on and on. Something is better than nothing, but that's the lower kind of spirituality. The highest kind of spirituality - the highest state of attainment - is seeing the *Self* in all, meaning nothing is separate from you. It's the same *Presence* breathing through all of us, seeing through all of us, listening through all of us. It's the same *Presence* expressing itself in a very unique way through different people, but it's the same.

If you don't know what to do, the first step is to carve out a little time in your 24 hours. A little time - 10 minutes, 15 minutes. Close your eyes. You can even do this lying down in your bed – sit up, stretch out your legs, be comfortable. Close your eyes. Bring your mind to the breath. Breathing in, let the mind escort the breath up, breathing out, let it go down. Breathing in, breathing out. Bring your mind home from attaching itself to something and running away. Bring it back.

Now, as I said, mind is not going to be still. What are you going to do? If you are not practicing with specific mantra, there is a beautiful practice using the SO-HUM mantra:

*As you breathe in, think of the word SO. As you breathe out HUM. Breathe in --SO; breathe out --HUM. Keep repeating this, SO-HUM. If the mind wanders, bring it back to SO-HUM. Actually, it is the sound of the breath - inhaling the sound, SSSOO-- exhaling the sound- HUMMMM.*

“So” actually means “*That*” - with a capital “T”. “*Hum*” means “I am.” *That*, I am. The sky, the silence, the screen, the paper – *That*, I am. Not “*This*.” “*This*” means *my* story, *my* drama, *my* event, what is happening right now. “*That*”, which is in the background, is unchanging, totally whole, pure, complete unto itself.

Each breath is telling us who we are. Each breath is telling us, “*That, I am.*” Listen to this; this breath is keeping us alive. With each visit it is coming with that message of who you truly are.



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

Monday - Friday

6:15 am - Meditation

7:00 am - Morning Reading

6:00 pm – Meditation

\*Wednesday 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