

LIFE AMONG US DURING THE LOCKDOWN

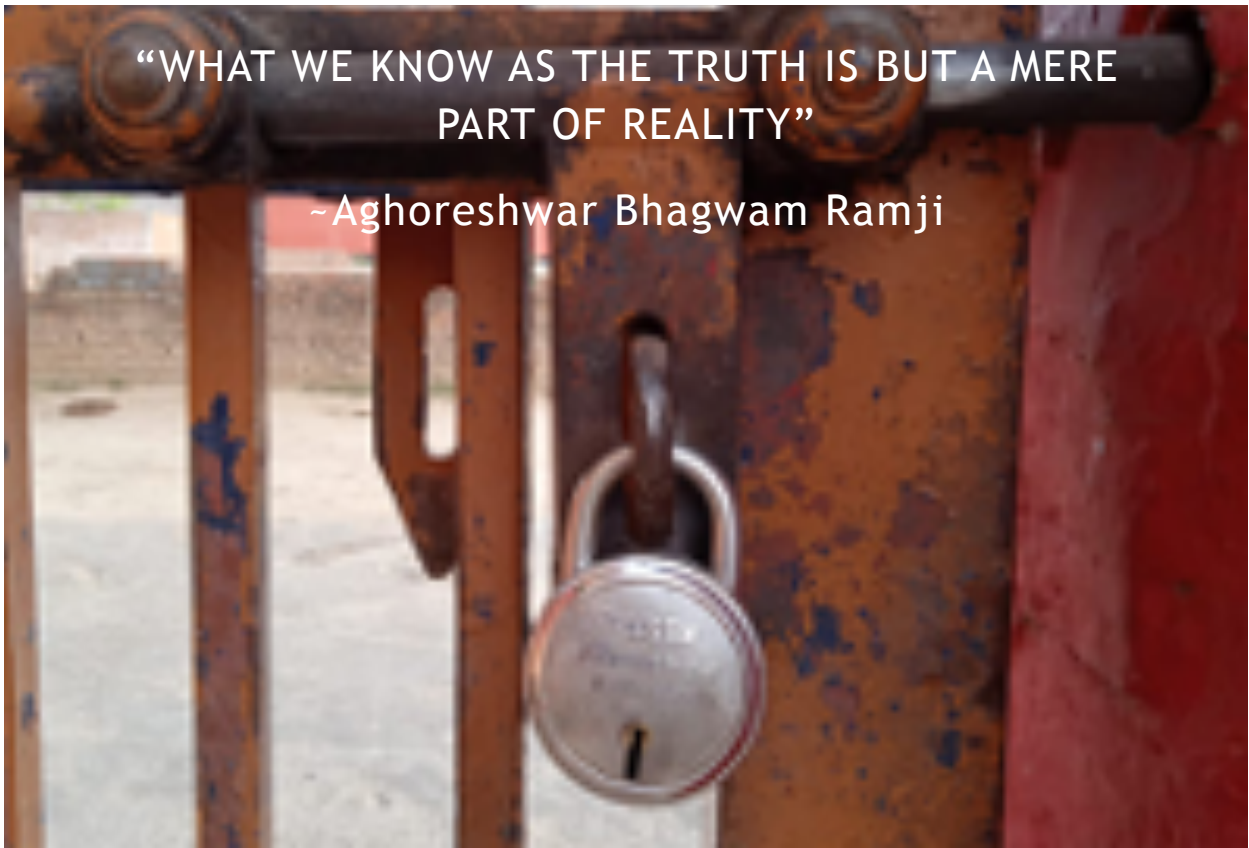


NAMASTE

With the grace of Babaji, me (Amit) and Deepak got an opportunity to to write the following newsletter. We will continue to update the ashram's activities during the coronavirus epidemic.

“WHAT WE KNOW AS THE TRUTH IS BUT A MERE
PART OF REALITY”

~Aghoreshwar Bhagwam Ramji



THE ASHRAM GATE IS LOCKED ALL DAY

Unfortunately, We must lock the gate. The Indian government has announced a lockdown from March 25 to 3 May, 2020.

During this lockdown we all are remaining in the Ashram. As per Babaji's prescription, we are utilizing our time in prayers, listening to readings and stories from Aghoreshwar's teachings, sitting together for conversations, doing bhajan, and making the Ashram more beautiful, organized, clean and systematic.



Once a week the Ashram's vegetables and essentials goods are purchased. Everything is sanitized before use. We take everything up to the roof and, behind a monkey proof cage, we leave grain and potato sacks in sun for 12 hours. We dip vegetables in salt-water and alum to sanitize them.



WE STILL FOLLOW OUR DAILY ROUTINE

5 AM— Wake and Personal Hygiene
5:30 AM— Exercise and Yoga
6:30 AM— Morning Seva
7:30 AM— ARATI, Breakfast, Study
NOON— Lunch, Listen to News
2 PM Rest Time

4 PM Chai, Check-in, Readings
5 PM Seva
6 PM Evening ARATI and Meditation
7 PM Free Time, Study, or Music
8:15 PM Dinner

Though we have no school, we spend more time cleaning, shining and groundskeeping.



**WORKING ON THE
GROUNDS WE ENJOY
THE QUIET BEAUTY
OF OUR ASHRAM**

Baba Ji also guides us how to utilize our time during this lockdown, how to make it more interesting and fun, making time for yourself to know your ultimate soul the biggest friend.



TIME FOR DOING MUSIC, SINGING AND DANCING



Darshan entertains Babaji and the Sonoma Ashram Sanga with an exclusive live broadcasted Katak performance.



ONE DAY, WE JOINED WITH
ALL OF INDIA BANGING
DRUMS, MAKING NOISE
AND CHEERING FOR
EMERGENCY AND
SANITATION WORKERS
WHO ARE ON THE
FRONT LINES



WE ENJOYED THE BEST NAVARATRI EVER

Because of the lockdown, it was only ourselves and the residents of the Ashram that were here to celebrate the sacred nine days. Everyone wore white shawls and lunghis. It was very special and wonderful.



With lightness of being, we proceeded from the temple to the ghat and Ma Ganga. Filling the kalashas, the copper pots you see, is very sacred.



AMRITA

In this moment the water like us begins its journey into becoming amrita or nectar

Yā devī sarva bhūteshu vishnu māyeti shabditā
Namastasyai namastasyai Namastasyai namo namaha



SWAHĀ





IT WAS DEFINITELY THE BEST NAVARATRI EVER



THE LOCKDOWN HAS BEEN A HIDDEN BLESSING

We got to listen to satsanga every night from the beginning of Navaratri. During the lockdown we continue to be blessed by our Guru Ji (Baba Ji) who's words to us are like Devine Mother's Prasad. His darshan guides and teaches us how to stay calm and utilize the time that has been created as an opportunity.

Om jay aòghaṛa dānī

