

SRI SARVESHWARI TIMES

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“Have forbearance, consume less and do not let your Self-respect die”

~Wisdom of Aghoreshwar Bhagwan Ram~

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



Gratitude for What We Have - COVID-19 Pandemic

We have just come out of Navaratri. It has been a little different this time - it was just the Ashram residents because of the shelter orders and social distancing. Even now in this room there is just a handful of residents, but in our minds, we are connected with our friends and family scattered all over the world. You are very much in our thoughts.

May all our prayers and meditations be directed towards bringing strength to those who are on the front lines, doctors, nurses, police personnel, people who are bringing comfort to those who are suffering.

I am very much aware of the hardship that people are experiencing on all different levels. People who live paycheck to paycheck, people who live hand to mouth, people whose livelihood is dependent on being able to go out to work every day. The anxiety the fear that they are experiencing.

One thing I know: this, too, shall pass. We live in a land of plenty. We are grateful to have space so we can practice social distancing. We are fortunate to have soap and water to wash our hands. Even to be at home, and have a home.

A little anxiety, panic, fear is natural. But at the same time we have to be aware of all the blessings in our life. We are very blessed to just have a home, a shelter; to

have a little grain in our pantry, like rice and beans. If nothing else, we can make khichari, and that's plenty. Our body doesn't need much; our body needs very little.

When together, collectively as a human race, we are going through a challenging time like this, it's our dharma to minimize the intake of the world. Practice modesty. Be moderate in your intake. Whatever food is available, eat it with relish. Eat it with a feeling of gratitude. Welcome the food you are eating. Let your body be open to receive it, digest it, and distribute it in the form of nutrition all over your body.

Whatever we see, may we see with the eye of appreciation and of gratitude. Realizing that we are so blessed to be able to see nice, clean grounds, flowers, trees, bushes and to listen to the sounds of the birds.

Mother Nature is forcing us to slow down. Just within a short span of a few, a couple of weeks, when the human race has slowed down, nature has come into its abundance. There is clean air, clear water, the skies are free of planes flying all around. Yes, there is a little inconvenience, but we are fine. We are really fine.

May this time give us an opportunity to really slow down, and look at ourselves. How are we living? Where are we going? Can we change it in a way that is more in balance? Because the way we are going now, the way we are consuming, there is not enough. Mother Earth can only provide so much.

We have to look at our greed as a human race. How much mining are we going to do? How much drilling are we going to do? How much taking, taking, taking from the Earth are we going to do? Taking from the oceans, from the Earth, from our environment; polluting it with our agitation. In our hunger to want more, and more and more, we are creating hardships for ourselves and our future generations.

In India, the cities have become so clean. These cities that are the most polluted on the planet. In just a couple of weeks of human slowing down, people can see the blue sky, there is no smog, and the trees are looking green instead of black.

May this event give us an opportunity to look at and re-evaluate how we are living. We can turn this time of inconvenience into an opportunity to rise above our self-created limitations and really bring some adjustments into our own lives. It is the social responsibility of each individual to take only what they need. Not more. Even

during this challenging time, if each human being could come to that realization, and start taking less. Don't suffer; don't put yourself in hardship unnecessarily. But don't waste.

May our thoughts be positive. May our thoughts not create panic. May our thoughts be those of consolation. May we take a little responsibility for ourselves. And most of all, once we have taken responsibility for ourselves and we are fine, may our hearts be open to help those in need. We all have some friends and family or acquaintances, no matter where we are, we know if someone is going through a little hardship. This is our dharma at this time, to reach out and ask, "Is there anything I can do for you?"

I bow to that stillness in your heart, and thank you all for being there.

Om hare hare, mahadev, nama. Parvati, pate hare hare.



Ashram's Daily Meditation Schedule

Monday - Friday

6:15 am - Meditation

7:00 am - Morning Reading

7:00 pm – Meditation*

Saturday

8:00 am Meditation

8:30 am Morning Reading

7:00 pm Meditation*

Sunday

10:00 am Meditation

10:40 am Babaji's Satsang

7:00 pm Meditation*

*Join the Ashram's Arati every evening by livestream starting at 7:30PM:

<https://sonomaashram.org/satsang/webcast/>