

SRI SARVESHWARI TIMES

Volume V , Issue No. 5

MAY 2020

“Seeker, are you afraid of circumstances? Become fearless, become quiet, let even the remains of fear dissipate without leaving a trace.”

~Wisdom of Aghoreshwar Bhagwan Ram~



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

Fearlessness

Hara Hara Hara Mahadev. What we were just chanting is basically a call, a remembrance, of Mahadev. Maha means “grand.” Deva: “divinity”. It’s another name of Shiva. Basically, this chant is a call to that presence, that state of being, the Self.

What does Shiva represent? One who has conquered fear. If you have seen any of the pictures of Lord Shiva, he is depicted with poisonous snakes coiled around his neck. It is said that in the presence of a Great Being, even wild beasts lose their violence. When there is no fear, there is no vibration coming out that could entice somebody into reacting with violence. No fear.

If we look at our own life, the society, and the way it runs, the way nations run, the way our world is run; it is running based on fear. How many of our actions are based on fear? Can we be free of that fear?

In all traditions, the root cause of fear is attachment. Attachment to happiness, joy, and experiences through our senses or through our mind. Attachment to comfort, to feeling good, to having everything be easy and convenient; to all of those things that make us feel good. Attachment to this life. “Oh, I won’t be able to enjoy this life if I die.” “I won’t be able to enjoy all this I have created if I die.” “I won’t be able to taste; I won’t be able to smell; I won’t be able to touch; I won’t be able to feel.”

Wanting more and more and more. We want it to go on forever; but we all know; nothing is there forever.

This fear that governs our life, ruins our life. Out of fear we pray. It works, because when there is sinking in the ocean of fear, what is there to save me? Prayers, devotion, faith, trust. All these little boats are there, and one can get hold of them, and stop from drowning.

The Mahadev within us is fearless. The Mahadev that we were calling upon, is smeared in ashes. Ashes represent the essence. Wood appears to be certain way. When it's burned, it is transformed, and what remains is ashes. That is the truth.

Yes, I live in the world. I am given these five senses. I engage in the world and enjoy the world with them, but that is not all that life is about. Whatever I do, whatever I think, whatever I engage in, can I ask myself, "Is this particular action going to support, increase, enhance that feeling in me, or is it going to set me free from that fear?"

Mahadev, Lord Shiva, is considered to be the ultimate Guru of all and founder of all yogic traditions. He is the embodiment of simplicity, whose heart is easily pleased. One who is very much in appreciation of what is in front of him. There is no complication; there is no drama.

When we do *not* appreciate what we have, it is very easy to fall back into fear. It could be something that right in front of us, but instead of enjoying it and appreciating it, we could live in the fear of "What would happen if I lose it?"

It's a very good thing to look at. We all have some traces of fear in aspects of our lives. Can we catch ourselves in the middle of fearful thoughts and turn them around? This is the essence of a spiritual practice.

Look at your mind: Am I coming from a place of fear or from a place of appreciation? The more we begin to look at our self, the more we begin to smile and resist going into fear, the more we are able to try and look at the situation a little differently.

Be fearless. Shivohum - I am Shiva. We are all Mahadev. Each one of us has that Shiva element within us. Many great beings in the past have realized that state of being. They have become free; they have become a good role model, good example, that their stories are sung even today. We are all capable of that.

Baba used to say, "It's easy to awaken a sleeping person, but one who is pretending to sleep, it's very difficult to wake that person." We are all pretending to sleep. We know, but we don't want to look at our attachments to this body, to this life – to those things that make us feel good. It's difficult. It's painful. It threatens all the joys that we know.

Can we live in the knowledge that no matter what happens, I'll make the best out of it? The day I give myself that permission, fear has no grip over me. The worst comes, and we manage it.



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 PST:

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