



Sri Sarveshwari Times

Volume VI, Issue No.2

“Oh friend, haven't you heard? It is due to their words that people are admonished. It is because of their words that people are well treated and it is through their words that they are able to please even the divinities. ”

~Aghoreshwar
Bhagwan Ram

On a cool evening at the Sonoma Ashram, Babaji addressed the students who had gathered with the following:

It is through words that we are able to find a place in others' hearts. And it is through our words that we are thrown out of others' hearts. We must be very careful with the words that come out of our mouth - they are like arrows that cannot be taken back. It is through our words we are measured and weighed.

The moment we speak, we make an immediate impression on the listener about who we are.

Our words cause a ripple in the cosmos and in the heart and mind of those who are listening.

The wise ones, sages and saints, have always encouraged us to speak less - to speak only what is necessary and to speak the truth. And sometimes not even speaking the truth in the moment, if it would not be pleasing to the listener, Pausing before we speak. Thinking before we speak. The best is, we speak less.



Practice Essentials

Start with 3

Upon waking, sit up and take **3 deep breaths**. As you breath in, lighten your heart and calm your eyes. You can add intentions or affirmations for the day with each breath, such as:

- I love myself; I respect myself; I am here to serve the Higher Good

OR

- May I meet nice people; May my family and friends be happy with me; May I be an instrument of the Divine

A simple, yet profound way to start your day.

India Update

Kashi and Vijay are back at Amrit Sagar! Having completed their studies, both boys have returned to the eco-park to help with operations. Kashi will be responsible for the cows on the property which provide milk and bio-gas fuel for Bal Ashram. Vijay will be learning gardening and property management. Both boys thrived in Amrit Sagar in the past. Learning through “on-the-job” training will help them to succeed in employment in agriculture in the future.



Did You Know?

Babaji’s weekly Sunday Satsangs are now on Zoom. Each week, Babaji gives a talk, followed by a question and answer period and community time in zoom break-out rooms. All are welcome.

Please email us at info@sonomaashram.org if you wish to join!