

# SRI SARVESHWARI TIMES

Volume IV, Issue No. 5

**MAY 2019**

One who does not see earth as earth, one who does not see air as air, one who does not see lustre as lustre, one who does not see water as water, but who rather sees them all as a refuge for his life-breath, this person is the one who sees in the right way.



~Wisdom of Aghoreshwar Bhagwan Ram~

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

## SACREDNESS OF THE FIVE ELEMENTS

This body is made out of five elements. Earth, water, air, fire and space. Not only in this body - everything in this Creation. Everything that we see has the presence of those five elements. What is inside is also outside.

The yogis have always talked about meditating on the five elements because that is what we are made out of. How do you meditate on five elements? How do you acknowledge the elements that are outside and also on the inside to enrich yourself?

What is our relationship with water? We drink it, we cook our food with it, we wash our bodies and our clothes with it, we water the garden with it, etc. Have we ever thought about the sacredness of water? It's in abundance all around us. We use it, but how often are we really thinking that this is a sacred thing?

There are whole traditions that have developed around the use of water. In India, there are some who chant mantras while bathing, to remind themselves of the sacredness of the water. Invoking the blessings of the sacred rivers of India, they say, "Please come. Touch me inside and outside my body. Bring that purity." Water is a very good medium. Our intentions, our thoughts, whatever is going on inside goes into the water and then can come back to us.

When a someone comes to visit, it's a common practice to offer a glass of water. If you are irritated or not happy to see them, that sentiment goes into the water and they drink it and get more agitated. But if you offer a glass with a smile and welcoming sentiment, when the guest

drinks the water, they feel good. Those rituals have come into our daily life, and we all do them, but we may not be aware of the sacredness that may be behind them.

Fire. In Ayurveda, the root of all the ailments is your agni - the digestive fire that is constantly burning. If that fire dims, the food is not digested and then illness starts. How do we awaken the fire within us? Have we ever thought of the fire outside being sacred? In our Ashram - we have a fire ceremony on each full moon. In that sacred fire we make offerings and prayers, and they magnify. On the altar we keep a lamp, which is also a symbol of fire. Look at the flame, close your eyes and hold the image of the flame in your mind, in your third eye. These practices help to awaken the flame within you and make you more vibrant.

Earth. The earth is supporting us constantly - 24 hours a day, 7 days a week. From the moment we get out of the bed to the moment we go back to bed. How often do we really think of the earth as being sacred? Sitting in gratitude for this great blessing, the earth, is a very good way to get grounded. Take a few moments to sit and be grateful that Mother Earth is holding you. Bring your attention to the navel, your core, and imagine you are being held by the Mother Earth and let your body be saturated with gratitude.

Air. We breathe 21,600 times in the day. How many of those breaths are really mindful? How many times am I really present to that breath with gratitude? Being present to that breath means being one with the experience of how the breath starting, how is it traveling through the body, how is it interacting, how different parties of the body are opening to and receiving the breath. Imagine the breath is going between and permeating every cell of your body.

Everything starts with imagination. Anger, greed, lust, jealousy, fear - they all start with imagination. We can use that powerful tool of imagination towards something good like imagining and honoring the sacred elements that are within us and outside of us. Everything is right there. The whole universe is within.

Anyway, I'm not telling to you to do something new. Just pay attention to your daily life, how you are relating to the presence of these precious elements? Consider bringing a little mindfulness towards your relationship with them.

This body is sacred. To stay in the remembrance of that sacredness - we can give some attention to those five elements that are within us. Pay attention to what kind of relationship you have with them. Take a moment to say to yourself – I am made of these sacred elements. This is a sacred moment.

And please do not doubt it. It's the doubt that separates us from our strength and from our ability to do anything. Anything is possible. Start with what is right in front of you. Start with water!



## **Upcoming Events at the Ashram!**

**Saturday, June 8th** (9:30 am – 12:30 pm)

*Yoga and Mudras with Joanne Brown*

**June 2<sup>nd</sup> – July 2<sup>nd</sup>**

*A month of Chi Kung classes with Richard Mendelson*

Introductory Workshop: Sunday June 2, 3 - 5 pm

Classes: Tuesday evenings: June 4 - July 2, 5 - 6:15 pm

**Saturday, June 15<sup>th</sup>**

*Family Day*

**Friday, June 14<sup>th</sup> to Sunday June 16<sup>th</sup>**

*Family Day (Saturday June 15<sup>th</sup>)*

*Family Weekend Retreat*

Bring the whole family for one day or plan a weekend to connect with the earth and each other.

**Friday, July 5<sup>th</sup> through Sunday, July 7<sup>th</sup>**

*Restorative Yoga Nidra Weekend*

Nidra means sleep. Deep meditation done laying down. It can be as restorative as sleep while being fully aware.

**Thursday, July 18<sup>th</sup> through Sunday July 21<sup>st</sup>**

*Fascia Yoga Weekend*

Increase flexibility, build strength and cultivate ease in your yoga practice. Open yourself to deeper healing of mind, body and heart. Explore new possibilities as you discover subtle realms of your body.



## **Ashram's Daily Schedule**

### Monday - Friday

6:15 am - Meditation

7:00 am - Morning Reading

7:00 pm - Meditation

\*Thursdays: 5:00 pm Guided Meditation in Spanish

### 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