

# Haidakhandi Universal Ashram Newsletter

Connect with the Ashram



Shop

[www.babajiashram.org](http://www.babajiashram.org)

## August, 2013

Dear Friends,

What a wonderfully wild time it has been lately at the Ashram with the Samaj weekend, family week, getting ready and having a big and successful garage sale, and all of the late summer visitors. Obviously, writing this newsletter has not received top priority as it is 13 days late! (This will just cover only July news, August news will be in next month's newsletter.) It has been a very special and blessed time, however, even with a few over-the-top moments. I am grateful for my daily practices as well as some things that I have learned recently that help keep me on course and often in bliss.

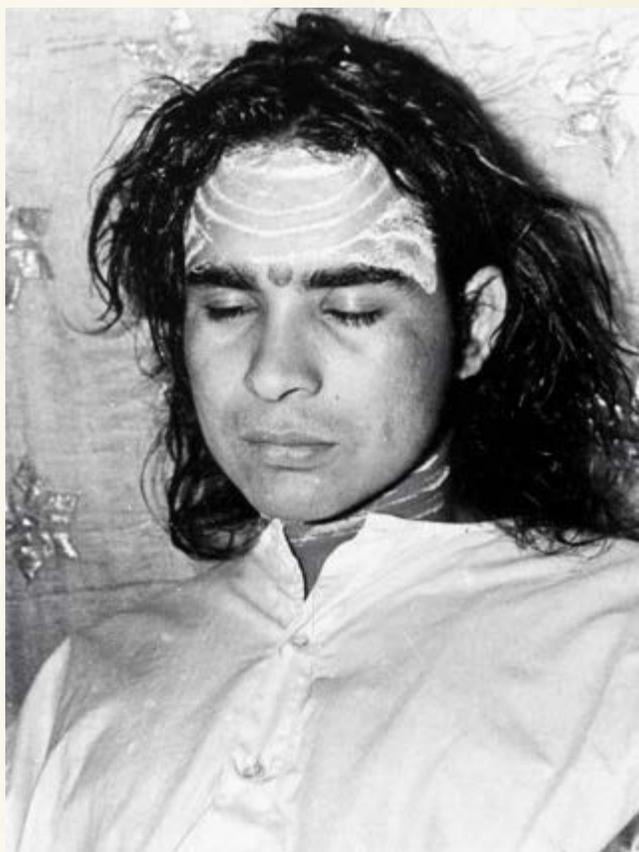
The first is this mantra that I recite before our daily fire ceremonies and other pujas:

"Om Apavitrah Pavitro Va, Sarvavastham  
Gatoipi Va,  
Yah Smaret Pundarikaksham, Sa  
Bahyabhyantarah Shuchi Swaha"

This has such a profound meaning for me.  
"Om the Impure and the Pure reside within  
all objects. Who remembers the lotus-eyed  
Consciousness is conveyed to radiant  
beauty. I am one with God."

Such an excellent reminder that we can find both positive and negative in all things and that we always have a choice to focus on the Divine and not be overly attached to how things turn out and always be in bliss. This reminder was reinforced during the workshop by Sofia Diaz when she shared a saying from her teacher, Adi Da, "Stick with me!" She continued with a story of when she danced for him and was in such bliss she barely knew what she was doing. This highly complicated, precise Bharatanatyam dance normally took all of her conscious attention so she did not know what to do. She said she remembered his words at that time and all went perfectly.

That evening at aarati as I was playing the harmonium, I found myself getting distracted by the sweetness of the children that were there. I began to make mistakes playing the harmonium. I then remembered Adi Da's words, "stick with me" and I just focused on the aspect of the Divine we were singing to and I played perfectly. This saying is simple and for me potent and has helped me this last week in so many different occasions come back to focusing on Shri Babaji and the Divine.



Another deep mantra for me from the daily fire ceremony is:  
“Om Gananam Tva Ganapati Gum Havamahe  
Priyanam Tva Priyapati Gum Havamahe  
Nidhinam Tva Nidhipati Gum Havamahe Vaso Mama  
Ahamajani Garbbhadhama Tvamajasi Garbbhadham Swaha.”

The meaning of this mantra also touches me to my core.

“Om We invoke you with offerings, Oh Lord of the Multitudes; we invoke you with offerings, Oh Lord of Love; we invoke you with offerings, Oh Lord of the Treasure. Sit within me, giving birth to the realm of the Gods within me; yes, giving birth to the realm of the Gods within me. I am one with God.” (These translations are taken from the book *Chandi Path* by Swami Satyananda Saraswati.)

Finally, I have also been rereading *The Untethered Soul* by Michael Singer. The chapter that has been most helpful for me is entitled Infinite Energy. It talks about the boundless energy that is always available to us, which we have all experienced some time in our lives, falling in love is one of these instances. But we have a habit of closing down our heart when someone says or does something we do not like or criticizes us in some way. It is our choice. We can either close because we don't like what happened, or we can keep feeling love and enthusiasm by not closing. When our hearts begin to close up, we can just say, “No, I'm not going to close down. I am just going to relax, breathe and let the situation take place and be with it.” Closing our hearts is a habit and like all habits, it can be changed by just staying open in more and more situations. At first it may feel unnatural as we have been closing for so long as a means of protection. But closing your heart does not really protect you from anything; it just cuts you off from your source of energy. You can learn to not buy into the concept that there is anything worth closing your heart over and feel the incredible bliss and enthusiasm of a loving life.

With deep love,  
Ramloti

---

## Ceremonies and Schedule

The new-moon fire ceremony this month was on Tuesday, August 6 and the full-moon fire ceremony is on Tuesday, August 20. The fire ceremonies begin at 10am and are followed by a meal. Please arrive freshly bathed, in a long skirt or pants with shoulders covered, and having fasted from grains, cereals, meat, eggs, garlic and onions. (Fruit, yogurt, nuts, veggies and tea or coffee are fine to eat before. Also if you have a dietary need for something more hardy before our meal at 11:30 or so, please partake.)

Our evening aarati is at 6pm and morning aarati is at 7am with a paduka puja in Shri Babaji's kutir each morning at 6:30am. Lunch is served at about 12:30 pm, and we invite you to join us. (Call if you are a group or have special dietary needs.) The Maha Lakshmi Shop is open every day from 10am until 5pm.



If you would like to participate by sponsoring a fire ceremony or a bhandara (feast), we would like to send you a blessed item from the fire ceremony. They are:

\$27 sponsorship - Copper, brass, nickel Om Namah Shivaya bracelet

\$54 sponsorship - Rudraksha, Rosewood, or Tulsi Mala

\$108 sponsorship - Rose Quartz Mala or a copper, silver, brass bracelet

You can make the donation online by just [clicking here](#) or by calling 719-256-4108, or by emailing the Ashram at [info@BabajiAshram.org](mailto:info@BabajiAshram.org). You may also send us a check made to HUA to: P.O. Box 9, Crestone, CO 81131. We are continually grateful for all of your support of the Ashram.

---

## Fall Navratri - October 3 - 12

Oh Mother! How grateful we are to be your children. How grateful we are to be able to make You nine new saris and celebrate Your sublime beauty and beatitude during the Navratris (Divine Mother Festivals) for nine days each spring and fall. How grateful we are to be able to come together this October 4 through October 12 to bask in Your love and energy. How grateful we are to hear Your stories and do Your pujas during these days. How grateful we are to do a large fire ceremony each day and feed the multitudes. How grateful we are to be

Yours.

Thank you Mother!

We are making plans for our wonderful Fall Navratri, the Divine Mother Festival. This year it begins on a Friday and will complete nine days later on a Saturday, October 12.

We already have people booking for this auspicious time of daily fire ceremonies, pujas, discourses and chanting honoring our beloved Mother.

So call the Ashram at 719-256-4108 or email us at [info@babajashram.org](mailto:info@babajashram.org) for more information or to make a

reservation as the rooms are pretty full already for all of the weekend nights. Haidakhandeswari Mata Ki Jai!



---

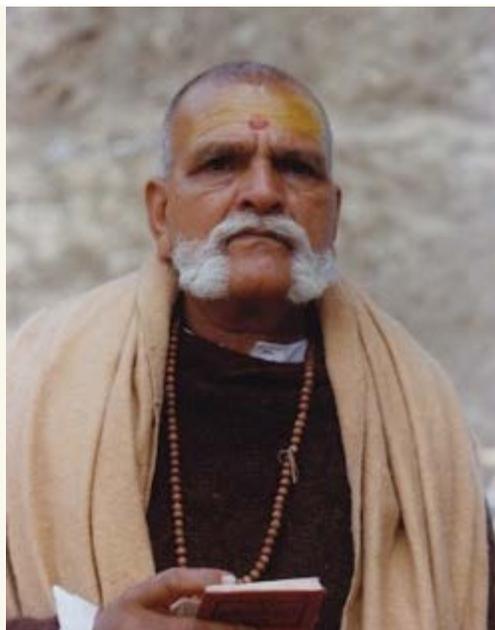
## **PEARLS OF WISDOM from Shri Vishnu Dutt Shastri**

Question: Why did God create darkness?

Answer: When the Lord created the qualities of nature, both good and bad qualities emerged.

Where there is no darkness in the world there is no light. We only can perceive darkness when there is light and vice versa. There is a saying in the Vedas: "O Lord, I am in darkness, please lead me to the light". The second part says: "O Lord, all my body and my senses are engaged in negative deeds, please let me be engaged in positive acts only". And the third part says: "I am going to die, O Lord, please lead me to immortality".

If there would be no pain in the material world the



feeling of happiness would be unknown. Only when human beings can taste the difference between pain and happiness they are able to choose between these two qualities. By seeing the results of painful deeds, unhappiness, they are able to see happiness which results out of happy acts. The same is valid for all other contrasts. If there would be no cold, no warmth would exist.

The darkness we perceive at night is only slight compared to the darkness that resides in the heart of man and to remove that darkness, even a thousand suns would not suffice. The grace of the Guru is necessary to remove the darkness. Nowadays, people are born into darkness and when they are reborn they completely forget their previous lives. But when a human being comes to the Guru in whom burns the divine light, He will - by his power-know the past of the disciple by just a



glance. Because of the Guru's prevailing divine light, He can perceive - by way of His light, and also through the third eye - the past lives of people. In fact, the Guru does establish a connection between the past and the present life, He simply joins them together. If in a past life we worshipped God in a certain way, the Guru will help us to perform the same worship, worship of Shiva, Christ etc. We cannot achieve everything in one lifetime. Thus, by connecting our actions from the past to the present he keeps us going on and on and he makes us grow.

Even in the deepest darkness there is a spark of divine light and this spark enables us to recognize what comes from God. This is the reason why human beings have the chance to find this spark of divine light within themselves guiding them along their path until they reach their goal. Moreover, darkness is a gift, only through it are we able to find the light. Pain, likewise, is a gift, because if we feel pain, we also can feel joy. Therefore, we should be thankful for the existence of darkness; in darkness we can perceive the divine light which will take us across to the other side of darkness.

---

## Karma Yoga at the Ashram

We have had so many gracious, generous, intelligent, hard-working, and joyful karma yogis this

last month. We have accomplished more than ever with all this help. We remodeled the Shop and office and painted the west entry hall. Just preparing for and carrying out the largest family week we have ever had at the Ashram was huge. We also did large amounts of weeding, cleaning, organizing, wood gathering, harvesting, baking, preparing for fire ceremonies, and hosting scores of visitors. It has been a rich month and we thank all that participated so fully. We are blessed by your presence. And as Babaji said, "This work is not for Me but for you. This work will go with you wherever you go."



We are



come and help at the Ashram and to all of you that help make these projects possible by your financial donations. We ask each of you to look into your hearts and see what this Ashram means to you and to please donate as you are able. You may go to our website and [donate through PayPal](#) . (You can even set up a monthly tithe.) You can also send a check (made out to HUA) to P.O. Box 9, Crestone, CO 81131; or you can call us at 719-256-4108 with a credit card number. We want to thank you for your support, love and prayers.

---

## Recent Events

### **Guru Purnima Celebrations in Germany and in Crestone**

The Guru Purnima international celebration in Riefferath, Germany was a wonderful and huge event with nearly 300 people in attendance.



At the Ashram here in Crestone we had a paduka puja with some touching stories and bhajans followed by the full-moon fire ceremony and bhandara. This was also all well attended with lovely weather. The abundance of recent rain made it possible to lift the prevailing fire ban and a large havan could be conducted. The love and gratitude in our hearts for Babaji was deep. Bhole Baba Ki Jai



### **Annual Ashram Board Meeting**

It is always a treat to have many of our long-distance Board members travel to the Ashram for its

annual meeting. We are deeply grateful to all who serve on the Ashram Board of Directors for all the guidance, service and love that they give to the smooth sailing of the Ashram. Thank you!



## Family Week, Sofia Workshop, and Samaj Weekend at the Ashram

This year's thirteenth annual Family Week was the largest by far that we have ever hosted. Over sixty people participated. Sofia's workshop on Stillness was also profound and well attended. The Samaj weekend was full of inspirational stories and ideas. Here is some feedback from the participants of that week.



*After this week, I have such a deep and complete sense of peace. I want to thank all of you who created a safe and loving space for my soul to stretch out. I could never learn more about love and its infinite expressions than I do at family camp during these few exquisite days. I'm grateful for the freedom to be a crybaby, a crumbling disaster or a goddess. All is accepted and loved, and for that I bow to all of you. Ramloti, Sofia, Jonathan, Prem – thanks for bringing this amazing family together. Jai Ma!*

Casandra and Sydney - Boulder, CO



*It was very nourishing for our family to be together in such a loving community of conscious families... and feeling so much appreciation for those supporting*



*us through their generous presence with our children and gifts of karma yoga. Camping at the ashram can't be beat: gorgeous views, easy access to bathrooms, hot showers and deliciously prepared vegetarian meals... we felt truly spoiled in all realms! We know we will be back and very much look forward to reconnecting with our ashram friends, old and new. Deep gratitude and blessings.*  
Catherine, Mitchell, Ella and Silas, Ft. Collins, CO



*Thank you for our third wonderful family week at HUA - each year by the end of the week our hearts are opened more than ever.*

*Much love, Chris*

*There is an original way of living that takes hold at the Ashram: community, collaboration, respect, wonder, laughter, devotion, and deep loving are the norm.*

*This creates a frequency that is simply inhospitable to negativity, which leaves of its own accord. I vibrate differently after family week, allowing me to unfold more divinity into my own life, family, and the world. Thank you for creating and sustaining this space of transformation and love. Be Blessed, Shara*

*Shara, Chris, Grace, and Eve - Albuquerque, NM*



*Family week is always an extremely special time for me and for my daughter, Naina. The love overflows here always and especially when all of us gather together, loving the children loving Baba and Mother and each other.*

*It touches my heart so deeply to see the conscious and loving way the parents interact with the children. I'm inspired by everyone's authentic sharing in Sofia's circle and during the daily family*



*meetings. And by everyone's deeply felt desire to sustain the preciousness of this community. Chanting together while doing karma yoga in the kitchen or playing with the children, the*

*dancing and smiles and reverence in the temple, and the growth and awareness that we all share... All of these are sacred moments to me that I cherish. It seems after eight years of participating in family week that I can feel the golden threads woven between all of us made of love, truth, and a commitment to openhearted that sustain me throughout the year. I am eternally grateful to everyone at the ashram, and everyone who makes the sojourn to be together in this beautiful way each year. Family week and the Ashrarm enrich my life beyond measure! Bhole Baba Ki Jai!! Jai Ma!*

Sherry and Naina - St. Louis, MO (Naina pictured with Benjamin from CA who loves her so much!)

*Normally, I love to write, but this year my time at the Ashram was spiritually grounding and inspiring beyond words. Sophia's workshop added to and enhanced this feeling of being at peace and still able to do deep emotionally and spiritual work.*

I am so thankful for such a place.  
Panna Singh - Sonoma, CA



*It was such an amazing family week! i so enjoyed the singing all together in the kitchen, doing dishes, doing the morning havan kund with Sherry, dancing with the kids at aarati, the morning family meetings, the opportunity to connect with dear old friends and make new ones, to get to camp out in such a gorgeous peaceful place under the stars and the phenomenal workshop with Sofia. Thank you everyone and the ashram crew so much. i love you all.*

Venture and Fiona- Boulder, CO



*It was a wonderful weekend with the Babaji Samaj. The Ashram shakti just keeps getting stronger. You are all doing great work there at Babaji's Colorado home. Love to all.*

Melody - Fairfield, Iowa



*I've brought different grandchildren to the ashram throughout the last six years. As a grandmother, I had the most enlightening experience in the workshops that are offered every morning during Family Week. Our very beautiful, thoughtful, and enlightened facilitator, Sofia, was so insightful to the needs of the group. It felt as though her lessons were for me specifically. Then after the day's workshop we had the opportunity to congregate and share our thoughts with each other over lunch. Everyone had the same thought: that the lessons were directed to them in particular. It is truly a blessing to be able to participate in a space that is so healing and loving.*

*My grandchildren had the opportunity to experience the beauty and freedom of the openness of the sacred mountains that surround them while at the Ashram. My grandchildren would sing the songs they learned during the morning and were so excited about the new friends they met. In the afternoon we would spend time creating larger family relationships with everyone else who participated during the week. It was a great experience to realize family and spend quality time learning together as parents, family, and community. Love to you all. Dora, Vanaiah, Zaden, and Izaiah*

- Denver, CO

*It was such fun teaching all the children this year and seeing them grow from last year. Our own kids had an amazing time connecting with new friends and exploring the ashram. The energy and smiles of the kids, parents, and counselors made the week so incredible. Love, Sarah*

*It was so rewarding to see my kids making close connections with others their age, and I got the sense that those will be long-lasting friendships. I also really appreciated interacting with other parents whose priorities were in raising children who are compassionate, kind, and with a deep connection to nature. Love, Amil*

*Amil, Sarah, Gavin, Benjamin, Dylan, and Ryan - Encinitas, CA*



*I felt very blessed to visit Babaji's Ashram in Crestone and to share family week, the gatherings for the Ashram and Samaj Boards and Annual Membership meeting with so many sisters and brothers. It seems a fragile thing to have so much riding on the shoulders of so few. Ramloti, Prem and Jonathen serve with great care and devotion in looking after the Ashram for the rest of us. At the same time it was incredibly inspiring to me to see so many gather and work together in great harmony to make the time a wonderful experience for everyone.*

*Ramloti's sons Jake and Amil (photo below) were about eight and ten when there started visiting Babaji's ashram in India. My two kids were just about that age when we started summer trips to Crestone. Back then people were asking: what can we do to include and serve kids and families? This year my kids lamented it but they and others of an age have cycled away from summers at the Ashram and into jobs and getting on with college. But, Jake and Amil, their wives Simone and Sarah and their children, and many new families were there. They filled the Ashram and guest houses to overflowing. And in the end it does not feel fragile at all. The large and diverse community of caring that surrounds the Ashram is a growing and loving legacy. It is an inter-generational community that will thrive and be inspired by the rich traditions of Babaji. Bhole Baba Ki Jai! Lok Nath - Tacoma, WA*



And More family week photos - what a blessed and fun time!







---

## Warm Weather Visitors

It seems that as folks realize the summer vacation is coming to an end, they all want to have one more darshan of the Divine Mother and Babaji. It really has been non-stop visitors. It is always a joy to meet new folks and welcome our long-time friends to the Ashram. There is no way that we can photograph all of our visitors and get them all in this newsletter but here are photos of some of them. We love you all.







---

## Calendar for 2013

October - 4 - 12 - Fall Navratri - Divine Mother Festival with daily fire ceremonies, pujas, discourses, reading, chanting and other ceremonies.

November 3 - Diwali, Festival of Lights.

## Calendar for 2014

February 28 - Shivaratri - All-night chanting followed by a fire ceremony at 10am on March 1.

March 30 - April 7 - Spring Navratri - Divine Mother Festival with daily fire ceremonies, pujas, discourses, reading, chanting and other ceremonies.

July 12 - Guru Purnima

July 26 & 27- Annual American Haidakhan Samaj Weekend and Meeting.

July 29 - August 1 - Annual Family Week w/ concurrent Sofia Diaz Workshop.

September 23 - October 1, 2014 - Fall Navratri - Divine Mother Festival with daily fire ceremonies, pujas, discourses, reading, chanting and other ceremonies.

October 23, 2014 - Diwali, Festival of Lights.

---

## **Maha Lakshmi Shop Report**

The two inspiring books that I spoke about above are available in the Maha Lakshmi Shop. They are the *Chandi Path* by Swami Satyananda Saraswati which sells for \$25.50 and *The Untethered Soul* by Michael Singer which sells for \$16.95. Both are available on-line from our Shop site. Just go to <http://mahalakshmiishop.wazala.com> to order.

Many of our Shop items are on line, but you may still call the Ashram at 719-256-4108 and place your orders over the phone (every day from 10am until 5pm Mountain Time). We are happy to answer any questions. We take Visa, Mastercard or Discover. It is really nice to connect in this way. We love to talk to you.

The Shop is a major supporter of the Ashram, so we deeply appreciate your patronage.

Maha Lakshmi Mata Ki Jai!