



YOGEEESH ASHRAM & SIDDHAYATAN

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How to Know the Soul: Change your Self, Transform your Self

Acharya Shree Yogeesh

Founder, Yogeesh Ashram & Siddhayatan Tirth

Instead of knowing others or knowing God, the essential thing to do is to understand and know your self. If you try to know God or see God's face you are on the wrong track. You cannot know God without knowing your self. If you know your own face and know who you really are, you know others and you know God.

You need to change yourself; change starts with you. This is not an easy task however. All of our focus is to change others but this is not possible because the other will always fight you. When you change, everything around you will be changed and the world will be peaceful for you. By the Law of Nature, the universe and you are always in a state of flux. A baby changes one day to the next and someday it becomes a grown man or woman. This change is gradual. But understand that this change is not the real change. The real change is when you are transforming all your lower inner qualities. When anger is transformed to compassion and love that is the real change and that brings you peace.

On this topic I wrote a poem saying:

You cannot achieve the highest goal by acquiring plenty of money.

You cannot bring the change in you just by wishing.

Unless you put effort into it change will not happen.

All your lower qualities have to be transformed.

Once you take the step and make the changes, you will be closer to the highest consciousness. In order to know your self you need to look at your self. This is a gradual process and you have to be willing to make the change. Just by changing your self you will change the whole world. Focus on your self; realize your self. Change is an inner phenomenon. This transformation will help you to see your face and meet your soul.

- Summarized by Eileen Shahbazian -



DONATIONS

APRIL 2009

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| Fayvor Steward (Houston, Tx) | \$1120.00 |
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Thank you to all who support Yogeesh Ashram & Siddhayatan Tirth.

Siddhayatan Tirth and Yogeesh Ashram are registered Non-Profit Organizations. Donations are tax-deductible.

CONSTRUCTION NEWS

In mid-April the construction of the new family cabin and the renovation of the mandir and meditation room were completed.

PUBLICATIONS

Acharya Shree Yogeesh's "Secrets of Enlightenment" Vol I and II are available online at YogeeshAshram.org for a \$15 donation.

YOUTUBE VIDEOS

Acharya Shree Yogeesh's Conference Calls will be posted every week starting the end of April. To watch over 180 videos of spiritual discourse and practical suggestions to bring peace and clarity to your life, go to:

<http://youtube.com/yogeeshashram>.

MAHAVIR JAYANTI

Siddhayatan Tirth will celebrate Mahavir Jayanti on April 19th, 2009, with a spiritual discourse by Acharya Shree starting at 11:00am. All are welcome to attend.

SIDDHAYATAN

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