

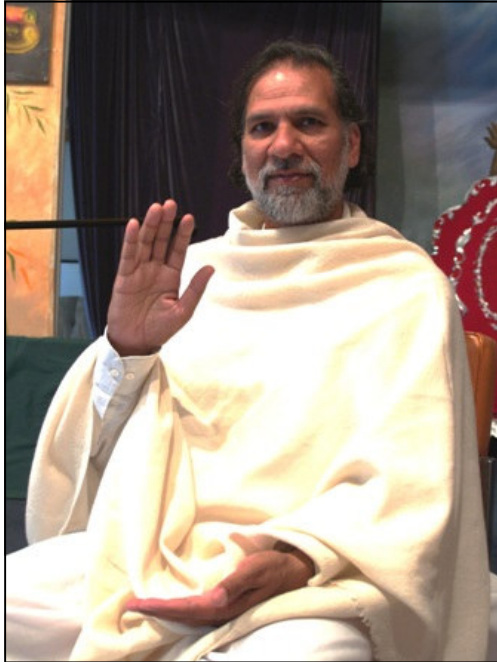


Yogesh Ashram

[A Place for Total Transformation]
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16345 Whispering Spur St.
Riverside, Ca 92504
(951) 789-6363

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The Essence: Be Still

Acharya Yogesh

Vivekananda was the first Yogi to come to the United States. In My childhood he inspired me by this one phrase, “Arise, Awake and never stop until the goal you reach.” At that time, I thought those words were the best thing in life.

We need to arise, to awake and never stop until the goal is reached. Yes, for normal people or people with lots of responsibilities, especially householders, this statement is very important. However, today, I cannot totally agree with him.

To arise, and awake is still inspiring to me. You have to arise. You cannot be lazy; you cannot be sleepy. You have to awake. You cannot remain the way you are right now. If you don’t awake you can never understand who you really are. But when he says, “Never stop until the goal is reached,” I have to disagree with him.

Does life have a goal? No, life has no goal. Life has purpose. This needs to be understood. If we think that life has a goal we are totally mistaken. Life never has a goal. This is why I am contradicting him today. Life has purpose. We have lots of purposes in our lives. We want money, prestige and respect. We want to be successful and have a beautiful house to enjoy. All of this is our purpose; it is not our

goal. This is why I consider his statement, “Never stop until the goal is reached,” erroneous.

In society this might work. When we go on and never stop we might appear to be winners in people’s eyes. But if we never stop, our real goal cannot be reached. Our purpose can be reached but not our goal. You might win the race. Even rats can win the race. The saying “Rat race” is very appropriate for this. But do you want to be a rat? If we consider having a beautiful Ferrari or a beautiful Merced your goal, we are wrong. This is our purpose. To have a goal is something else. A goal has no destination. Even in a spiritual atmosphere we can be confused. We have been promised to reach a destination and to be taken to heaven, to moksha, to nirvana or towards enlightenment. These are only destinations. Destination and purpose is the same, but goal is totally different.

Do you know what your goal in life really is? Life has many folds and many layers and it is surrounded by darkness. It is almost impossible to see through. How is it possible to reach our goal when we are surrounded by so much darkness? A Goal is purposeless and destination-less. To have a destination is to be tense. No wonder athletes become depressed and consequently very tense and break their bones. They not only hurt their bodies, but their minds also. For me, there is no difference between body and mind. Mind is also body, just a little subtler than body. Thought is also body. Thoughts have shape and form, just like the body. They can be caught. We just need to be a little clairvoyant or psychic and we can read any thought.

Manas Paryaya is a beautiful word. I have read this in a Jain text. The mind has shape and it changes its shape all the time. It never remains the same. It is always new. It changes moment to moment. People who ask how to calm and control the mind are asking the wrong question. This mind is called Chanchal mind, and Chanchal mind is never still. How can we control something that is never still? Something that is running and never remains the same? The mind is like the river water. In every moment there is new water. It is like a flame, new in every single moment. If we are unable to notice such subtleties, how can we control the mind?

In Patanjali Yoga there is a great statement, “Yogash chit vriti Nirodhah”. Yoga means Union with God. Cit means cessation of what goes on in our mind, either good or bad. These words are telling that mind cannot be controlled. Mind can only be ceased. Mind can be dissolved, but it cannot be controlled.

- “The Essence” continued on next page

“Thought for the Day”

- by Acharya Yogesh

- *A wall divides. A bridge unites.*
- *God should be loved for God’s own sake and not out of fear.*
- *The REAL Treasure is hidden within you.*
- *If you want to love God and find it, first you should love each other.*
- *If you are willing to diminish your expectations, your life can take a stunning twist.*



“The Essence” continued -

Don't try to achieve your goal; know it is not possible. Life does not have goals; it has purpose and destination. You can fulfill your destination; you can reach your destination. Only your purpose can be fulfilled, but not your goal. In this life, you might have fulfilled your purpose to be a successful businessman; or a successful mother or father; or an extremely respectful person. But, unless you stop, the goal can never be achieved.

You have to find the way to still your mind. Those people who work around the mind never achieve the goal. Wherever you stand, there, is the goal. But because your mind is on the way it is impossible for you to see it. The mind is like a hurricane passing by. Can you control the hurricane? You can only let it pass. The same is with the mind. It can be bypassed.

It is very difficult to bypass the mind. You have to find how to dissolve it. But if you keep things tightly under control it will create trouble for you. You might get a heart attack or all kinds of different diseases. Frustration will set in, and anger will attack on you. You might not want to look bad in others' eyes so you control. Control anger, and anger will manifest itself in many different ways. Do you know that to control anger is like controlling poison? Really, it is the same as storing poison in your system. Let it out. But make sure you find a good way not to hurt yourself or others.

People are sick because they suppress everything. When all emotions are suppressed there is no other way, but to break. Gandhi is a good example of this. Gandhi taught people very good things. He taught nonviolence. His motto was, “never react no matter how much people hurt you.” Even if they attack you, never attack back. Gandhi wasn't wrong in making these statements. He omitted recognizing that people lacked his sense of knowing and had no awareness of what nonviolence really meant. People merely followed his advices. Just following Gandhi is not enough. Nonviolence is much more than following someone's advice. Nonviolence is a state that needs to be realized. People followed him and the result was devastating. Because violence was suppressed the resulted was extreme violence. Hindus and Muslims, both fought against the British to liberate India and be free from them. But one day as the partition happened they started killing each other. More than a million people got kill. Gandhi couldn't take such violence. He never expected that from his teaching, such violence could erupt.

If you go on suppressing any emotion and are unable to share with people whom you trust, one day it will kill you. I teach you not to suppress but to share. Too much suppression creates depression. The Doctor might subscribe you some Prozac, and then what? You might have to take it forever and be a slave of your medicine. Let everything out. Don't hold back your emotions. If you can do this, you will become the most beautiful person. By letting go, you will experience stillness and your goal will be achieved right there and then.

“Arise, awake,” this is what I work with. I don't work with your mind. I work with you. Stop, be still, and your goal is achieved. If you want to achieve your goal you have to start where you stand. Mahavira said, “Take one step and you have arrived”. Take a step and you are there.

—Summarized by Daniela Romero

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Yogeesh Ashram

16345 Whispering Spur St.

Riverside, Ca 92504

(951) 789-6363

www.yogeeshashram.org

yogeeshashram@hotmail.com

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