



YOGEESH ASHRAM

A Place for Total Transformation

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2008: Welcoming the New Year

Acharya Shree Yogeesh

According to the Julian calendar we are here to celebrate the beginning of 2008. However, calendars are not fully accurate. Indian calendars sometimes have to increase by one month, and sometimes decrease by one month. But few facts remain constant in every calendar. The beginning day and the ending day of the year are always the same. If the New Year starts on a Monday it ends on a Monday. Maybe you were not aware of this. Also, February, March and August will always start on the same day. April and July start on the same day, too. September and December start on the same day but this does not apply to a leap year.

The year 2008 will be a very good year especially for the United States. It will be a very peaceful year politically as well. The 21st century is very good for Asia. Asia is really progressing. For the West it seems things are being disrupted. But this year even the Western Countries will start moving upwards again. In the science of numerology, 2008 adds up to the number 'one' making this a good year for U.S., but it is not as good for India. We will see a lot of prosperity and a lot of growth in the US and our currency will gain strength once again. The US Dollar will gain over the Canadian Dollar, and it will become close to the Euro in value.

2008 is the year to focus on improvement of the soul. The Number 'one' represents the Soul. This is the year to discover oneself and if you take this step you will witness a lot of improvement. In my opinion, New Year's Day is as if each person is having a birthday. This New Year is your opportunity to celebrate and to have joy, happiness, prosperity and spiritual awakening. These are my wishes for every one of you. Leave every bad memory that brought you heartache and pain, and turn a new leaf with a fragrance of new rain. Forget past mistakes.

Make a fresh start and make some sound New Year resolutions. Let me give you some good ideas. In the morning when you wake up, Be Happy. No matter what, always choose to be happy. As soon as you open your eyes feel happiness in your heart. You need to stop criticizing and thinking bad about others. If you want to criticize someone criticize yourself instead. Kabira was right by saying that if you look at your own heart you will see many shortcomings. You are full of shortcomings. Why do you waste time criticizing others? Don't finger point. Do you know that while you are pointing one finger at others three fingers are pointing at you? Your fingers are showing you that if they are bad, you might be three times worse than they are. Work on your health by eating properly and take good care of your body. Have a healthy diet. Stretch your body every morning because your body is the temple of the living God. Your body needs to be stretched because with age it will get stiff. Whether it rains, it hails, it snows, or the heat is too intense, never stop coming to listen and learn from the teacher. Share what you have and help. Also, when you first wake up in the morning recite a mantra. A mantra is a divine sound that creates lots of electricity around you and it purifies the energy before it enters back into your body. Always be a giver and give whatever you can. If you have extra clothes give them to goodwill. Don't throw anything that can be recycled into the trash. If you are not mindful and you choose not to recycle you will contribute to the earth dying one day.

“Thought for the Day”

- by Acharya Yogeesh

- *Problems really understood, disappear.*
- *The one who spends more than one makes is the same as hanging oneself with a noose.*
- *As light blinds an owl, ignorance blinds a person*

Dispose of all chemicals by taking them to the appropriate places. Don't throw them into the trash.

May this New Year bring you good luck, prosperity, and happiness, but most of all spiritual growth. It is not important to be religious, but to be spiritual is really essential. Only Spirituality can bring peace and calmness in your heart. Become spiritual this New Year because 2008 is the year of the Self, of the Soul. If you are spiritual you are good to everyone. Spirituality has to become your first resolution this year, and don't forget to meditate. Lord Mahavira said that if you meditate for only forty-eight minutes you would get enlightenment. This is your time, start and may all of your resolutions be realized this year.

- Summarized by Daniela Romero



Website / Video Statistics

Over 80 videos are posted of Acharya Shree Yogeesh on various spiritual topics. As of 3/14/08, his videos have been watched over 24,100 times. That is almost a 21% increase in views since January.

Recent Travels

Acharya Shree Yogeesh travelled to New York, before arriving at his destination in New Delhi, India. Acharya Shree lectured and met with many families, often giving spiritual advice and healing. An accomplishment of his travels, was the laying of foundation needed for the children's school.

Acharya Shree traveled for 5 weeks.

YOGEEESH ASHRAM

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Donations

Yogeesh Ashram is a Place for Total Transformation of human life. We are blessed to have a Self-Realized Master like Acharya Shree Yogeesh. He delivers lectures on various topics and subjects which leads us to spiritual growth.

Because of your cooperation and contributions, you help the Ashram grow:

January 2008 Contributions:

Sawarna Puri \$150 (NY)
Gita & Dinesh Sood \$101 (NJ)
Anita & Rakesh \$75 (NJ)
Neelam & Pramod Munjal \$51 (NJ)
Shubhangi & Shashi Mulay \$51 (NJ)
Eileen Shahbazian \$40 (Corona, Ca)
Lalita & Raj Chaddha \$31 (NY)
Pooja & Surendra Sahini \$31 (NY)
Usha & Sultan Jain \$21

Thank you for supporting the ashram.

LIVE TELEPHONE CONFERENCE

Acharya Shree Yogeesh will be hosting a live 10 minute telephone conference every Saturday.
(Every other Saturday in Hindi.)

The following information will provide access to the Conference:

Access Phone Number: **605-772-3100**
Access Code: **687137#**
Time: **10:00a (PST) 12:00p (CST) 1:00p (EST)**

International access phone numbers are available at
www.yogeeshashram.org/multimedia.html