



# YOGEESH ASHRAM

*A Place for Total Transformation*

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## *Dual Minds*

**Acharya Yogeesh**

In the human form there are two minds, the outer mind, Dravya Manas, and the inner mind Bhava Manas. These two minds are separate and the outer mind cannot transform or change the inner mind. Just like a house, which has a boundary, the outer mind also has a boundary; it has a circumference. The outer mind needs to have this boundary because without it there will be complete chaos. The outer mind is happy roaming the outside world and loves to be distracted with things. Outer mind really dislikes going within. When its focus extends outward toward matters of the senses such as wanting to have a house, cars, clothes, food and other objects relating to the external world, this outer mind will be happy and at ease. Actually the outer mind is very cunning and clever. It is truly expert at escaping. If you want to quit smoking you might find a way to do it. But if nervousness, stress or tension attacks you, you will find another way. You will start chewing gum, or you will start focusing on breathing. If breathing does not work you will focus on a mantra. If mantra does not work you will move to prayer. If prayer does not work you start reciting the name of God. Mind keeps looking for the next beautiful thing and this litany of activities go on. Yet this great escaper will go on refusing to look within. It is only when it becomes fully dissatisfied, depressed, unsettled and begins seeking guidance that the outer mind can turn within and influence the inner mind.

The outer mind exists because it serves a function. It is an important tool if it is used properly. It can help you discover things. The outer mind cannot transform the inner mind but it can influence it when it submits to cooperation. It can be the instrument with which a person makes observations about oneself and direct focus to the inner mind.

The inner mind is the shadow of the soul. The inner mind is like a prism. When you have a flower near the prism, it is reflected in the prism. The flower is not *in* the prism yet it appears to be inside it. A shadow or a reflection is not the object itself; it is only a representation of it.

All stress that a person has of not having enough money, being unhappy at his job, with the boss, with the children, family or friends is created by the activities of the outer mind. Habits of the mind create tension. A group of fisherman became stranded in a man's garden during a storm. It became night and they could not reach their destination. They were forced to spend the night in the garden. They found safety there. The storm passed but there was one problem. They could not sleep. They went to the gardener complaining that there was a bad smell and it was keeping them awake. The gardener said, "there is no bad smell here, there are only flowers and roses." The fishermen said, "no, it is a very bad smell and we cannot sleep because of it." The gardener realized what the problem was. He said to the fishermen, "I know what to do for you, you have the fish baskets with you, lie down put the baskets upside down over your faces and you will fall asleep." The fishermen knew only the smell of fish. Roses did not smell good to them. People create habits of the mind and those habits do not want to leave.

The great Sultan Suleiman was visited in his court one day by thousands of birds. Surprised at what he saw, he asked them what their problem was. The birds complained that they were being deprived of sleep every night because the nightingale made constant loud noise. You know that the nightingale sings with its sweet voice and how enchanting it is to hear. These birds knew only the shrieking sounds they created and to their ears the nightingale's music was disturbance. Habits are deep rooted and escape of the outer mind is perpetual.

### **"Thought for the Day"**

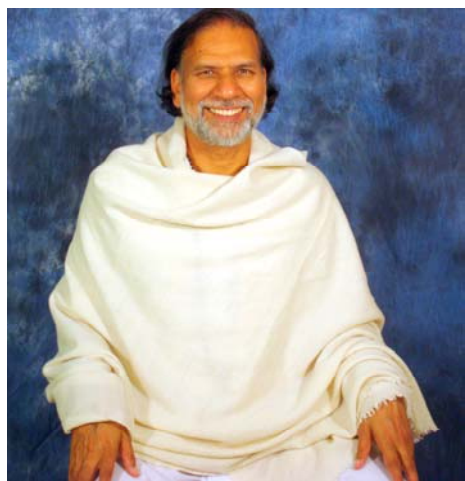
**- by Acharya Yogeesh**

- *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*

This escape prevents people from seeing beauty and truth. In contrast to nature, humans have the roots of darkness at the top of the body, in the head. Humans are upside down trees. All trees and plants are rooted in the darkness of the ground.

When roots are exposed to the light they die. You need to kill the roots of your darkness by bringing light to them. The way to bring light to darkness is to ask the right questions to go deep into the roots of the darkness. Stress, tensions, nervousness and problems cannot be finished unless you go to their roots. Actually, once you know how to go to the roots problems will be finished. Right inquiry leads to the right path. When roots are lit darkness disappears. This is the way the outer mind can be of service to the inner mind. It can direct the focus from the realm of the senses to the discovery of the inner mind. Only the inner mind can be transformed and this transformation comes from the light that is consciousness.

*Summarized by Eileen Shahbazian*



### Website / Video Statistics

Over 20 mini-talk videos of Acharya Shree are posted on Youtube, Google, and Yahoo.

As of 1/4/07:

- Yahoo Videos viewed 2228 times
- Youtube Videos viewed 1167
- Google Videos viewed 307
- Total Videos viewed over 3700 times
- Website visited by 760 unique visitors since October.
- Telephone Conference downloaded 187 times

### YOGEESH 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:

### December 2007 Contributions:

Vallerie & Hemel Govind \$500 (San Francisco, Ca)  
Pratibha & Ravi Gour \$51 (NJ)  
Anita & Rakesh \$50 (NJ)  
Eileen Shahbazian \$40 (Corona, Ca)  
Edgar & Thelma de Leon \$40 (Torrance, Ca)  
Nilam & Pramod Munjal \$31 (NJ)

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)**

Please consider using your cell phone if your carrier permits free weekend minutes and free long distance calls.