



# YOGEESH ASHRAM & SIDDHAYATAN

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## Happy 2010 New Year

**Acharya Shree Yogeesh**

*Founder, Yogeesh Ashram & Siddhayatan Tirth*

This year, 2010 is a beautiful year because of the number three, which makes it even more significant, characterizing it. The sum of 2+0+1+0 makes the number three and three is very significant, not only in the Indian culture, but also in all cultures.

Since prehistoric times, Shiva or Adinath, the first Jain Tirthankar was represented holding a trishula or three-pronged fork in his hand. Trishula is a symbolic object, which represents Shiva's teaching. Tri-Shula means three thorns consisting of body, mind and speech. Shiva teaches to understand the nature of these three thorns so they will never create troubles and difficulties for you.

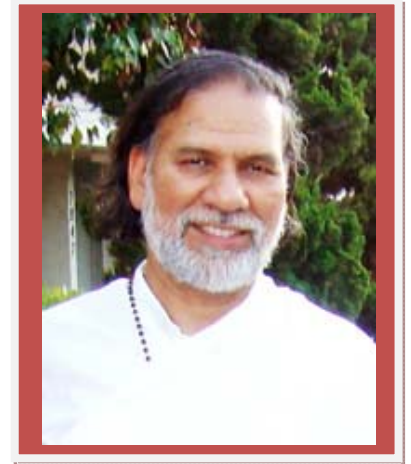
The nature of the body, mind, and speech is to be active and wavering. Action creates wavering and if you are always engaged in it concentration is difficult. No wonder your mind is always active. Even when you are asleep, or you are dreaming your mind is still active. The same is with speech. Maybe you are all alone, but in your mind you are constantly talking.

It is your job to change the nature of your body, mind and speech. You are the charioteer, the one who runs your body. You, means your soul, your atma. Soul is alive and knows everything. But because of ignorance these three thorns are disturbing and infringing on your development.

Take back your power and change the habits, and if you can change them you will be surprised that now, that which took you on the wrong path will never have the power to disturb you ever again. My wish for this New Year is for you to understand the real teaching of Shiva.

Make this New Year your opportunity to build a new relation with your family, friends and all the living beings. Live in harmony and be at peace with the whole universe. The beauty of living is to be surrounded by peaceful and positive people. This in itself is heaven.

*Continued...*



## DONATIONS

JANUARY 2009

Shubha & Sanjeev Jain (CA)	\$3900.00
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Daniela Romero (Riverside, CA)	\$150.00
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Radha K Chadalavada (London)	£50.00
Kanchan & Anil Chugh (CA)	\$31.00

### SUPPORT OUR EFFORTS!

<b>Life Member:</b>	<b>\$5100</b>
<b>Annual Member:</b>	<b>\$551</b>
<b>Monthly Member:</b>	<b>\$51</b>

Payable to SIDDHAYATAN TIRTH

Thank you to all who support Yogeesh Ashram & Siddhayatan Tirth.

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

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#### WEBSITES:

[www.SIDDHAYATAN.org](http://www.SIDDHAYATAN.org)  
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Perform some kind of sadhana every day. You can repeat mantras to improve yourself. You can fast. Here and there drop one meal. This will improve on your health, too. Love nature, love the whole universe, and know that you are not separate from the universe. The universe is within you. That which is in your body it's also throughout the whole universe.

Discover and find if you can be awakened, if your kundalini, or if your mind can be awakened. Remember, your body is the map of the whole universe. My New Year's wish is for you to be aware of your body so you can reveal the secret hidden in it. This body is a big instrument; use it for your spiritual practices by performing some kind of sadhana, by repeating mantras, by fasting, by loving, by compassion, by helping others and by promoting education so that ignorance can be removed.

Promote non-violence, which is oneness with the whole universe and become vegetarian. A vegetarian diet consists of the least developed form of life. For your survival, use only that which inflicts the least amount of pain. Use all the vegetation that comes directly from the earth because they feel the least pain. For survival you need them.

May this year bring you good health and may all your wishes be granted so you can find happiness in your heart, in your soul, so you will never be sad again. Engage yourself in some form of sadhana and work on being awakened.

This year 2010 is a beautiful year and my wish for you is that you can discover yourself, your soul. Peace and love be with you.

**Summarized by Daniela Romero**

### CONSTRUCTION NEWS

Renovation of the 20 Private Guest Rooms for Visitors and Retreats began January 23<sup>rd</sup> with the help of a volunteer from Pennsylvania.