



# YOGEEESH ASHRAM & SIDDHAYATAN

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## How to Break your Habits, Part 2

**Acharya Shree Yogeesh**

*Founder, Yogeesh Ashram & Siddhayatan Tirth*

I am continuing with our series on “How to break our habits”, and these are the six steps we need to abide if we desire to change them: Kayotsarga/Auto relaxation, Anupreksha/Self-analysis, Viveka/Self-awareness, Dhyana/Meditation, Sharanam/Self surrender to the four infinite qualities, and Bhavana/Self suggestion.

Our habits are stronger than us and they are very hard to break. We don't know we have habits unless someone points them out to us. If someone points out even one habit automatically our body and mind reacts. This reaction makes it hard to see and work on our habits. Even if we see them it is hard to break them. The hardest habit to break is eating and drinking. Eating is a necessity, but this necessity can turn into a habit. As soon as we see food we begin to salivate and craving starts. If you could break that habit even for one day, or even for few hours it creates a strong will.

The third step is Viveka or self-awareness. If you intend to break all of your habits follow the third step. Now you are aware that you can leave your anger and that anger is not your nature. When you have the awareness that you are separate from anger, or greediness, or smoking etc., you can automatically drop any habit. When awareness happens, it happens in your mind first. There you can see that anger disturbed your whole personality. Now it is possible for you to think that you are not a person of anger, but a person of knowing, of will, and bliss. And once anger is gone, you will be surprised to see how much bliss, love and knowledge you can experience. As awareness increases your problems disappear leaving space for clarity and knowledge.

The fourth step is Dhyana or meditation. When you meditate on your wisdom center or third eye center, at the center part of the forehead, and concentrate there fully you can reach your inner mind. By concentrating on your third eye center, while repeating Arhum and visualizing the color white, information will reach your inner mind, where habits can be broken and where healing can take place. Meditation is very important; it can help you break any habit. Meditation is not something you can do, it can only happen. If you want to learn how to meditate you need the guidance of a master or a teacher. Without guidance meditation cannot be learned.



## DONATIONS

JUNE 2009

Noreen & Daniel Wilkins (Omaha, Ne)	\$6,000.00
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Kanchan & Anil Chugh (Ca)	\$31.00
Eileen Shahbazian (Corona, Ca)	\$30.00

### BECOME A MEMBER TODAY!

<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. Donations are tax-deductible.

### TRAVEL TO INDIA

Acharya Shree will be taking a group of devotees to Yogeesh Ashram (Delhi, India) this fall.

Devotees will be able to participate in daily satsang, yoga, meditation, mantras, breathing exercises, and listen to spiritual discourses.

Devotees will also have the opportunity to travel to different parts of India, and embrace and absorb the spiritual vibrations of special places.

For travel dates and costs, please email [info@siddhayatan.org](mailto:info@siddhayatan.org).

You have been carrying many habits for lives, which your mind has accepted as your nature. Remember, habits are not your nature. They are habits and they can be changed. Change your habits and you might meet you. The most difficult thing in the world is to meet you. Know that you cannot meet yourself unless you break all of your habits.

In July's Newsletter, the discussion will continue.

*Summarized by Daniela Romero*

### CONSTRUCTION NEWS

With the recent completion of the Mandir and Family Cabin, Siddhayatan will now focus its development plans on offering accommodations to adult and children retreat participants.

Siddhayatan is seeking individuals or families that would like to give a donation and provide sleeping facilities.

Thus far, four rooms have been committed. As a sign of appreciation, the private room will be dedicated to the donor and his/her name will be placed on a plaque inside the room.

Renovation will begin Fall 2009 with your help.

Please call (903) 487-0717 for more information.

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#### WEBSITES:

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