



YOGEESH ASHRAM

A Place for Total Transformation

MARCH 2008 NEWSLETTER

VOLUME 2 : ISSUE 7 MARCH 23, 2008

A Confused Mind is not a Free Mind

Acharya Shree Yogeesh

Human beings are terribly confused, that's why human life has so many ups and downs.

People are confused in many ways. When a mind is confused whatever it touches brings forth more confusion. Also practicing meditation, mantras, or to find out what love is and what compassion is, with a confused mind will result in more confusion. A confused mind can only project more confusion. What is confusion? People try many things to get out of their confusion. They get into drugs, alcohol, sex, love and hate etc. None of these vices work. Action cannot stop confusion. The secret is to stop all action and all movement. Trying to replace your confusion with something else or escape to something else does not bring the right result either and you will never get out of it.

Instead of escaping, understand and recognize the observer in relation to the observed. Imagine that confusion is a thing and things can be observed. In this case, the observer and the observed must be one. It is when the observer is separate from the observed that contradictions arise and therefore more confusion. Grasp and understand this principle and you will see a tremendous difference in your life. All conflicts will go away. Fragmentation will disappear from the mind, and the mind will be whole. The observer has options available. He or she might say, "I don't want to change what I see, or I don't want to replace it, or I don't want to overcome it, or I don't want to escape, or what do I do about it now?" It is by this understanding that you get out of confusion.

A confused mind is a fragmented mind and it never takes you in the right direction, it merely creates division. Only when there is no longer division between the observer and the observed that confusion ceases. Now, knowing that a confused mind never takes you in the right direction you can choose differently. Don't escape confusion, and don't rush to change it either. Spend time to understand where confusion comes from. Stop taking all the wrong turns; otherwise, instead of becoming liberated you will create more confusion.

People want to get out of their confusion, but they don't understand how to do it. They think that by going to the psychologist or to the Guru for advice they will be helped. The Guru might suggest them to do this mantra or that meditation, or the psychologist suggests something else. Before they know it, they find themselves functioning in obedience mode. (When people merely obey because of the attraction to the results, they will gradually slip into obedience.) Obedience creates action and action will never dissolve confusion. Confusion will still be there. You have to finish action. You can never say, "I must bring clarity. I must overcome it." No never, because where there is action and activity there will always be confusion. You have to find the way to fully destroy confusion. Don't create division; don't be separate from the things you are observing. Simply be the observer and confusion will dissolve.

In one form or another confusion exists everywhere. People are confused about themselves; they are confused about suffering, confused about money, confused about their houses, or about who they are. They have so many questions.

There is so much to talk about confusion, but for now I am leaving you with one very important suggestion. Just know that a confused mind is never a free mind. You can free your mind from confusion when you don't put separation between the observer and the observed. Simply said, "No division, no confusion."

- Summarized by Daniela Romero

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:

February 2008 Contributions:

Kushal & Babir Jain RS. 5,000 (India)

Anu & Anil Jain RS. 2,000 (India)

Shri S.P. Jain RS. 1,000 (India)

Thank you for supporting the ashram.

LIVE TELEPHONE CONFERENCE

Acharya Shree Yogeesh will be hosting a live 10 minute telephone conference every Saturday.

The following information will provide access to the Conference:

Access Phone Number: **1-712-432-1600**

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

YOGEEASHASHRAM

16345 Whispering Spur St.

Riverside, Ca 92504

Tel (951) 789-6363

www.yogeeshashram.org

email@yogeeshashram.org