



YOGEESH ASHRAM

A Place for Total Transformation

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Total Aliveness is an Open Hand

Acharya Shree Yogeesh

Whenever you make an assumption and take a certain attitude you will always arrive at the opposite result. The expected is never achieved. Desires can never be fulfilled if expectation is present. Desires with expectation are like the sky, they cannot be fulfilled; the sky can never be filled. So, no matter what the dimension is, the law remains the same.

Excessive asking (for anything) is the cause of unfulfilled desires, and because asking equates to expectation, expectations become the cause of your loss. For example, if you ask for love, you will never get the love you are asking for. The very asking not only creates a barrier, it also makes you unlovable and ugly. No one in the world can ever love you if you are asking to be loved. You need to be relaxed; however, this can only happen when you don't ask for anything. This relaxed state of being makes you beautiful and the unexpected will be yours.

Asking is the same as closing the fist. You think that by closing the fist you will be able to contain the air, to contain love. In reality the more you clench your fist the more the air escapes, the more love escapes. Know that only an open hand, not a tightly close fist, can possess the air. But your tendency is to do the opposite. Your tendency is to close the fist more and more in order to possess the object of your desire.

This great absurdity is solely created by the mind. The mind tricks you into making a fist so you can contain and hold the air, or love, or anything else you desire to have in your life all to yourself. However, what you don't know is that by doing so you are squeezing and choking your object. Then, when you see that your precious desire slips away from you, you wonder if you have done something wrong, or if you have done enough to keep it. Now, your doubtfulness stimulates you to clench even harder.

When you love someone, the mind tricks you into thinking that it's natural to possess him or her. So you start closing off and consequently you become possessive. Now who is the real master planner in this? Your mind is. You need to be aware of how tricky the mind is. Your mind only cares for itself and it will try anything to make you close off even more. All of your effort now goes into possessing because you don't want to lose. You desperately want to hold on to the object of your desire. Sadly, you have no idea that this action is exactly the reason why you lose what you most desire.

Only with an open hand can you become the master of the air, the master of life, the master of yourself. To achieve this state is to be the master of your mind. Once you understand this, your mind will no longer work against you. Know that only when you are your own master your mind will be open and relaxed.

When your mind is open, then you can flower. When your mind is open, flowering can happen everywhere and in everything you do.

Apply this law in every action, in every thought, and in every aspect of your life. Never expect for something to happen, know and trust that it will happen on its own accord. This is the real secret, the secret that makes your life flower, and blossom in all directions.

Recognize that the more you long for something, the more your expectation increases. By expecting, the mind closes and the possibility to fulfill your desire vanishes into thin air and you will reap the opposite result. Expectations stunt any possibility of achieving your desired goals and with it you will lose your vibrancy and aliveness and you will become lifeless and dead instead.

Any longing, even longing for life, becomes poisonous. Your desires must be motiveless and pure by heart. Only people such as Mahavira, Buddha, or Jesus, who no longer lust or long for life, can live divinely, and because of it can blossom perfectly into aliveness.

When you gain this understanding and you no longer have lust or possessiveness for life your mind will no longer have power over you and it will never again play tricks on you. At this junction, the mind becomes non-possessive. This is when mind can fully cooperate with you. So when the mind no longer has power over you, you will begin to see what is real. Reality can only be seen when you become your own master.

Total aliveness will happen when you achieve knowing or enlightenment. When this happens, your life will be totally transformed, and you will always feel blissfully alive.

Remember, love like air cannot be contained or possessed by clenching your fist. Love, or anything your heart desires can only be contained or possessed (figuratively speaking, by an open hand) by an open mind. If this principle is understood your life will be forever flowing in the ocean of bliss and in total aliveness.

-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:

April 2008 Contributions:

Vallerie & Hemal Govind \$600 (San Francisco, Ca)
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Eileen Shahbazian \$20 (Corona, Ca)
Gregory Lewis \$20 (San Dimas, Ca)

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: **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

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