



YOGEESH ASHRAM

A Place for Total Transformation

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Celebration of Awakening

Acharya Yogeesh

Great men are rare. Today is a day for celebration of a great man named Rama who conquered evil. It is a day of the reign of goodness over evil. In Hindi this is called Dashahara. Dashahara is celebrated throughout India and other countries. Lord Rama killed Ravana (Evil). The story is that Ravana had ten heads. They represent ten enemies or evils. Obviously a human baby cannot be born with 10 heads. This story is only a metaphorical representation. In order to conquer evil one needs strength. Do not mistake it. Although the body has sickness or it is old it still has strength. So anyone can use his or her strength to fight evil.

Man has many enemies and some are external. But the most significant and difficult enemies are the ones that reside inside each person. There are 10 incredibly persistent challenges that face man. Of these the most powerful one is the mind. What I mean by this is that the mind itself is not material; it does not exist. Only the human brain is material and therefore it exists. The mind is thought and for that reason it is ideology. If a child is born and left somewhere where there is not a single human being around the child cannot speak. His brain cannot develop like other human beings. The animal mind is not developed. It has no ideology. Animals are pure and that is why they are so attractive to humans. Even the fiercest lion is attractive to man.

The mind, if it is used properly, that is to learn and advance in society it can serve people in beneficial ways. But if the mind is not used for good reason it can be detrimental to the person. The first seven years of a child's life are very important. So teach everything you can to your children and grand children early in life because once these teachings are ingrained in the child it will guide him throughout his adult life. Even the unborn child can learn in the womb. It is now scientifically established that the fetus responds to outside stimuli, like music and sound. When Arjuna's son was in the womb of his mother he learned some of the strategies of battle from his father. But because his mother fell asleep during the discussion, he also fell asleep and missed the rest of the instructions.

Mahavira said, "once you conquer one evil, you have conquered five and when you have conquered five you have conquered ten." The person who conquers all ten evils is an enlightened person. He becomes divine. The five other enemies of man are the five senses and man lives his whole life under the spell of his senses; eyes for sight, ears for hearing, nose for smell, mouth for taste and body for touch. The senses prevent a person from living in his soul. To bring the senses under the direct and good influence of the mind through awareness where they can no longer control that person is the way to conquer these enemies of enlightenment.

The remaining four challenges facing human beings are anger, ego, greediness and deceitfulness. It is good to differentiate between pride and ego. When you do something good or when you achieve something in life you can have pride in those things. This is not ego. Ego is totally different. The ego is the mind that does not want to give up control. To be egoless is to be without mind. It is when a person is able to flow without resistance.

"Thought for the Day"

- by Acharya Yogeesh

- *A humble person is far from being a coward. Only humbleness can fill a person with immense strength.*
- *Craving for prosperity brings adversity. Just be content.*
- *Right understanding comes from your willingness to break all barriers and habits.*

Awareness is the key to recognize these challenges, which exist in each of us. Allow the flame of awareness to enter you and light your being. Do what you love to do to help realize it. If you love to recite mantras, do it. If you love to repeat the name of an enlightened teacher such as Mahavira, Buddha, Krishna or Jesus, do it until that thing goes into your blood and becomes one with your being. Every morning, as soon as you wake, visualize in your mind a picture of an enlightened teacher and meditate on it for a while. When you do this you will have the teacher with you throughout your life. You will become that. Don't miss any opportunity to learn. People are always making excuses not to come hear the wisdom of a teacher yet they will not hesitate to go to a party. As I have said before there are four types of people in the world. The ones who are furthest away from waking will need buckets of water poured on them. Then there are those who are less far, yet they too need to be shaken. Those that are a little closer have only to hear their names to awaken. The ones who are closest need only to have someone enter the room.

A poem of four lines reads as follows:

From the river, a cool breeze is still blowing.
Even the boat is old and broken but still it is fighting with
the ripples.
Find a little flame, oh my friends – from somewhere
There is still a lubricated thread to be sparked in this lamp.

The boat and lamp represent the body and a spark represents awakening or a name of God. Do not waste the moments. Time and tide wait for no man. When you light yourself it is like bringing a single flame into a room that has been closed up for a thousand years. Once the flame enters the room the darkness is removed regardless of how long it has been there. Every person including the lowest of human beings has the possibility to experience this flame. In the story, Rama, rescued Sita from capture by Ravana, the evil king of Lanka, it is told that as Ravana lay dying from the hands of Rama he recognized that he was killed by God. His heart was sparked by the name of Rama (God) and it was lit. Rama saw this in his eyes and asked his brother, Luxamana to learn from the dying Ravana. Luxamana had the opportunity to learn wisdom from dying Ravana.

Allow your heart to be sparked by the name of God.
Allow the flame to enter you.
Awake, awake, awake.

Summarized by Eileen Shahbazian

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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:

October 2007 Contributions:

Meera & Pramod Jain \$400 (Plano, Tx)
Sangeeta & Rakesh Chopra \$200 (Plano, Tx)
Ritu & Alok Jain \$121 (Austin, Tx)
Carla & Philip Agrey \$101 (Corona, Ca)
Kamlesh & Subhash Shurma \$100 (Plano, Tx)
Anita & Rakesh \$100 (NJ)
Mridula Mehta \$51 (Austin, Tx)
Eileen Shahbazian \$50 (Corona, Ca)

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.