



YOGEESH ASHRAM & SIDDHAYATAN

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The Mind

Acharya Shree Yogeesh

Founder, Yogeesh Ashram & Siddhayatan Tirth

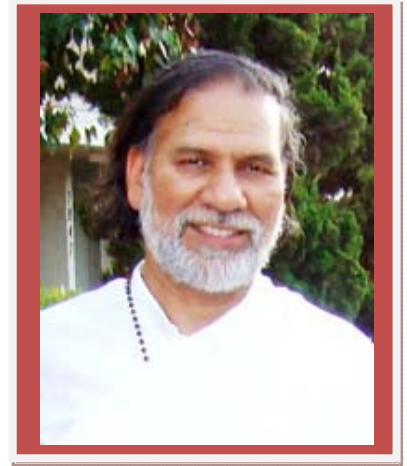
Mind is a type of appearance. It disappears when you observe it deeply and all that remains are our thoughts. Thoughts are disturbed because of the presence of the mind. They do not have roots yet they exist, just like clouds or birds in the sky. As soon as you become a witness, they don't have the power to disturb therefore it becomes easier to be watchful of them.

The mind must be put out of the way. It is similar to the ocean. The ocean is a reservoir of water and on the surface there are tides, however, deep down the ocean is still. Thoughts, just like tides, are an outer phenomenon. You cannot control the mind, don't even attempt to for it has the capacity to lead you on the wrong and destructive path. As soon as it is observed it disappears for it is shy; you must train it. What is beyond mind? Beyond the mind is emptiness, the soul. The soul is only a witness. In the dark, shadows disappear. When you are present the mind is absent. In the absence of mind, in calmness, consciousness is infinite. Be loose and natural, without resistance. When you are completely natural, you will be unattached to things that come to you just like the lotus is unattached to the mud surrounding it.

Meditation will bring you to yourself, your consciousness. Understand the nature of the mind. Once you understand it, it will not disturb you. The mind has the capacity to destroy. It is a blessing and a curse at the same time. The mind does not exist yet it causes the destruction of the whole world. Can you imagine how much destruction would take place if the mind really existed? It is like a monkey that jumps around. Its nature is not to sit around quietly.

One day Arjuna asked Krishna, "Can there be control of the mind?" Krishna replied, "The mind is like a hurricane and you cannot control it." People try to control it but you have to find another way. You have to understand it.

Beyond the mind is emptiness. The soul is emptiness. The mind can disappear if the soul is watching it. Only the mind can control the mind – one thought followed by another – one gap (mind) follows another gap. The mind is also ideology. Thoughts are not mind. When there is no developed mind there is better chance for it to disappear.



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We are lucky to be in kali – yuga, where the mind is developed. The mind can be a blessing now because it can analyze. It will find nothingness at the end. The mind is the king of senses; it controls everything. The soul, super consciousness, on the other hand, is weak and we need to strengthen it. If only we could go beyond the mind to reach the soul the mind will disappear. Only thoughts will remain. The mind is like the clouds with no roots, no footprints and no traces because it cannot exist. In the presence of the soul, it will disappear and you will find peace.

Summarized by Eileen Shahbazian

TRAVELING NEWS

Acharya Shree Yogeesh is currently traveling throughout India with several of his devotees from Europe, visiting Haridwar, Ranakpur, Dilwara, and other spiritual places. He is expected to arrive the first week of December.



Photo by Vibhuti, Haridwar, (Ganges River)

EUROPE 2010

Acharya Shree Yogeesh plans to visit Europe early in 2010, traveling to several countries including Scotland, Germany, Romania, Norway, and England. To organize or attend a lecture, please email: email@yogeeshashram.org