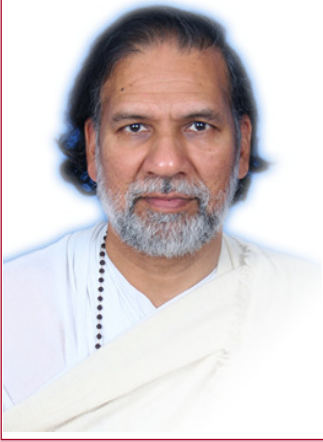


# YOGEESH ASHRAM

*A Place for Total Transformation*

SEPTEMBER 2007 NEWSLETTER

VOLUME 2 : ISSUE 1 SEPTEMBER 9, 2007



## *Misery or Joy - Your Choice of Attraction*

**Acharya Yogeesh**

You have heard the saying – “Life is complicated.”

The reason life is complicated is because we have pain and suffering. And the reason for the pain and suffering is because we want it. You will ask, “Pain and suffering, I want this? How could it be possible?” I will tell you, “Be careful what you want, you will get it.” Watch a little baby. When a baby cries, the mother immediately runs to him and the baby learns from early infancy that when he cries he gets attention in the form of love and sympathy. Human psychology works this way and psychology today says that this is reinforcing negative behavior. By repeated behavior children learn to manipulate parents to get what they want by pretending to be sick. They go to the extent of going outside in the cold and rain in order to fall ill. The famous Nobel laureate, Rabindranath Tagore, disliked school and in order to avoid going he would go out in cold weather and fill up his shoes with rainwater. He would put his feet in his shoes and start shivering. His mother would take pity on him and keep him home from school. If you see a child fall ignore it and he/she will stop crying. The child looks around to see who is looking. If he sees that there is no one paying attention he never will cry. He will continue to play.

There were three old men walking and they encountered another person coming towards them. He tells the first old man, “You should be a happy man but something is wrong and it shows you are not happy.” The old man replies, “Oh, I am very unhappy, because I cannot hear.” The man looks at him and says, “You are a very fortunate person being hard of hearing because you do not hear all the bad things happening.” “What do you mean? How can you tell me I am fortunate? What I get all day long is shouting and screaming coming at me and you tell me I am fortunate?” responds the old man. The man tells the second old man, “You should be a happy person but something is not right with you and you are not happy.” “Oh, I am very unhappy because I cannot see well,” says the second man. “You are a very fortunate man because you can develop your third eye,” is the man’s reply. The old man becomes furious, “How can you tell me that I am fortunate when all I get are screams and I bump into things all the time and fall often.” The man turns to the third old person, “I see that you are not happy either when really you should be,” he says. “I am very unhappy also because I cannot remember anything and I get everyone’s fury directed at me,” the old man replies. “You are very fortunate because you can see and hear so you can write everything in a diary and you can reference it whenever you need it,” says the man. The old man becomes angry and says, “You do not know what I will go through if I do that because I will not remember where I put my diary even though it may be in my pocket.”

There is always a reason for people to be unhappy and suffer. Life’s complication comes from wanting to be in the suffering. People enjoy the suffering. They do not want to be joyful. When people go to the hospital to visit someone who had cancer surgery they become sympathetic to the person’s misfortune whereas they should positively affect him by saying that he is fortunate because his cancer is removed, he is free from it now and is healed. Always emphasize the positive aspect of situations.

When someone’s house is burning down all the neighbors gather to offer sympathy and help otherwise they will not come around at all. On the other hand, when someone who lives on the same street is a rich person and has a big house no one wants to visit. All the neighbors stay away and ignore him. Why? It is because they are jealous of his wealth. Jealousy creates a lot of negativity in you. It does not harm the other person, only you will suffer.

### **“Thought for the Day”**

**- by Acharya Yogeesh**

- *To get things or money is not important. What is important is to realize your potentials.*
- *Once the candle of awareness is lit, one easily becomes one’s self.*
- *In prosperity, everyone is your friend; In adversity, your so called friends will burn even your clothes.*

Eventually, these feelings will affect you physically, mentally and spiritually. Jealousy will hold you in its grip and unless you let go of it, it will create anger and sickness in you. You will be in pain and sickness because you want it and you rationalize that this is your karma. Instead of being jealous tell yourself that **you** want to be successful and have prosperity and riches. Always choose the positive outlook. When you adopt this viewpoint you should realize that you could help anyone whether he is poor or rich.

You need to change how you perceive things. You can choose to dwell in the negative or you can choose to see the positive side of things. Sufi saint Vaijid said, "When I get up in the morning I have two choices facing me. I can either choose to be unhappy about my situation or I can choose to be happy no matter what I face during the day. My choice is always happiness." Your pain can be there but you can change the way you see it. Once you do this, I can guarantee you that already half of your pain and suffering will be gone. You will see the world as a beautiful place.

My greatest wish for you is that you experience joy and happiness. Create joy in your life. When you elect to observe situations in the right light you will create lasting happiness. This happiness will turn into bliss when it penetrates your deepest core. Choose bliss over suffering. Never choose miseries; never love miseries. Always remember, what you choose or love and you will get it.

### **GURUJI'S BIRTHDAY**

By Daniela Romero

On the early hours of August 28 many people had the fortune to experience a full moon and a moon eclipse. Between the full moon and the moon eclipse emotions can over power a person. To keep balance and calmness, Gurujii suggests us to pray and to meditate.

On this same day it was also Gurujii's Birthday where we were lucky to celebrate by listening to his very inspirational words of wisdom. In his lecture he mentioned how special this day is. It was not only special because of his Birthday, or because of the full moon, and moon eclipse, but because it was also Raksha Bandhan.

Raksha Bandhan is the purest day in the world where a brother promises his sister to protect her for life. The love that brothers and sisters have for each other are as pure as a mother's love for her child. It is not necessary to be biologically brothers and sisters to celebrate Raksha Bandhan. But if a girl ties the thread on her friend's wrist, the two will automatically become brother and sister.

As his final message, he gave an explanation on the word "Guru". Guru means, "He who destroys the dark of ignorance". Our being is surrounded by darkness but by working on it the dark of ignorance will be soon finished. This darkness keeps us away from reality, the truth, making it impossible for us to see through. But once our inner eye is opened we will be able to see through everything. "Arise, awake, and never stop until you reach the highest goal of your life," was his main message for us on his Birthday.



*Summarized by Eileen Shahbazian*

## **Donations**

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Because of your cooperation and contributions, you help the Ashram grow:

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