



YOGEEESH ASHRAM

A Place for Total Transformation

DECEMBER 2007 NEWSLETTER

VOLUME 2 : ISSUE 4 DECEMBER 16, 2007

Friendship

Acharya Yogeesh

Friendship is a very important phenomenon. This phenomenon is a feeling not a process. People think that when you become a friend you are tied to the other person. Friendship is not a tie in the process of becoming closer with one another, but instead is an essence of feelings. Friendship makes you one with everything. It is an inner phenomenon, not an outer phenomenon.

Understanding this phenomenon is important. If friendship merely ties one other person to another it will eventually end. Any tie, any relation, has a beginning and an end. Friendship is not a relation; it is an essence. If friendship is a relation it will break one day; all relations eventually brake. The kind of friendship I am talking about never depends on others. It always starts from yourself; it is not a process but a state of being that starts from you, from your heart, from your inner self.

When friendship starts from your inner being, such friendship is considered Ahimsa or Non-violence. When friendship is your state of being it will remain untouched and unaltered, and you remain balanced and unaffected in all circumstances. If friendship is your state of being you will always feel comfortable. That even if you are alone, or with one person, or with many people your state will remain the same. And if everyone works to develop such state the whole world will be in peace.

Remember, friendship is not a relation or a connection, it is a state of being. In Sanskrit the Sun is called Mitra, and Mitra means friend. Why we use Mitra? The sun is called friend because it shines for everyone, for the poor, rich, plants, and the ocean. This means that the sun has friendship with everyone. The Sun is not bothered if a poor or rich person, a white or black person benefits from his warmth. The sun does not make any distinction. The sun shines for everyone. It means the sun has friendship with everyone. This is the reason why in India people have so much reverence for the sun.

I read in the Sermon on the Mountain of Jesus that, "God is like the Sun." Jesus was saying the same thing. He was saying that God, like the sun, shines for everyone and it makes no distinctions. Jesus was trying to say that if you can see that God is like the sun, giving without restrictions or bias to anyone, you too could shine the same way. So when friendship is your state of being you become like a sun. But remember that outer friendship, the friendship that relates, eventually it can break. You want to develop only that state of being that you feel only friendship with every living being.

In high school I read that friendship is like water and wood. Water and wood are friends because when the wood touches the water it does not sink, it floats. But steel and water are natural enemies because as soon as the steel is in the water, it sinks. However, wood and steel can work together, therefore, wood can take steel as a friend. Steel knows that water is his enemy so he thinks of taking shelter from the wood. To make a boat you need to use lots of nails. Now water thinks that steel, her enemy, is in the shelter of her friend wood; so, water motivated by their friendship indirectly is nice to steel too. It impossible for water to drown steel now. Because of wood steel can also float. Look at it - this is deep thinking. If your enemy takes shelter from your friend it will not be possible for you to harm him. Lord Mahavir said, "I want friendship with every living being even if I don't know them." This concept of friendship is very big. It is a concept of Love and of Ahimsa, non-violence. This concept is important to know because it comes from your soul. Such friendship will never be possible if it is not a state of being.

"Thought for the Day"

- by Acharya Yogeesh

- *Haste makes a person nasty.*
- *The people that are most fearful are those that are most angry.*
- *Good intentions keep a person away from all miseries.*

You need to be friends with every living being, even with your things. If you are not friendly to your things you will not care about them. If you could be friendly with every living being could you imagine this world would be totally different.? There will be no fights, no jealousy, or ego. That's all you need to learn. You need to learn real friendship, friendship with every living being.

People unconsciously are doing exactly the opposite and subconsciously they really don't understand and this is the reason why they are unable to learn and grow. They may be knowledgeable but being knowledgeable doesn't mean they are improving, or that the Atma, the Soul, or the senses are flowing in balance. Knowledge does not bring changes or improvement. A fully illiterate person can improve without any knowledge. Knowledge does not make a difference. Knowledge, or information, can create ego. It is understood that very educated people reject spirituality because their ego comes on their way and stops their spiritual improvement.

I have never seen a scientist getting enlightened. Scientists merely want to prove their theories and are unwilling to discover the real thing - that which is formless and shapeless and gives life to all living beings. When ego comes in the way light disappears. We must be aware of this and work on developing heart felt friendships with every living and non-living being. As the sun shines indiscriminately for everyone our hearts can also shine friendship to every living being.

Summarized by Daniela Romero



Video Interview at
youtube.com/yogeeshashram

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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:

November 2007 Contributions:

Shalu & Ajay Jain \$250 (Culver City, Ca)
Anita & Rakesh \$100 (NJ)
Sureka & Rakesh Jain \$51 (CA)
Eileen Shahbazian \$40 (Corona, Ca)
Shalini & Ashwin Jain \$21 (NY)
Kiran Agrey \$20 (Corona, Ca) (October)

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.