



YOGEEESH ASHRAM & SIDDHAYATAN

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Blockages to a Liberated Life

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There are three blockages in human life. Most enlightened people or philosophers think there is only one, which is the mind. The mind prevents us from seeing what we are supposed to see. However, there are two other blockages that prevent the person from knowing the self – body and speech.

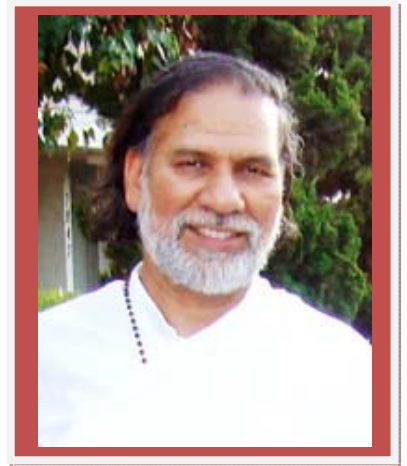
We have many minds, making us seem different at different times. The mind changes moment to moment. The mind has many thoughts, good and bad. It is a duality, going on and on into infinity.

We, as humans, have three avenues of knowing: the senses, the mind and the intellect. If we close all of these avenues we can get to know many sensitive parts of the body not even seen by doctors with their sophisticated machines. We have the capacity to go beyond the mind to see these parts.

There are two oceans inside of us; the ocean of suffering and the ocean of joy. They come from outside the body through the nervous system. Don't let bad thoughts come through the nervous system. The mind acts only if it is working in conjunction with the brain. The body is alive; it is an independent system. Diseases come to the body externally. Be aware of the body first and you will know the nervous system. Speech is also independent of the mind. Words flow out independently. We are not aware of it. If you are aware of speech you will think about the consequences. Be aware of the body because it is a strong instrument. All bad qualities can be stopped with awareness. If you are aware of both body and speech you can reach the highest consciousness.

According to Mahavira, the mind, body and speech are the three blockages to liberation. Be aware of all. Start with the body, then speech and lastly mind. Suffering and pain will dissolve with awareness.

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When the lock of being asleep is present you are in illusion. You can break this lock of sleepiness through awareness and whatever comes through the nervous system will be controlled. You have to calm them down and finish them. Then the ocean of joy will be yours and you will reach super consciousness. Awareness is the key to the ocean of blissfulness. Doctors have not been able to reach there. When you move beyond body and mind you can realize the unknown.

Summarized by Eileen Shahbazian

TRAVELING NEWS

Acharya Shree Yogeesh spoke in November 2009 at the Jaipur House in Agra, which was attended by over a thousand people. His lecture was on popular tv news stations and newspapers in Agra.



Photo by Vibhuti, Agra

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