

YOGEEESH ASHRAM & SIDDHAYATAN

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True Love

Acharya Shree Yogeesh

Founder, Yogeesh Ashram & Siddhayatan Tirth

Love cannot be given or taken, it can only be realized. To love someone because of his or her good qualities is not love. If your love is based on good qualities, eventually you will hate the person if those qualities disappear. Also if you love a person because of your own needs, it is not love either. Love is totally different.

You cannot see, taste, or smell love. Love can only be experienced and realized. You can write poetry on love but that is not love. Love is a subtle experience, a subtle realization impossible to put into words. Love is invisible. You cannot touch, or smell it. This is the main reason why people do not know real love. People know attachment, but attachment is not love. Love never breaks, and it never increases or decreases. I have heard many people saying. I used to love this person a lot, but now it is gone. It shows it was merely attraction or attachment, and not love.

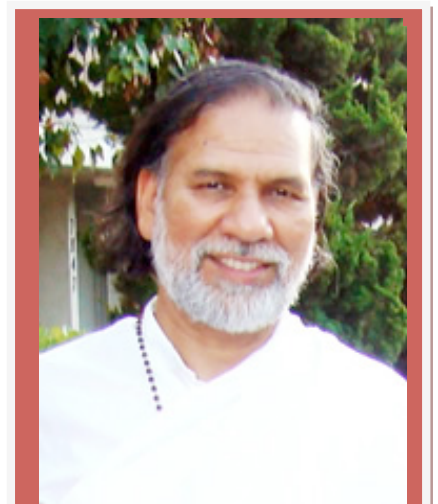
In Indian literature there is a book called Narad Bhakti Sutra, which describes love, as desire-less and quality-less. This needs to be understood. How can you love someone who lacks good qualities? If your reason for loving is because the person is generous, humble, serves you a lot, is very intelligent, or is very religious-spiritual, know that that it is not love. If the bases of your love are the other person's qualities what will you do if those qualities disappear? Where will your love be? And if you only love because your wishes are fulfilled, it means you love the fulfillments, not the person. In love, there is no taking, there is just giving. This concept has to be fully understood otherwise, you will never experience true love.

This is an example how true love works in harmony with everything: Real love exists between water and wood, but it does not exist between water and steel. Wood is held afloat by water, but steel automatically sinks in the water. If fused in harmony water and wood will float together.

This is real love, and it is not based on qualities. Where there are no wishes, conditions, and desires there you find real love. Only this love can make you expand. The more the love expands, the closer you will be to your Soul.

Know that the real concept of love is to expand, expand, and expand....

- Summarized by Daniela Romero -



DONATIONS

FEBRUARY 2009

Khoo Khian Bin (Hong Kong)	\$500.00
Suresh and Usha Jain (Belair, Ca)	\$500.00
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RETREAT NEWS

Siddhayatan Spiritual Retreat will begin to offer Meditation Retreats every weekend, in addition the Chakras' workshop every other weekend beginning April 3rd, 2009.

TRAVELING NEWS

Acharya Shree Yogeesh will be traveling to California delivering various lectures, including mantras, meditation, satsang, lunch/dinner throughout his two-week visit, March 3-17, 2009.

Sadhvi Siddhali Shree will be traveling to Chicago for one week visiting various Hindu and Jain Temples in the Chicago area to promote the new establishment of Siddhayatan, the first Hindu-Jain Tirth outside of India.

PUBLICATIONS

Acharya Shree Yogeesh's "Secrets of Enlightenment" Vol I and II are available online at YogeeshAshram.org for a \$15 donation

SIDDHAYATAN

9985 E. Hwy 56
Windom, Texas, 75492
(903) 487 - 0717

YOGESH ASHRAM

16345 Whispering Spur St.
Riverside, California, 92504
(951) 789 - 6363

WEBSITES:

www.SIDDHAYATAN.org
www.YOGESHASHRAM.org
www.YOUTUBE.com/YogeeshAshram