

YOGEESH ASHRAM

A Place for Total Transformation

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Shadows Follows Light, Suffering Follows Money

Acharya Shree Yogeesh

Human life revolves around needs, desires, prosperity and so many other things; nobody seems to be fully satisfied. More or less everyone has desires. I don't think people are unhappy because of needs. Needs are simple and they can be easily fulfilled. If you are hungry you eat, if you are thirsty you drink. If you are cold you cover yourself, if you are hot you take a cold shower, and so on. We chase after desires and things that we cannot even have. We lack the understanding and the knowing. Desires are impossible to fulfill.

Arthur Schopenhauer was right when he said, "shadow follows light, suffering follows money". We desire money and we spend our whole life going crazy after money thinking that because of money we are something. Money then becomes a symbol of prestige, a demonstration of our achievement and the means that gives us respect in society. Still, no one seems to be satisfied. Most people want money. Mahavira said that if money is used to satisfy your needs it becomes a very valuable commodity; but if money is used to satisfy your desires, it will become impossible because desires can never be fulfilled. No matter how satisfied you are, it's never enough. You keep on wishing for more.

Desires are like the sky: the sky can never be filled, it will always be empty. Desires do not belong to needs, your physical body, or your thoughts. Desires belong to the mind and mind dwells either in satisfaction or dissatisfaction.

A man came to the old king. The king was very sick and dissatisfied. "If you like," the man said to the king, "I could help you gain the satisfaction. You only need to do one thing. You need to find the shirt of that man who is always satisfied, and you have to wear it all the time." The king agreed to it and immediately sent his messenger door to door to find such a person. The messenger left. Every person he met on his search was dissatisfied. It seemed impossible to find such a person. Finally, the messenger came across a naked man who was always satisfied. Unfortunately he did not have a shirt. The shirtless man couldn't even remember if he ever had one.

Now, if you could really see that mind can never be satisfied you will come to find real satisfaction. You cannot make a shirt if you don't have enough fabric. You must have the necessary amount and discard the unnecessary. To be satisfied, desires need to be trimmed while keeping what is necessary. Our problem is that we tend to want what others have, and we wish for that which we cannot have. This is the main reason for our dissatisfaction. A bird might always think of how hard he has to work in order to fly high in the sky. So it begins to compare itself to the clouds, which seem to have it so easy in contrast. But who knows, clouds may think differently. They might think their life is hard. If the wind blows they are pushed in all directions. Actually, clouds might think they don't have life at all. They wish to be like birds that are so fortunate to fly at will, and in total freedom, without having to be pushed by the wind. This is how dissatisfaction persists. Really, comparison is our worst enemy and mind is the culprit. The mind keeps us from looking at ourselves and it is the master of excuses. It keeps us from being satisfied.

Getting back to money, there is nothing wrong with money. What really matters is how it is used, and that makes the difference. When the farmer uses his seeds of wheat for his harvest he has three choices: to throw the seeds in fertile land and multiply them, to throw them on the road where they will be destroyed, or to simply fill his belly.

Money works the same way. You can make it work for you where it can multiply and help others, keep on spending it for yourself which will eventually run out, or you can waste it uselessly on gambling, drinking, drugs and so on. America, despite its huge deficit, is still the richest country in the world. However, people in America are not satisfied and have trouble sleeping. So, we go on providing sleeping pills. We spend millions of dollars on research and development, yet we cannot have restful sleep. At the other end of the world, poor people in poorer countries can have sound sleep with an empty stomach.

The more you have, the more you desire and you will never be satisfied because desires are impossible to fulfill. Tension increases and sleep is lost, basic needs are forgotten, and you remain unfulfilled. If we gain the wisdom of understanding then, Arthur Schopenhauer's words, "shadow follows light, suffering follows money," will lose its strength because you will have gained yourself over your mind.

-Summarized by Daniela Romero

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:

June 2008 Contributions:

Swarna Puri \$100 (NY)
Pratibha & Ravi Gaur \$51 (NJ)
Pooja & Surendra Sahini \$31 (NY)
Gitikia & Vinay Jain \$21 (Ontario, Ca)
Eileen Shahbazian \$15 (Corona, Ca)

Thank you for supporting the ashram.

LIVE TELEPHONE CONFERENCE

Acharya Shree Yogeesh will be hosting a live 10 minute telephone conference every Saturday.

The following information will provide access to the Conference:

Access Phone Number: **712-432-1600**

Access Code: **687137#**

Time: **10:00a (PST) 12:00p (CST) 1:00p (EST)**

International access phone numbers are available at www.yogeeshashram.org/multimedia.html

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