



YOGESH ASHRAM & SIDDHAYATAN

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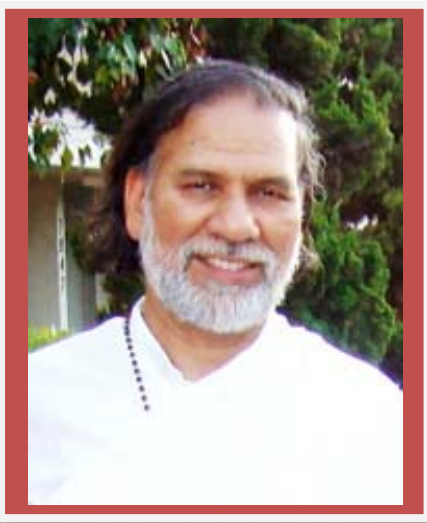
Intention Driven Life Brings Purity

Acharya Shree Yogeesh

Founder, Yogeesh Ashram & Siddhayatan

It is very important that you make spiritual practice a part of your daily life. Take a few moments, perhaps ten minutes in the morning before you start your daily routine, before you turn to the television set, or the newspaper, and say a mantra with your mala. Your news media is full of negativity. You want to avoid that kind of thinking to begin your day. It is also important that you teach your children this good habit. This will allow them to grow up on the spiritual path. Repeat your mantra with intention. A person approached me once and asked me to give him a mantra. He wanted to feel good and needed to be helped. I told him to repeat the word 'Ram', the name of God. He went away without writing it down and when he went home he could not remember the word so he started reciting 'mrah, mrah, mrah'. He did this for three years and he felt very peaceful. One day, his friend asked him what word he was given and he said, 'mrah.' They said, 'this means death.' But because he was whole-heartedly in the mantra even the wrong word had a positive effect. His intention was very pure. At night recite the namokar mantra when you go to bed. This way your evening thoughts will become your morning thoughts. Say it before you fall asleep so when you wake up the mantra will be with you.

A little 8-year-old boy heard Mahavira speak one day and he was so deeply touched by his words that he asked his parents if he could live with him. They were reluctant to send him away because of his age. He told them of the beautiful words he had heard that day and they said to him, "your ears are pure now." He also said how he saw this marvelous teacher with his own eyes and how high a person he was. The parents told him, "today your eyes are pure." Then he told them how Mahavira's words had deeply touched his heart. They said to him, "today your heart is pure." This boy was so determined to live with Mahavira that the parents finally consented and Mahavira took him in. He was an innocent and playful little boy. One day, while he was by the Ganges River he took his wooden bowl and went into the water. He placed his bowl on the water and watched it float away, really enjoying himself. The other disciples



Acharya Shree Yogeesh inaugurated the Dallas Diwali Mela 2008, attended by 60,000 people on October 18, 2008 at Cowboys' Stadium.



of Mahavira seeing him in the water playing started criticizing his actions. They talked among themselves how this boy knows nothing and he dips himself into the dirty water, full of bacteria, to play. They complained to Mahavira, but Mahavira knew how this boy had touched his own soul and was very pure. He told his disciples that the boy was living his last life, after which he would become a bodiless soul and he needed to be encouraged and coached in the spiritual ways to attain enlightenment. When the disciples heard Mahavira's words they became very respectful of the boy and they helped guide him in his spiritual path.

Even a two year old can have curiosity and an innate feeling for the spiritual way. It is good to expose children to the teaching and bring them for the right guidance.

Mahavira, in a past life was a shepherd who tended cattle. Every morning he would take them to the field to graze and in the evening he would bring them back. Every day they had to cross a river on the way back home.

One evening Mahavira met a monk that taught him the Namokar mantra. While he learned, the cattle crossed the river without him. When finished with the monk, he realized this, and saw he needed to cross a rising river. As he was swimming, a sharp branch pierced through his heart and he started bleeding profusely. He knew that he was going to die so he started repeating the only word out of the Namokar mantra that he could remember. The word was "tanam". He repeated it over and over as he was dying. After 26 lives, Mahavira became the 24th Tirthankar, which is a very special being.

Whatever you choose to recite do it with intention. Make that mantra become part of your blood. In this way, you will bring purity to your soul and one day you will touch your soul. ❖

Summarized by Eileen Shahbazian

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