



YOGEESH ASHRAM

A Place for Total Transformation

OCTOBER 2007 NEWSLETTER

VOLUME 2 : ISSUE 2 OCTOBER 21, 2007

Paryushan: The Spiritual Celebration

Acharya Yogeesh

In Hindu culture there are many festivals such as Diwali, Dasharara, Holi and etc., but Paryushan is the only celebration, which is one hundred percent Spiritual.

Paryushan is to live entirely in the Soul, in the Self. It is an eight day self-discovery celebration where you take note of how you have lived your life throughout the whole year, and you try to improve upon your findings.

Paryushan means soul celebration. It does not belong to the mind, thoughts, or body. Many people fast during this time, and some don't even drink water for the entire eight days. This creates many positive thoughts. Even children follow it in moderation. They might eat one meal per day or may cut down on the amount of daily food intake.

Paryushan is considered the Spiritual practice to see who you really are. When you remain in your Soul, in your Self, you will become aware of your habits. So to improve yourself you must change your habits. To recognize your habits is very important; however, it is just as equally important to point out to others their own habits too. Don't hold yourself back if you see you need to do so. Naturally you might be disliked for a while. Eventually they will come to know and realize that your intention was pure. It is better to look bad in the other's eyes than to prevent them the opportunity for change.

Paryushan unfolds your habits. The biggest and hardest habit to break is not to eat. Actually eating is the biggest obsession and the most difficult one to break. When Paryushan starts people begin to fast. A fast is considered a fast if one can stay without food for at least thirty-six hours. To merely fast during the night or during the day is not considered really fasting.

Soul is basically one, but we differ from one another because of karma. Most people are aware of only three dimensions: height, width and length. During Paryushan we might discover the fourth dimension. This dimension is very subtle. So what can you do? It is not visible and it is subtler than time. If I ask you for the time and you say seven forty, as soon as you say forty the time has already changed. No matter what you do you cannot say the exact time. As subtle as time is the Soul is even subtler. This is why the fourth dimension is extremely hard to grasp. But to become aware of the fourth dimension is to discover your Self. Can you break all habits and dive into your Soul? You can dive in the river, or in the swimming pool, but have you ever attempted to dive into your being? To dive into your being is what Paryushan means.

During this celebration people do different things, some fast, some repeat mantras, others do samayik and samayik means to discover that which is already with you but still unknown to you. It is like a blind man trapped in a big fort that tries to find his way out. He is told to walk and keep his hand on the wall till he reaches the door. The door is far from him and he walks miles and miles. He keeps on walking with his hand on the wall but as soon as he reaches the door his body begins to itch and as he starts scratching he misses the door. He goes on and on this way. Now people tell him the door is there but he calls them liars. This is exactly how our situation is. We are always missing the door. As soon as we begin to experience glimpses of the true self something always happens to takes us away from diving deeper into our being.

Our yearning to reach our being is very deep; but, sadly enough we are inevitably taken away from it. Time passes, old age reaches and by that time it is to late to do anything. All of these desires and wishes are our itching. This is how we always find our selves in the same condition as the blind man.

“Thought for the Day”

- by Acharya Yogeesh

- *Awareness is the mother of enlightenment.*
- *Conquer greediness by contentment.*
- *Weakness of the mind is the worst sin.*

In Japan a King heard of a very good monastery. He wanted to visit it so he arranged to go there. They show him all around explaining what they do at every different place. He saw the library, the kitchen, the playground, etc. But once they came to a very big hall everyone became very silent. He wanted to know what they do there, but no one spoke or said anything about it. Then they continued on to see the rest of the compound, still nothing was said about the big hall. The king kept insisting to be told, again total silence. Eventually the king got angry. Finally the monks said, we did not answer you because in that room we don't do anything. That room is our meditation room where we stay quiet. Meditation is a non-doing state of consciousness where your whole being remains one hundred percent silent.

Meditation is hard to understand and hard to digest. In meditation you stop your thoughts. Meditation is a state where your thoughts and mind totally dissolve and your body fully relaxes. This is the state of Paryushan, the state of non-doing, the state of total relaxation. That when you are fasting, repeating mantras, or sleeping, you are never involved in it. You remain in a constant state of total relaxation. This is the experience. I am telling you, this is the hardest thing to do. For you right now, to remain silent even for a minute is almost impossible. Paryushan is an opportunity for you to rightly understand and realize this state. To see your habits and consciously change your fixed patterns will open ways for you to reach the state of Paryushan, the state of non-doing. You simply look at yourself to see if you can be quiet, and silent. Even while you speak you can be quiet and silent. See if you can be silent from anger, violence, pride, jealousy, and ego — silent from everything even in the most hectic moments. Routines can happen but in your daily routines you remain totally silent and unaffected. Paryushan is the greatest opportunity to learn non-doing. It is in this state of Paryushan that total stillness and silence can happen.

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:

SEPTEMBER 2007 Contributions:

Rajni & Mukesh Jain \$501 (Calbassas, Ca)
Dr. Shubha & Sanjiv Jain \$501 (Northridge, Ca)
Danielle Foletto \$110 (Anaheim, Ca)
Satin Seth & Vina \$101 (Fullerton, Ca)
Kushal & Balbir Jain \$101 (Maihar, MP, India)
Suneera & Deepak Swarup \$101 (Culver City, Ca)
Nidhi & Samir Jain & Family \$51 (Corona, Ca)
Nirmal & Desh Jain \$51 (Diamond Bar, Ca)
Sunita & Hind Jain \$51 (Corona, Ca)
Meenu & Abhaya Jain \$51 (Anaheim Hills, Ca)
Kanchan & Anil Chugh \$51 (Northridge, Ca)
Sushma & Suresh Jain \$51 (Cypress, Ca)
Gitika & Vinay Jain \$51 (Ontario, Ca)
Eileen Shahbazian \$50 (Corona, Ca)
Shunta Kobayashi \$20 (Riverside, Ca)

Children's School (India) Contributions:

Vallerie & Hemal Govind \$251 (San Francisco, Ca)
Anita & Rakesh \$100 (NJ)

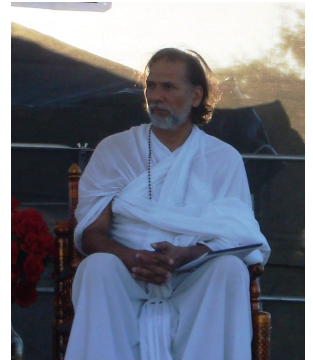
Thank you for supporting the ashram.

Designed by Tammy Herbster

Kumbh Mela 2007

Acharya Shree delivered a powerful message at the annual Kumbh Mela in Norwalk, Ca on 9/9/07.

Watch his message at:
www.youtube.com/yogeeshashram



YOGEESH ASHRAM

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

www.yogeeshashram.org
email@yogeeshashram.org