



# YOGEESH ASHRAM

*A Place for Total Transformation*

OCTOBER 2008 NEWSLETTER

VOLUME 3 : ISSUE 2 OCTOBER 5, 2008

## *Days of Forgiveness*

**Acharya Shree Yogeesh**

Paryushan is a spiritual celebration in India and abroad. Spiritual people seek ways to improve themselves through fasting and meditation. In the Shwetambar tradition, Paryushan is celebrated between mid-August and mid-September every year. For eight days, practitioners reflect on the soul and how to improve it. To remove karma they practice pratikraman, a form of special repentance or confession. Pratikraman can sometimes connect a person to his or her previous life's memory. This technique also brings awareness to the truth seeker's mind.

Acharya Shree delivered a lecture everyday for eight days on how to improve oneself and their karma by doing tapa, japa, and kayotsarga. He also suggested others to ask forgiveness from all living beings. As a reminder, he recited the following verse:

*Khamemi savve jiva,  
savve jiva khamantu me.  
Miti me savva bhuasu vairm majjham na kenai.*

"I ask forgiveness from all living beings and may all living beings also forgive me. I want friendship with all living beings, and I do not want enmity towards anyone."

Acharya Shree also recited:

*Jam jam manen badham,  
Jam Jam vayen bhasiyam paavam,  
Jam Jam kaayen kadam,  
Tassa michhami dukkadam.*

"Whatever sin I collected by my mind, speech, and body, I confess and am determined not to commit the same sin again. I will repeat again and again "Michhami Dukkadam."

## Diksha: An Event to Remember

On the weekend of September 6th and 7th, dedicated spiritual student of Acharya Shree Yogeesh, Tammy Herbster, was initiated as a sadhvi. The first event of diksha was hosted at Anu & Subhash Jain's home in Chatsworth, Ca. Many came from far and near to participate in the tilak and mehendi rituals. On the day of Tammy Herbster's diksha, in addition to the Indian congregation, her family and friends came to support her as she took her vows, delivered her speech, and received her new spiritual name, "Sadhvi Siddhali Shree." The ceremony took place at Shilpa & Rahul Jindani's home in Newbury Park, Ca. Sadhvi Siddhali Shree will continue managing the ashram's newsletters, videos, and websites, in addition to managing the new Hindu-Jain Tirth and Spiritual Retreat, Siddhayatan, in Texas. Acharya Shree Yogeesh & Yogeesh Ashram wish her the best of success in her mission and efforts to bring change, peace, and balance to the world, but most importantly in her efforts to grow spiritually.



Sadhvi Siddhali Shree taking her vows in Newbury Park, Ca

## Donations

### September 2008 Contributions:

- Nirmala & Dr. Dhanpat Mohnot \$2,000  
(New Orleans, LA)
- Gitika & Vinay Jain \$1,131 (Ontario, CA)
- Nirmal & Desh Jain \$551 (Diamond Bar, CA)
- Nidhi & Pramod Jain, \$551 (Cypress, CA)
- Sunita & Hnidbhushan Jain \$251 (Corona, CA)
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- Rama & Sumat Jain \$51 (Corona, CA)
- Meenu & Abhay Jain \$51 (Anaheim Hills, CA)
- Daniella Foletto \$50 (Anaheim Hills, CA)
- Anju & Rakesh Jain \$31 (Cypress, CA)
- Nidhi & Samir Jain \$21 (Corona, CA)
- Sushama & Suresh Jain \$21 (Cypress, CA)
- Surekha & Rakesh Jain \$21 (Cypress, CA)
- Sushama & Dalip Jain \$11 (Cypress, CA)

Thank you for supporting the ashram.



Partaking in the Diksha rituals of tilak and mehendi in Chatsworth, Ca.

### **Yogeesh Ashram & Siddhayatan**

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