Everyone’s goal is the same, but we name it differently. We all have the goal of peace, happiness or knowledge. Ancient people set a norm that one must seek four things in life - ayu, vidya, dhanam and yasham or kirti. These are good guidelines for living.

1. AYU - long life

Long life is good if we keep healthy and happy and have something to do. If we have nothing to do life is a burden. Yoga teaches us how to preserve ourselves to be healthy and happy. Yogic exercises cannot be equated with other exercises. In the Gita the definition of yoga is given as equilibrium of mind (samatvam yog ucchya-te). We can’t have balance of the mind unless the body is balanced. Mind and body are entwined. There must be balance between our physical, emotional, and mental bodies. Ayu means the science of balanced living.

Science of life also includes cleanliness. In the West, everybody goes to a dentist, but in India you will not find a dentist in the villages and towns. In India, we are taught to rinse the mouth with water after eating any morsel. We can’t go to the temple or read holy scripture until we have rinsed our mouths.

Another teaching is to get up in the hour of God (brahma muhurta), the hour before sunrise. Early rising is very good for those who feel they have problems in life. They will get a stronger mind. One develops will power by getting up at a fixed hour.

2. VIDYA - learning wisdom.

Next it is taught that one must have learning. A long life is useless without learning. One must seek to educate the mind. In India, it is said that the first 25 years of life should be devoted to learning. After, one was to return to the family and marry. I feel the mind is more receptive to learning in the early part of life. Later, our habits are so strong that it’s difficult to learn quickly.

Learning by heart is very essential. What we learn by heart we assimilate. What we read doesn’t enter our subconscious mind and we tend to forget it. Learning will always help. Knowledge never goes to waste.

3. DHANAM - wealth or money.

The spiritual concept states that the greatest wealth is the five elements. The sky, air, fire, water and earth are the wealth of mankind. We cannot live without them. Whatever wealth we produce comes from these five. We only learn how to blend them. Dollars are only a medium of exchange. We only get mental satisfaction from having dollars in the bank; but we actually only use what the body needs. Even if we have a big mansion with seven bedrooms, we only require five feet in which to sleep. We cannot use more than that, but having a big house gives mental satisfaction. We use only as much as is determined by the laws of nature. We can only eat a handful; more cannot be assimilated.
Dhanam states: one must have enough to eat. A Hindi proverb says, “We need only that much which will keep us healthy and happy.” That is our share. However, if one has more, one may do charity in a disguised form. If one starts a business, one is increasing the wealth of the country. We think wealth is ours, but actually it is the nation’s, and we are the custodians.

The first sloka of Ishavasyam Upanishad says that every atom possesses Divine Power. One has the right to use and enjoy life but don’t forget the Creator. The Creator is in each and every atom. The moment we start being greedy and desiring more and more we shall suffer. We shall enjoy only that wealth which is meant for us. A popular Indian saying states that each grain of rice which is meant for us has our name engraved. One who is meant to enjoy will enjoy. We are here to share all the wealth which belongs to Mother Earth.

4. YASAHM or KIRTI - fame.

Kirti comes only after performing good deeds. Are we here only to study and enjoy? We must also do good work, and do our best to make the life of the next generation better.

Indian scriptures state that golden opportunities are provided for everyone. Some are alert and grasp and use them while others are sleeping and neglect or don’t recognize them. There are some psychic moments in everyone's life. At such moments, one can and should inspire oneself to do something.

We need to have a high level of aspiration. Don’t be an impractical idle dreamer. Be practical, but at the same time set a goal in your life. Look high and “hitch your wagon to a distant star.” Kirti or fame means looking ahead for a bright future which one creates by one’s own effort.

Everybody has surplus energy. If this energy is not employed constructively, it will become negative and destructive. A basic human need is to have something to love or do - wherever our mind goes naturally. Let us select something which is good and aspire to achieve it. When we put all our efforts in one direction, the energy will not get lost.

Ma Yoga Shakti 1986
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Ashram Programs

Durga Mata Arti
Om Aim Hreem Kleem Chaa-mun-daa-yai Vichche
Every Morning 6:30 a.m. Evening at 6:30 p.m.

Shiva Puja
Om Tat Purushaaya Vidhmahe
Mahaadevaaya DheemaheTanno Rudra Prachodayat
Every Monday Morning 6 a.m.

Satyanarayan Puja
Every Full Moon 7 p.m.
with Pundit Patharkar

Special Events and Puja
will be announced via email and website
Please sign up for email at
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Free New Year
Yoga - Meditation - Pot Luck Lunch
January 9, 2022