We are ruled by Sound

Everything has its own perspective. The world has many dimensions like a prism. It depends on how you look at it. The sankhya yogis see the world one way, mathematicians see the world as numbers; painters see the world as colors. Everybody sees the world in a different way. There is one way of thinking which says that everything is sound. Sound is the quality of this creation. The whole creation is governed by sound. Everything is sound vibration. We are dancing on the rhythm of sound. This is Siva’s dance. The earth is dancing, the waves are dancing, the moon is dancing. There is a rhythm everywhere governing all our lives and governing the planets.

Anahat Sounds: Even in complete silence you can hear a sound. It is a very loud roaring noise - the sound of silence. When the mind is one-pointed or full of love and devotion, you can hear a sound in your ears. When you have purity of mind, when mind is more receptive to astral things, when you are in a high state of meditation, you can hear these sounds. You can listen by plugging your ears and listening to the internal sound. There are several notes. The first is like a cricket, then you will hear silver bells. When you meditate higher and higher you can distinguish these notes which are coming from astral planes. There are seven planes and seven notes are related to those planes.

Mantra or Sound can control the Universe.

Mantra or sound can control the universe. The world is being ruled by words. We are listening to the power of words. Sound is so powerful that it moves the body. We need words. If no word is spoken to us we are unhappy. Food is not enough. A word can revive life. A word can take life away. Every law is a word. Every communication is a word. We live by words. We sustain ourselves by words.
Garba Dancing daily in the Durga Mandir from 9-29-19 to 10-7-19

Ashram Programs

**SUNSHINE LECTURES SUNDAYS, 9 - 10 AM**
SEND US YOUR EMAIL ADDRESS FOR ANNOUNCEMENTS TO YOGASHAKTIPALMBAY@GMAIL.COM

October 6th - “Edgu” - Suzanne Phillips
October 13th - Gita Study Group
October 20th - “Silencing the Mind” - Moksha Priya Shakti
October 27th - “Ancient Civilizations in the Amazon” - Dr. Crystal McMichael
November 3rd - “The Story of The Farm, the Largest Intentional Community in the US” - Shanti Priya
November 10th - Dances of World Peace - Mike and Jemila Felisko
November 17th - “Ais Indian Culture” - Degory Roll
Sunshine Lectures’ Tea Party, Saturday November 9th 2-3pm at Yogashakti Mission.

**AARTI DAILY 6:30AM AND 6:30PM**
ALL ARE WELCOME

**HATHA YOGA CLASSES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Teacher</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Gajendra</td>
<td>7:00 - 8:00 PM</td>
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<tr>
<td>Tuesday</td>
<td>MaryAnn and Jim Loafman</td>
<td>7:00 - 8:00 PM</td>
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<tr>
<td>Wednesday</td>
<td>Donna Dambro</td>
<td>7:00 - 8:00PM</td>
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<tr>
<td>Thursday</td>
<td>Chip and Shyama Iacona</td>
<td>7:00 - 8:00 PM</td>
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**FULL MOON PUJA-SATYA NARAYAN KATHA**
5 PM on Oct 13th, Nov 12th, Dec 12th
Bring fruit, flowers and a pure heart.

**VEGETARIAN INTERNATIONAL LUNCHES**
First Saturday of the month. 12 Noon,
Suggested Donation $10 per person

<table>
<thead>
<tr>
<th>Date</th>
<th>Group</th>
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<tbody>
<tr>
<td>October 5th</td>
<td>Armenian</td>
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<td>November 2nd</td>
<td>Chad</td>
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<tr>
<td>December 7th</td>
<td>Albanian</td>
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Christmas Day Dec 25th Vegan Potluck 12 noon.
New Year’s Day Vegan Potluck 12 noon. All welcome.

Veronika Pilnik gives Lecture on “My life and family in Russia” 9.29.19
MEDITATION RETREAT with Ma Mokshapriya Shakti

4pm Friday October 18th to 4pm Sunday October 20th

"The popularity of meditation is increasing as more people discover its benefits. Meditation is a process of training our mind to focus and to redirect our thoughts. Some benefits are increased awareness, reduced stress, improved sleep, increased immune function, less anxiety and even increased pain tolerance. The mind is difficult to control. Yoga has many tools to do so. In this Retreat we will focus on breathing exercises to control the mind and body. We will also practice hatha yoga and chetan nidra.”

Ma Mokshapriya Shakti is the dynamic Acharya of MYSIM (Ma Yogashakti International Mission) in New York. She is a dedicated disciple of Ma Yogashakti. Her teachings are full of wisdom.

Retreat to another world. Spend a weekend in the wooded seclusion of Yogashakti Mission, Palm Bay, Florida. This Ashram was created by Ma Yogashakti and purified and energized by her. Learn about a healthy vegetarian lifestyle, six home-cooked vegan meals will be provided. Accommodation is shared or you may prefer to bring a tent. There is also space for sleeping in a large outdoor screened in pavilion with fans.

Price: $130 per person. At the door $140. Families $200.

During the Retreat 6 wholesome and nutritious vegetarian meals will be served. Accommodations are limited. If you live locally and wish to attend while returning home to sleep, price will be adjusted accordingly. If you only wish to attend Saturday, price will be $80.00.

When: 4pm Friday October 18th to 4pm Sunday October 20th
Where: Yogashakti Mission 3895 Hield Road NW Palm Bay Fl 32907.
What to Bring: Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook

Email: yogashaktipalmbay@gmail.com to register. Phone: 321-725-4024

REGISTRATION FORM FOR RETREAT

I would like to attend ____________________________ and enclose a check for $ __________ made payable to Yoga Shakti Mission. The number of people attending _______

Name (s): ____________________________
Address: _____________________________________________________________
______________________________________________________________
Phone: ____________________________ E-Mail: _______________________________

Dances of Universal Peace

Sunday November 10th 9 – 11 am at Yoga Shakti Mission
with Mike and Jemila Felisko

All are Welcome!
First harmony is established in your own self through the practices of yoga and meditation. Later on you project this same harmony outside also. If you have peace within you will project peace. If you have unrest within yourself, you will project unrest. The whole world is a projection of people's thoughts. What you think materializes through your actions. You are exhibiting nothing else but your own mind.

If there is something wrong in society, there is actually something wrong inside us. If we correct ourselves, we make proper use of things, resulting in harmony everywhere. The greatest task of humankind is to harmonize within.