



World is our Family · Truth is Our Religion · Knowledge is Our Breath · Service is Our Worship · Yoga is our Way



## Make a Decision

– by Ma Yogashakti

Changing the mind all the time makes the mind weak. Not making a decision drains your energy. Rise up and make a decision. Go ahead right or wrong. If you go wrong you will gain a great diamond of truth. You will know that it is wrong.

Raj yoga is all mental science. Gyan yoga says you can use your mind only when you have knowledge. Right knowledge

comes only through practice, not by thinking. Empty thinking without practice is like daydreaming.

Hatha Yoga is part of Karma Yoga and Raj Yoga. It was originally designed only for yogis and renunciates and not for commercial purposes. Now it has become commercial but if it helps people that is good. It should be done to purify the body and improve health.

Patanjali says “Yoga is the control

of the waves of the mind”. Thought waves (vrittis) are unstable, flexible. The word vritti means circular movement. Thoughts don’t have hard existence but sometimes it is very hard to change the mind. For instance habits become harder than stone and they are very difficult to change. Alcoholic people find it very hard to abstain. With any kind of addiction people lose their control. Vrittis (thoughts) are very liquid, plastic. At first they can change their shape but later on it becomes very difficult because you cannot break stone, you cannot break the habit. Even if you change physically it is very difficult to change mentally.

“Yogash chitta vritti nirodha” – Yoga is the art of control and mastery of the thought waves known as vrittis. But why should we do this? Patanjali says if we control the waves of the mind we will see our true selves “Tadaa drishtu svaroopevathaanam”. We think we know ourselves but we are wrong. We do not know ourselves.

# Ashram Programs

## SUNSHINE LECTURES

Sundays 9 - 10 AM

January 5	Planets of 2020	Leslie Marlar
January 12	How the Celts got to Ireland	Edward Reilly
January 19	Memoirs of Richard Hall Jr, a Tuskegee Airman	
January 26	Gita Study Group	Swami Krishna
February 2	Conversational Skills Part 2	Dr. David Warren
February 9	Practising the art of Rangoli	Shyama
February 16	Abstract Expressive Painting	Terry Bossom
February 23	Gita Study Group	Swami Krishna
March 1	Stories from Wales for St. David's Day	
March 8	Find your Power	Ma Moksha Priya
March 15	Florida Native Pollinators	Tim and Anna
March 22	World Water Day – Forum on how to find pure water	
March 29	Gita Study Group	Swami Krishna

## VEGETARIAN INTERNATIONAL LUNCHESES

First Saturday of the month. 12 Noon,  
Suggested Donation \$10 per person—children free.

January 4th	Albanian	John Iacona
February 1st	Georgian	Manana Benadze
March 7th	Romanian	Emily Lazea



New Year's Day Vegan Potluck Jan 1st 2020

## HATHA YOGA CLASSES

Donation: \$7 per class or \$25 per month

Monday	Gajendra	7:00 - 8:00 PM
Tuesday	MaryAnn and Jim Loafman	7:00 - 8:00 PM
Wednesday	Donna Dambro	7:00 - 8:00 PM
Thursday	Chip and Shyama Iacona	7:00 - 8:00 PM

## NEW HATHA CLASSES

Fridays with Carlos Vargas. 7:00 - 8:00 PM

Carlos writes "Vinyasa in the forest links breath to movement, and physicality. This class is challenging, fun, and invigorating."

Every first Saturday of the month with Dillon King  
11:00 - 12:00 noon



Yoga class at retreat with Ma Mokshapriya Shakti, October 18 2019

## BHAJAN KIRTAN

Second Thursday of every month 7 – 8 pm in Durga Mandir with Chandra and Kamala Melaram.  
January 9<sup>th</sup>, February 13<sup>th</sup>, March 12<sup>th</sup>

## FULL MOON PUJA-SATYA NARAYAN KATHA

5pm on January 10<sup>th</sup>, February 9<sup>th</sup>, and March 9<sup>th</sup>

Bring fruit, flowers and an open heart!

## SIVA RAATRI

Friday February 21<sup>st</sup> at 12 noon

Puja in the Siva temple with Pandit Shobhanbhai Smart. Sponsored by Jivanbhai and Lataben Patel



### LORD SIVA AND TIME

Time is the great factor. That is why Siva is worshipped. Siva is known as Mahaa-Kaal or Great Time. Time, Mind and Space are three Realities that you cannot change. Time means change. The world is always changing.

The secret key of success is to keep to time. Time is God. Time is Siva, Time is Eternity. Time controls all of it. When the right time comes everything happens naturally. You don't have to make effort. You become only a medium and things happen. When the time is wrong, even right becomes wrong. Time has to be valued and that is why we worship Siva because he is the Lord of Time.

It is eternal Time but we call it 2020 etc.

– Mataji



## FIND YOUR INNER POWER: WORKSHOP WITH MA MOKSHA PRIYA SHAKTI

Saturday 7<sup>th</sup> March 2 – 6 PM. \$40

- 2 – 3pm Easy Alpha State exercises
- 3 – 4 Guided meditation
- 4 – 5 Breath work
- 5 – 6 Chetan Nidra

Please register via email at [yogashaktipalmbay@gmail.com](mailto:yogashaktipalmbay@gmail.com)



## KIRTAN WITH RAYANANDA AND THE WANDERING SADHUS

February 22<sup>nd</sup> 7 – 9 pm in the Surya Mandir (Pavilion)

Come sing and dance to sacred music. Everyone welcome



## FRIENDS OF THE WORLD GATHERING

Sunday 8<sup>th</sup> March 12-4 PM  
in the Yogashakti Pavilion

If you would like a booth or to perform, please contact Shyama at [yogashaktipalmbay@gmail.com](mailto:yogashaktipalmbay@gmail.com)



Mariposa Monarcha - Mexican Dance Group at the 2019 Friends of the World Gathering



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## The Nature of Existence



Death is as natural a thing as losing a tooth. We are born to die. We are not born to live. Good health should be aspired to, but not necessarily a long life. Gita mentions that, even as when a child turns into a youth and a youth changes into a man, the mother and father do not

grieve, similarly we should not grieve when the soul leaves this body to go to another body. One should welcome it rather than be sorry. One must accept death as a normal course of life.

Nobody can escape death. Then why does it not occur to people to prepare themselves for death? There need

be no fear of death. When it comes, we shall deal with it.

Kabir says, "Earth goes back to earth, the body goes back to the five elements. The breath or the soul goes back to its own source." Who has died? Death is a transformation. You are going to acquire a new and healthy body. When you transcend one state of existence and go to another, be happy rather than sorry. Rejoice as at the birth of a child. Do not grieve when the soul leaves the body. Everybody's duty is only to realize the knowledge of the Self. Who dies? Who is living? Who is that being who enjoys and suffers? That being is never dead.

– Ma Yogashakti