Think of Peace and it is There
by Ma Yogashakti

There is consciousness, chitta, intelligence in a newly born child. He has a bed, a river of consciousness. He is receptive to many things. He is taught to respond to material things, touch, sight, smell. When information is fed into and stored in his brain, later on he responds. Later on he can say, “This is a rose. This is a tree “ etc.

Consciousness is like a video tape on which we record something and then replay it. You have nothing new in your mind. What you say, think or dream has been recorded in you since your childhood days. If we have new experiences they get mixed up with our old stock and we go on reacting.

What you think will come to you. If you really wish for something, you will work for it and get it. We get what we wish for. Sometimes we make mistakes and wish in a wrong way. We don’t want to be sick, but we go on discussing sickness, medicines and doctors and this makes us more aware of sickness. Unconsciously, we want to fall sick. We should never discuss, read about, think about or listen to what we do not want. This is one important principle. We should not employ our senses in what we do not wish for. We must go on repeating again and again what we wish to have or do so that it becomes a japa. Yes, it will come.

It is so easy. Think of peace and it is there. If we think we are happy, we are happy.

What must we do to have peace of mind? The body must work. It cannot escape from karma or karma yoga. Gita mentions that you cannot escape from karma (action). We have energy in our bodies and if we don’t want to be sick, we must do karma yoga. If we do something we feel happy. If we don’t do anything, we feel unhappy. There are proverbs in Hindi, “If you have nothing to do, unpick your stitches and re-stitch”, “If you have nothing to do empty your drum of rice and refill it”. Otherwise energy will rust.

If karma yoga is not done consciousness becomes impure. One has an idle mind, which is the devil’s workshop. To keep your mind clean, you must do karma yoga all the time. You can meditate better if you have done karma yoga. If you are tired and lie on your bed you will sleep; pills are not needed…but if you have not worked hard you will need pills to sleep. To work hard physically is essential.

If we are not contributing to the glory of God, then we have to find our place in the world.

*Karma Yoga : The path of Action or Selfless Service towards others.
WHO IS A GURU? BY MA YOGASHAKTI

Guru is he or she who uplifts the veil of ignorance. To do so a Guru follows the same code prescribed by Fire or the River Ganga. Fire burns out all the impurities thrown into it and turns everything into its own kind. This is also true of the River Ganga – our dear mother! All impure water pushed into Ganga becomes pure again due to its radioactive currents which destroy all impurities. A dip in Ganga river every day cures many ailments without the use of medicine e.g. the diseases of the skin and nerves. In a similar way, those who come in contact with a Guru find their souls elevated and miseries alleviated by the teachings imparted by that Divine Soul.

Extract from “Prayers and Poems from Mothers Heart” by Ma Yogashakti  Page 5

Guru Poornima will be celebrated on July 16th 2019.
4:30 pm Bhajans, 5:00 full moon puja in the Yogashakti Temple

Ashram Programs

SUNSHINE LECTURES  SUNDAYS, 9 - 10 AM
SEND US YOUR EMAIL ADDRESS FOR ANNOUNCEMENTS
to yogashaktipalmbay@gmail.com

July 7th  The Book of Job  Ron Van Dyke
July 14th  Qi Gong with Tibetan Singing Bowls: “Connecting with what is there”  David Katz (Tolrec)
July 21st  Lessons from the Gita
July 28th  Ayurveda 101  Shane Scaglione
Aug 4th  How to love snakes  Tim Harrison
Aug 11th  Playing beep ball with the blind  Linda Caruso
Aug 18th  Gita & Lokasamgraha (the common good)  Shyama

FULL MOON PUJA-SATYA NARAYAN KATHA
5 PM on July 16th, Aug 15th, Sept 14th
Bring fruit, flowers and a pure heart.

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

HATHA YOGA CLASSES
Donation: $7 per class or $25 per month

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<tr>
<th>Day</th>
<th>Teacher</th>
<th>Time</th>
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<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/ Annapurna</td>
<td>7:00 - 8:00PM</td>
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<td>Thursday</td>
<td>Chip and Shyama Iacona</td>
<td>7:00 - 8:00 PM</td>
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<td>Friday</td>
<td>Sadhu Jaya (Eric)</td>
<td>7:00 - 8:00 PM</td>
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VEGETARIAN INTERNATIONAL LUNCHES
First Saturday of the month. 12 Noon, Suggested Donation $10 per person—children free.

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<thead>
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<th>Day</th>
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<tr>
<td>July 6th</td>
<td>American Picnic</td>
<td>Linda Caruso</td>
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<td>August 3rd</td>
<td>Algerian</td>
<td>Group</td>
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<tr>
<td>September 7th</td>
<td>Albanian</td>
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SAVE THE DATE:
October 19th and 20th Meditation Retreat with Ma Moksha Priya Shakti
November 10th – Dances of Universal Peace from 9 – 11 AM with Mike and Jemila Felisko

A SELECTION OF TALENTED PERFORMANCES FROM FRIENDS OF THE WORLD GATHERING
March 31st, 2019

Melbourne Capoeira Karkara
Dance by Akshay, Archit, Saketh, Sankeerth, Vishal, Vishneth, Eshaan, Aditya and Arun
Song by Krisha Patel

EXTRACT FROM “A PURE HEART” INTERVIEW WITH PUJYA MATAJI
PUBLISHED BY FIT YOGA MAGAZINE
In August 2006 (by Vidura Barrios)

Q. Mataji, how would you summarize your main teaching?

A. My teaching is: Be your best, wherever you are. Put your whole heart into whatever you do, and it will become beautiful. Mahatma Gandhi, swept floors but he became the father of a nation. Let your own heart’s beauty manifest in your work. Let the work speak for itself and immediately it will be noticed by people.

Everything speaks to me. Even if I see a pin, it speaks to me. If you value everything, it will give you honor. My grandmother who never went to college said, “If you honor your sari, it will give you honor.” They are simple words but with such a great message. If you honor anything, it will give you honor back. If you love people, they will shower you with love back. Whatever you give, it will come back to you because we are all one. Hating others means hating your own self. This is the highest truth when you begin to realize you are part of the whole world.

The first step of greatness is when you start working for others. Then you give your love not only to yourself, not only to your loved ones, but to every soul. Wherever you are needed, that place is holy. Whatever work you do, do it honestly, sincerely and it will become holy.
Guidelines For Living by Ma Yogashakti

§ Unless you do something, there is no proof that you can do it.
§ You create your own world.
§ Don’t act foolishly. Take care of yourself by your own efforts.
§ Purity of heart enriches your work like a magic touch. With love and devotion all will turn out well. Poison will turn to nectar.
§ Don’t think that you are doing. It is God’s energy.
§ Get rid of your mental garbage.