

YOGASHAKTI MISSION INC.

3895 Hield Road NW. Palm Bay FL 32907 (321)-725-4024

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

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www.yogashakti.org

Email us at:

Yogashaktipalmbay@gmail.com



or Call: 321-725-4024

World is our Family



A Commentary on Bhagavad Gita Chap 18 v 54 by Ma Yogashakti

Brahmabhootah prasannaatmaa na shochati na kaankshati

Samah sarveshu bhooteshu madbhaktim labhate paraam

If you love God, you have safe sailing in life. Think that God is everywhere. God is the power in the seed. We cannot grow a seed. The power of God within grows it. We think we are big. Compared to the Universe we are very small.

"Brahmabhoot" – Be absorbed in God. Give yourself totally to God with no reservation. Love God. Think about God. This is the safest way to ride in this world. When you trust in God as a baby trusts its mother, nothing wrong can happen. It is the safest way without any danger.

"Prasannaatmaa" – Keep the mind always happy. Never grieve. Don't allow the mind to flirt here and there. The mind is very dangerous.

"Na Shochati" – You can be happy only when you do not grieve. Avoid situations which will lead to grieving. Passions, desires, flirtations – these bring you grief. Keep your happiness always.

There is never a day when I don't remember all those who have gone on the other side. As they have gone, we shall go.

Don't give any reason for regrets. Keep your body healthy, mind healthy, home healthy, finances healthy. In old age keep your brain agile always. Learn mathematics. Cultivate some loves. (Loves are always cultivated).

There is nothing permanent in this world. This world is only a dream. You believe it is a real thing, but nothing is real here. It is all a passing dream.

Finances should be healthy. People are amazed that Mataji talks about money. We worship money in the form of Laxmi. There are eight forms of wealth – air, fire, water, earth, sky, time, mind and space. Without these you can do nothing.

Respect Mother Earth. Respect each and every little speck. This is spiritual wisdom. One who is closer to spirituality knows that everything is Divine. Do not neglect any little thing.

Happiness and sorrows are mental waves. Thoughts are like horses. We ride over our thoughts. We surf on our thought waves.

First published 1996

Ashram Programs

Aarti Daily 6:30AM and 6:30PM

ALL ARE WELCOME!

Full Moon Puja-Satya Narayan Katha

October 26th, November 24th, December 23rd.

5pm Bring fruit, flowers and a pure heart.



Tulsi Das Ramayan
chanting 2nd Friday
of the month 5-6pm

Sunshine Lectures

Sundays 9 – 10 AM

Oct 4th Bhagavadgita Study from Sanskrit, 2-3
verses a month -----group

Oct 11th "Mother Earth, Ancestral Memory & the
Wisdom of Women" -----Dr. Marva McClean*

Oct 18th Book Study*-----group

Oct 25th "My life as a Shaman" -----John Moore

Nov 1st Gita Study-----group

Nov 8th Book Study*-----group

Nov 15th "Exploring the Earth with Google Maps"
-----Brad Deharder

Nov 22nd "Art for Fun" -----Terri Bossom

Nov 29th "The Power of Sound" ----- Shanti Priya

Dec 6th "Controlling the Mind"----Ma Mokshapriya

Dec 13th Gita Study -----group

Dec 20th "Solstice Studies" -----Shyama

Dec 27th Book Study*-----group

*Book Study group is doing "The Eye of the I"

By David Hawkins M.D., PhD.

*Join Dr. Marva McClean, Jamaican-born author, poet, and cultural scholar, for a reflective exploration of Indigenous heritage, the wisdom of women, and our enduring relationship with Mother Earth. Drawing upon her research across the African Diaspora, her Caribbean roots, and her research with Indigenous communities, Dr. McClean will weave poetry, storytelling, and personal reflection into a conversation about ancestral memory, cultural identity, matrilineal heritage, and belonging.

YOGA CLASS SCHEDULE

Donation: \$10.00 per class or \$50 per month

Monday 7-8pm -----Annapurna -----classic asanas

Tuesday 10-11am -Gajendra----- gentle classic hatha

Tuesday 7-8pm - Natalia Goryachenkova ---vinyas flow

Wednesday 7-8pm --Lisa Campbell -----yin yoga

Thursday 7-8pm - Sensei Marguerite ----- vinyas flow

Friday 9:30-10:30am - Audrey DaCosta ---chair Yoga

Saturday 9-10am - Lisa Jackson ----- beginners hatha

Saturday 10-11am - Rakesh Banothu-----Meditation

Vegetarian International Lunches

First Saturday of the month. 12 Noon. Suggested
Donation \$15 per person, small children free.

Saturday Oct 3th - Lebanese

Sat November 7th - Zimbabwe

Sat December 5th - Ecuador



Fathers Day breakfast 6-21-2026
Veggies ready for a lunch!

Bring a vegetarian dish to share and join us in fellowship and celebration!

Thanksgiving Potluck Thursday November 27th
12noon

Christmas Day Potluck Thursday December 25th
12noon

RECENT EVENTS



Ganpati Visurjan Procession 9-18-26
organized by Pravallika and Banu. Photos by Pravallika



Tony Justino Tahino Equinox celebration honoring the
Earth Mother and all beings 9-20-2026



Hanuman Chalisha group 7-11-2026



Doug and Craig doing
maintenance on the
pavilion 8-26



COMING EVENTS EVERYONE WELCOME!

Saturday November 7th 2-4pm Kirtan with Rayananda and the Wandering Sahdus.



Let's attune ourselves to the sacred vibrations of the Holy Names and experience together the heart-opening ecstasy and purification of chant! Sing, Dance Re-joice, and help send vibrations of Peace & Love into the world! The Kirtan is free and first-timers are always welcome. Love donations will support Yoga Shakti Mission and Second Harvest Food Bank



Saturday November 21st 2-3:30 Sound Bath and Meditation come and relax and bask in the healing sounds of the crystal bowls, Tibetan bells and mantra with Shanti Priya love donations go to the Yoga Shakti ashram

Saturday December 5th 9am-5pm Join us for a full day retreat with Ma Mokshapriya

Sunday December 6th 2-5pm "Techniques to Harness the Mind" details below:



December 4th-6th

Ma Mokshapriya Shakti, the director of Mataji's New York Ashram, is visiting. She will be having Satsang mornings 6:45am and evenings 6:45pm after Aarti while she is here. She will also give a Sunshine Lecture on Controlling the Mind" Sunday Dec 6th, 9-10am.

If you want to attend the retreat Saturday 9-5pm donation \$120 (includes lunch), Sunday 2-5pm donation \$30.00. Please preregister at yogashaktipalmbay@gmail.com

*Finding
Balance
in Our Modern World*

with Ma Mokshapriya

Day Retreat December 5, 2026
Saturday 9 a.m. to 5 p.m. \$120 per person
philosophy
meditation
yoga
deep relaxation
vegetarian lunch

Workshop December 6, 2026
Sunday 2 to 5 p.m. \$30
various techniques to
harness the mind

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Service is Our Worship

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**Knowledge is Our
Breath**

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Yoga is Our Way



A Story to Show that Gurus and Teachers are only Instruments of the Divine **BY Ma Yoga Shakti**

After the battle (Kurukshetra), Arjun said to Krishna, "I couldn't digest all the sermons you gave me on the battlefield because my mind was very disturbed. I have forgotten everything you told me. Now my mind is peaceful and ready for spiritual lessons. Please can you repeat what you said." i.e Bhagavad Gita.

Krishna said , "Oh Arjun! The Krishna who taught you at that time was in a much higher state of consciousness than I am now. Now I cannot give you the same teachings. There is only one person on earth who can teach you and that is Bhishma".

The Five Brothers (Pandavas) all wanted to receive spiritual knowledge, so Krishna advised them, "At this moment the only living saint is Bhishma, your great grandfather. He is going to die soon as he is lying on a bed of arrows. He is waiting for the sun to stop moving towards the south and to start its movement towards the north. As soon as it starts to move northwards he will leave his mortal body. If you want to be enlightened, go to Bhishma".

For many ,many days the brothers questioned Bhishma as he lay on his bed of arrows. He replied to all their questions, but often he said that he himself did not know the answer to a particular question but that he had heard another saint say that such and such was the answer.

This story shows that Bhishma and all saints and sages consider themselves instruments or mediums for teaching. They do not take the credit for knowledge to themselves. They always say that it is God's blessing; it is Divine Power, they are only instruments for carrying on the teaching. They are not the teacher, the teacher is somebody else. They are only instruments for him. In Sanskrit the word is