

# 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

## Ma Yoga Shakti International Mission (MYSIM)

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USA  
Tel: 718 641-0402

## Yogashakti Mission Palm Bay

3895 Hield Road N.W.,  
Palm Bay, Florida 32907  
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## Shree Ma Yogashakti Divyadham Trust (SMYDT)

Ma Yogashakti Marg,  
Kankhal, Haridwar 249 408  
Tel: 133 424-6005

You can look us up on the web at:

**www.yogashakti.org**

Email us at:

**Yogashaktpalmbay@gmail.com**



or Call: 321-725-4024

World is our Family



Mataji in Gondia in the early 1970's

## Knowledge Dispeller of Darkness by Ma Yogashakti

The true nature of Self is Luminous. Shed yourself of ignorance, the cause of suffering and don a coat of knowledge, protective, comforting and complete. Fear not suffering, because when you suffer you are very close to your own Self. The sweetest songs are composed when the heart is full of painful thoughts. Suffering, when accepted with the right frame of mind makes one more energetic, intelligent and stimulates one's hidden energy. One ceases to suffer when one becomes stronger than the problem. This strength is derived through knowledge, which is the brilliant light which pierces the darkness. Gain will only be ascertained through constant effort. Practice love and faith which will nurture the spark of the flame of truth in your heart. "Knowledge is the secret of happiness". By serving God one is only helping one's own Self. Through knowledge one must learn that God and

Self are one. All human beings are one family. We are born in this world with one right.....to serve.

Humans are bound by actions and their subjective resultants, mental impressions. We are thus born again and again until we start to question why we suffer so much. Once the question arises, we start our long search for the path back home, back to where all is peaceful and still, to our long forgotten home of pure consciousness. The mind is highly impressionable. It receives good and bad impressions very easily from the environment. Yoga is in a way education of the subconscious and unconscious personality. Yogic practices help to discharge the evil tendencies of the mind and help to make it more positive and creative. The mind needs serious training. Yoga does this with the help of a Guru.

People suffer from thinking negatively, looking to the dark side of things instead of the bright. They live and identify themselves with prejudices and wrong thinking, not knowing that the mind is full of energy and unbounded peace. Some have very lazy minds and do not care to take the trouble of interrogating themselves to know the truth, but find it easy to accept life as it has been shown by the society, the environment and traditional behavior. They become subjected to impulses and instincts and can easily become emotionally disturbed.

Yogic practices relieve the mind from these undivine traits and reinstate the mind and soul to their original glory. I would say the mind is de-hypnotized or freed from wrong notions and unnatural behavior.

Continued from page 1....

If the Divine Energy of Man is not utilized in creative and healthy activity it will manifest itself through destructive thinking and channels. Peace and dynamism are born out of the practice of right thinking and right action. Oh Mothers and Fathers of Society, hesitate not to join the Yoga assembly of people! This is the brightest and most precious gift you can give your children.

First published by Yogashakti Ashram Mumbai in Sept.1979

## Ashram Programs

**Aarti Daily 6:30AM and 6:30PM ALL ARE WELCOME!**

### Full Moon Puja-Satya Narayan Katha

5pm on Jan 25th, Feb 24th, March 25th.

Bring fruit, flowers and a pure heart.

Our Book Study on Sundays will be using a Wayne Dyer book, "Change Your Thoughts, Change Your Life"

This book is based on the teachings of Lao-tzu and his 81 verses in the classic text called the "Tao Te Ching". Come and join us for a group discussion on this book.

### Sunshine Lectures

Sundays 9 – 10 AM

Jan 7th - Book Study group  
Jan 14th - "Astrology of 2024" with Leslie Marlar  
Jan 21st - "Sense of Place and Culture of People of the Forest." with Roger Bass  
Jan 28th - Book Study group  
Feb 4th - "What Euclid and James Webb telescopes have found" with Chris Chaleki  
Feb 11th - Book Study group  
Feb 18th - "Tesla" with Gajendra  
Feb 25th - Book Study group  
March 3rd - "The Power of Words" with Gage Vogt  
March 10th - Book Study group  
March 17th - "How to Draw Celtic Knots" an interactive workshop with Shyama  
March 24th - Book Study group  
March 31st - Easter Sunday, "The Gnostics"

### YOGA CLASS SCHEDULE

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

**Monday 7-8pm** -----Roman Pietris---Vinyas flow

**Tuesday 10-11am**----M and J Loafman----Gentle Hatha

**Tuesday 7-8pm** -----Jessica Stevens---Vinyas Flow

**Wednesday 7-8pm** --Kate Hunt/Mary Lamarre---Yin Yoga

**Thursday 7-8pm** ----Sensei Margarite----Intermediate

Our weekly Yoga classes are held outside in a large, beautiful, screened in pavilion in the woods of Palm Bay. Bring your own mats. Schedule subject to change.

### Vegetarian International Lunches

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

Saturday Jan 6th - Sweden - group

Sat Feb 3rd - Belarus - group

Sat March 2nd - Hungarian - group



Photos  
by Chris  
Harber

Saturday December 2nd Serbian Lunch: Bean Soup (pasuli), Serbian flat bread (lepinja), Goulash Papriksh, Elderflower Cordial, Apple Semolina dessert, and Christmas cookies.



## UPCOMING EVENTS

### What the World Needs Now is Kirtan!

Please mark your calendars and plan to join us for Kirtan with Rayananda and The Wandering Sahdus, February 17th 7-9pm in the Yoga Shakti pavillion!

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 Rejoice, 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

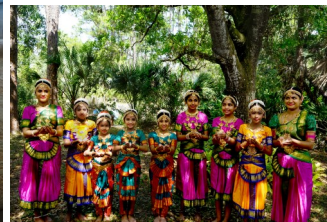
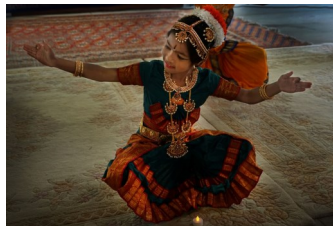


### Friends of the World Gathering Sunday March 24th 12-4pm

Our annual event to celebrate "World is our Family". Held in the beautiful screened in pavilion at Yoga Shakti Mission at 3895 Hield Rd. in Palm Bay, FL.

There will be lots of entertainment with dance and music performed from around the world. The event is free. There will be a charge for food served.

Please call 321-725-4024 if you are interested in performing or having a booth.



Photos of  
2020  
Friends of  
the World  
Gathering



**Saturday January 20th, 10:00am Roger Bass** will be here doing a walk through the pines. He will talk about the forest energy medicine. Roger is a founder of the St. Johns river Keepers and has devoted his life to help people connect to our sacred earth.



**Mens and Womens circles 9-10am 3rd. Saturday of every month,** January 20th, February 17th, March 16th.



**Shiva Raatri March 8th 12noon Puja** with Shobanbhai and Jivanbhai Patel. All are Welcome



**Weekend Program to celebrate Mataji's birthday Friday April 5th after evening Aarti until Sunday noon April 7th.**

There will be Yoga, Meditation, forest walks, Dances of Universal Peace, and interactive personal sharing. All are welcome, call or email Jagadumbaa at 904-314-8043 judielia@icloud.com for details.



**SAVE THE DATES!**



**Yoga Shakti Mission Inc.**  
3895 Hield Rd. NW, Palm Bay FL 32907

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**Truth is Our Religion**

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**Service is Our Worship**

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**World is Our Family**

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**Knowledge is Our  
Breath**

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**Yoga is Our Way**



### **What is an Ashram? By Ma Yogashakti**

An Ashram provides a happy environment for body, mind and spirit. People come to an ashram to feel peace, inspiration, knowledge and guidance. In India ashrams are always established by saintly, religious or virtuous people to provide spiritual knowledge to those who are in quest of it. In olden times a spiritual master lived along with his students. After completing their studies they returned to their parents and society. An Ashram is usually set up in a peaceful atmosphere where simple living and high thinking can reign as the normal code of behavior.

A man's mind has great potential. If all his energies are consumed by material desires he has no mind and time left to pursue knowledge of the other world. In an Ashram the setting is conducive to spiritual thought. People come to an Ashram only to learn and to be in peaceful vibrations. Coming to an Ashram relieves people from sorrow and fills their minds with renewed energy and inspiration to face the challenges of life. Spiritual teachings help to develop new attitudes toward life. No problem is too great if the consciousness is rejuvenated.

An Ashram maintains an atmosphere of purity, beauty, creativity and simplicity. One comes to an ashram with an open mind, takes what one can and leaves the rest. Consciousness grows every moment day by day. Sometimes it may take years before wisdom is completely assimilated. An Ashram gives positive suggestions towards physical, mental and spiritual health. An Ashram is a happy combination of living and learning.  
(first published in 1980)