

# 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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Ma Yogashakti Marg,  
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You can look us up on the web  
at:

**[www.yogashakti.org](http://www.yogashakti.org)**  
Or

**[www.yogashaktiflorida.org](http://www.yogashaktiflorida.org)**

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or



**Call: 321-725-4024**

**World is our Family**



Mataji at Palm Bay Ashram 1978

## Sattwa or Purity of Heart and Mind by Ma Yoga Shakti

Sattwa is the purest of the three Gunas. It can be developed in human nature by practice. When Sattwa Guna is developed by deliberate efforts it makes the mind pure and intelligent. Sattwa Guna creates conditions of 'Sukha' (happiness) because of the tensionless, peaceful and serene attitude of the mind. The greater the quantity of Sattwa Guna, the greater will be joy, wisdom and happiness.

Sattwa should replace the other two gunas – Raja and Tama – and establish itself strongly in human nature. When there is an increase of Sattwa in the body, all the five senses i.e. the eyes, ears, nose, tongue and skin become highly sensitive and receptive to positive things. These senses develop their capacity to a great extent and begin to receive knowledge from unseen senses or intuitively. The mind seems to be full of knowledge of all sorts.

A greater quantity of Sattwa in mind and body generates powerful, healthy

vibrations. Light emerges from the body which can often be seen by others. Many can also feel the spiritual vibrations generated by the bodies of the Saints which have an increased degree of Sattwa Guna due to a life of purity and austerity. Such a body attracts people on a spiritual level. People usually get drawn to such a person for no apparent reason. They fall in love with the unseen atmosphere created by the presence of a saintly Person. Many will have extraordinary experiences in the presence of a being in which Sattwa Guna overpowers the other two qualities – Rajas and Tama. The nature of such experiences could be:

- \*Shivering
- \*Inexpressible joy and love for the person
- \*Divine smell from an unseen source
- \*Dreams and messages
- \*Unheard voices giving guidance
- \*Questions answered without asking
- \*Astral manifestation
- \*Tears
- \*Meditational Experiences
- \*Sweet inaudible notes in the ears
- \*Personality transformation
- \*Unconscious love for spiritual life
- \*Tremendous power or electric currents passing through the body
- \*A new vision of life
- \*Wisdom without study
- \*Love for all,
- \*Compassion flowing in action
- \*New joy every day
- \*Lightness of body and mind.

All this happens due to vibrations of Sattwa Guna energy. Sattwa is energy and light. It lets the petals of the psychic lotus bloom. Sattwa burns the impurities of the body and mind. Toxins and alien matter are burnt by Sattwa.

(printed originally 1975)

# Ashram Programs

**Aarti Daily 6:30AM and 6:30PM    ALL ARE WELCOME**  
**Shiva Puja every Monday morning at 6am**

## Full Moon Puja-Satya Narayan Katha

5pm on Jan 3rd, Feb 1st, March 3rd

Bring fruit, flowers and a pure heart.

## Sunshine Lectures

Sundays 9 – 10 AM

Jan 4th - Gita Study ----- group  
Jan 11th - "Astrology of 2026" ----- Leslie Marlar  
Jan 18st - Book Study ----- group  
Jan 25th - "Contemplative Prayer" -- Jim and Maryann Loafman  
  
Feb 1st - Gita Study ----- group  
Feb 8th - Sound as a Healing Force ---- Shanti Priya  
Feb 15th - Book Study ----- group  
Feb 22nd - "Make your own Kefir", hands on and samples ----- Loraine Hanwell  
  
March 1st - Gita Study ----- group  
March 8th - "Understanding the Spectrum" --- Shyama  
March 15th - Book Study ----- group  
March 22nd- "How to make Aloo Subji"- Brad Deharder  
March 29th - Book Study -----group  
  
Call 321-725-4024 for more dates and topics

Our Book Study on Sundays will be using the book "Seat of the Soul" by Gary Zukov Come and join us for a group discussion on this book.

We will also be studying the Bhagavad-Gita 1st Sunday of every month .

## Vegetarian International Lunches

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

Saturday Jan 3rd - Mozambique - group  
Sat Feb 7th - Tunisia - group  
Sat March 7th - Seychelles - group

## 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 Margarite - fusion yoga  
**Friday 9:30-10:30am** - Audrey DaCosta - Chair Yoga  
**Saturday 10-11am** - Rakesh Banothu ----- Meditation  
**Saturday 9-10am** --- Lisa Jackson ---- Beginners hatha

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. Call for more information



Ma Moksha Priya conducting deep relaxation and lecturing at retreat on 11-15-2025



Olga making Borsch for Russian lunch 12-6-2025



Asli's vege kebabs for Turkish lunch 11-1-2025



Vegetarian Pot luck- Thanksgiving feast. Miegans cheese ball "turkey"



## 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 Sadhus, **Saturday January 10th 2-4pm AND Saturday February 28th 2-4pm** 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



**Siva Raatri March 15th 12noon Puja All are Welcome**

### Friends of the World Gathering Sunday March 15th 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.

**Save the Date!**



Caribbean Indians Kartik Purnima at the Shiva temple.



Shiva lingam at Kartik Poornima



Telugu devotees Kartik puja



Telegu Women at Nau Raatri offering devotions to Durga



Gujerati Aarti and Garba dancing at Nau Raatri 9-2025



Telugu Bathukamma floral festival



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### **Words of Wisdom by Ma Yoga Shakti**



- \* If Siva is pleased bad times can turn into good times. As dogs shake their bodies to shake off the dirt, we can shake off all our illness, troubles etc.
- \* Time is money. Time does not come back. Money doesn't come back if you don't honor it.
- \* All professions are holy but you can make it shine... it is your shoe and you have to shine it.
- \* We should know what to throw away and what to keep. We have to change according to the need of the time.
- \* Nothing else is your enemy except your ego.
- \* Noble Hearts divinize everything.
- \* We must take the world "As Is".
- \* Wherever you are, make things beautiful.
- \* The greatest Siddhi is to feel responsible.
- \* Be beautiful in body, mind and spirit.



Sabita doing Rangoli outside of the Durga Mandir for Diwali 10-25