Minds like repetition much as children do when they first learn to speak or make sounds. Whatever they have learned even though it is only the sound “Ahhhhhh”, they keep repeating for they love to speak and they have not yet learned the language. I have heard this often for I have a hundred children in the school and when they are in the mood, they talk to themselves as though speaking to someone else. Mind too continues to talk to itself without stopping to listen, and this talking becomes an unconscious habit. Mind must have some excuse so it takes up problems, whether or not it is beneficial or will be meaningful to it. It revolves around and around defeating itself.

The tragedy of life is that you love problems and love to trouble yourself because unconsciously you love misery. Then it becomes necessary for me to change your desire. Don’t take misery, take love, the Lord’s love. Let Him speak. Let Him think. Let Him be the music of your soul. He is always speaking to you but you have not eyes to see nor ears to hear.

(from a lecture given in 1969)
Ashram Programs

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

Full Moon Puja-Satya Narayan Katha
5pm on 17th Jan, 16 Feb, March 16
Bring fruit, flowers and a pure heart.

Hatha Yoga Classes
Donation: $10 per class or $30 per month

<table>
<thead>
<tr>
<th>Monday</th>
<th>Gajendra Giles</th>
<th>Classical poses</th>
<th>7:00 - 8:00 PM</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>MaryAnn and Jim Loafman</td>
<td>10:00-11:00AM</td>
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<tr>
<td>Tuesday</td>
<td>Debby Jeffries</td>
<td>Beginners Hatha</td>
<td>5:30-6:30PM</td>
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<td>Tuesday</td>
<td>Dillon King</td>
<td>Vinyas Flow</td>
<td>7:00 - 8:00PM</td>
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<tr>
<td>Wednesday</td>
<td>Kate Hunt</td>
<td>Yin Yoga</td>
<td>7:00 - 8:00 PM</td>
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<tr>
<td>Thursday</td>
<td>Lisa Campbell</td>
<td>Yin Yoga</td>
<td>7:00 - 8:00 PM</td>
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<tr>
<td>Thursday</td>
<td>Debby Jeffries</td>
<td>Beginners Hatha</td>
<td>5:30-6:30 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>Mary LaMarra</td>
<td>Feel Good Friday</td>
<td>7:00 - 8:00 PM</td>
</tr>
</tbody>
</table>

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

Introducing a New Yoga Class!
Beginners Hatha Yoga with Debby Jeffries, Tuesday and Thursday at 5:30pm
A basic introduction to some of the tools used in developing a Hatha Yoga Practice. Class includes pranayama, asana, and sound meditation. Bring yoga mat and any other props you may need such as blanket, blocks, eye pillow, etc.

Sunshine Lectures
Sundays 9 – 10 AM

Jan 2nd....New years Message....Moksha Priya
Jan 9th....Stress Relief Tips to Raise Your Vibration ........Nalita Raj Kumar
Jan 16th....Gita Study..................David Warren
Jan 23rd....Journey to a Hopeful Future...Ashram youth
Jan 30th........Gita Study..................David Warren
Feb 6th...........Astrology of 2022.....Leslie Marlar
February 13th.....Gita Study............David Warren
February 20th....Connecting to the Sacred through Sound ......Susan Rizzo
March: 2nd and 4th Sundays David’s Gita Study
Call for more dates and topics

UPCOMING EVENTS
January 8th 9-12am  Meditation Workshop with Jim Bolton.  We will be doing a sitting meditation, breathing exercises and mindful walking on the beautiful land at the Yoga Shakti Mission.  Donation to the ashram.

February 26th  Saturday 7pm  Kirtan with Rayananda and The Wandering Sadhu’s.  Save the Date!
Dear Friends,

With the New Year, comes an exciting, new opportunity to study one of the most important spiritual books ever written, the Bhagavad Gita - the Divine Song of God.

The first class is on Sunday, January 16th from 9 a.m. to 10 a.m. at Yogashakti Mission. The class will meet twice per month for 5 months and will be facilitated by David Warren, Ph.D.

The book we will be using, *Essential Wisdom of the Bhagavad Gita* by Jack Hawley, presents the essence of the Gita's teachings in a format easily accessible for modern-day readers.

Hawley has organized the book into five chapters that address the five most important questions spiritual seekers have been grappling with for millennia:

1) Who am I?
2) Why am I here?
3) Who, or what is the Divinity many call God”?
4) What is my relationship to that Divinity?
5) Is it even possible to live a spiritual life, and if so, how?

In a dialogue between the Warrior Prince Arjuna and his friend Lord Krishna, the answers to these five questions are clearly presented. The ancient wisdom of the Bhagavad Gita lives on, helping us today, as it has helped countless millions of people through the ages.

If you are planning to attend this class, please acquire the book or download the Kindle version onto an electronic device. You can purchase the book new or used from Amazon or from most major booksellers. It can take up to three weeks to receive your paperback copy, so please order your book as soon as possible.

We will discuss the Introduction and Chapter 1 for our first class on January 16th. The class is offered on a donation basis, all proceeds going to the ashram.

If you have any questions about this class, feel free to email or call David Warren.

Email: dwarren6768@yahoo.com
Cell: 321-557-4836

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**MAHAA SHIVA RAATRI**

**FEBRUARY 28TH, 2022**

Chidanandarupah Sivo’ham Sivo’ham

I am not mind, intellect, ego or memory;
Not hearing, not taste, not smell, or sight;
And not sky, not earth, not fire, or wind;
I am Shiva, Consciousness-Bliss
Shiva I am, Shiva I am.

I am not aversion (hatred) or attraction (passion and desire), not for me greed, confusion and delusion;
Not for me pride, conceit or the feeling of jealousy;
No dharma (righteousness), no wealth, no desire, no liberation;
I am Shiva, Consciousness-Bliss
Shiva I am, Shiva I am.

No virtue, no sin, no happiness, no suffering;
No mantra, no tirtham (holy bathing place), no Vedas, no worship (sacrifice);
I am not the enjoyment, not the enjoyed, not the enjoier;
The nature of Consciousness-Bliss
I am Shiva. Shiva am I.

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**Maintaining a Strong Mind**

by Ma Yoga Shakti

A strong mind loves beauty, melody and discipline in life.

A strong mind has a philosophy of life to sustain its energy.

A strong mind is always engaged in doing good to others and thereby gaining knowledge and wisdom for itself.

A strong mind is always free from fears. Mind infected with fears damages its energy.

A strong mind keeps its conscience clear. The best way is to be truthful in all of your dealings. Honesty is the best policy on this earth.

To make the mind what it should be, keep fears, laziness, negative thoughts and idle moments away from you. Keep your mind and time occupied in something which is positive and creative.
Words Of Wisdom from Ma Yoga Shakti

Giving is a spiritual law. By giving your spirit feels very happy. It becomes stronger and more powerful. Giving away and using all opportunities strengthens the mind.

You should do daily practices to promote your consciousness. Sometimes we do, sometimes we don’t. There should be an unconscious love or link with the divine. This should be a small delicate link with the divinity, not too big, 220 or 440 volts is not necessary. Just a little 110 volts is enough. Devote half an hour minimum every morning.

5:30am is my time. Wherever you are, sit up and be with Mataji or God even for 2 minutes. It doesn’t matter what you are doing, even if you are eating meat, at that hour sit up. If you have this kind of feeling, the same little link can be a line of electricity or voltage which can give you enough light or connection with God to keep you healthy and happy. Even if you are driving at that time, just blink your eyes and keep that connection, pay homage for one second. This is occult training. Remember and keep a link with the divine and that will help you a lot.

God is everywhere. You are being carried in the arms of God. God is carrying you, not you are carrying you. That divinity is carrying you, promoting you. If you link yourself with that, you will be able to do a lot of good to your fellow beings, to your country and to the world at large.