

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:

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or Call: 321-725-4024

World is our Family



"All creatures are born with Knowledge" by Ma Yoga Shakti

This is a statement from Durga Saptashti, a part of Markandeya Purana where seven hundred verses are dedicated to the worship of Divine Mother, the Mother of the entire Cosmos.

This is an inspiring bold statement. A bee knows by instinct how to weave a honeycomb. A bird knows how to fly and build her nest in a tree. Does not a cow know how to care for her calf? Among all creatures only humans have "reason". In spite of five perfect senses i.e. eyes, ears, nose, tongue and skin humans still grope in the dark in search of knowledge, truth and happiness.

Teachings are available in every nook and corner if we can train our eyes and ears to see and hear. If the inner spirit is wide awake there will be a thirst for learning and experimenting.

A country is known by its people, their work, habits and way of living. All people of the world must have a zealous attitude to work, serve, learn, achieve and share.

Work is not work. It is a form of worship of the Divine. Work is Service and service is an expression of love. Man glorifies the Work and Work glorifies the man.

Learning and Doing are the only joys one can receive in this world. It is preferable not to remain mentally or physically crippled. One gets into bad habits because one does not know how to pass time in a fruitful and creative way.

A fine inspiring Chinese proverb states "Completion is more important than Initiation". To get things done is most important. Many people know (from book learning) but cannot actually do anything. Many people can talk but cannot swim. Intelligence is lame without practice and action is blind without knowledge.

Test your personality by getting things done or achieved. Achievements are milestones of life. Test your personality by doing noble things in life! Increase your aptitude! Test your attitudes! Improve your talents! Add to your virtues!

World is here to Share with others. Share joys and sorrows with people. One is born to Share not to reserve enjoyments for one's own self.

By Ma Yogashakti (Originally printed in 1996 in Mumbai)

Ashram Programs

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

Full Moon Puja-Satya Narayan Katha
 5pm on April 12th, May 12th, June 11th
 Bring fruit, flowers and a pure heart.



YOGA CLASS SCHEDULE

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

Monday 7-8pm ----- Anna --- Classic Hatha

Tuesday 10-11am -- Gajendra --- Gentle Hatha

Tuesday 7-8pm -Natalia Goryachenkova - Vinyas

Wednesday 7-8pm -- Lisa Campbell --- Yin Yoga

Thursday 7-8pm ---- Sensei Margarite --- Fusion

Ramayan Chanting 5pm 2nd. Friday of every month

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



Jim and MaryAnn Loafman in their 80's doing a Yoga Demonstration at Friends of the World. Photo by Annick

Sunshine Lectures

Sundays 9 – 10 AM

April 6 - Mataji's Birthday program

April 13- Book Study Group

April 20 - Easter Sunday Breakfast

April 27- Book Study Group

May 4 - Ancient Tamil Knowledge of Health and Life " part 2 - Shiva Shankaran

May 11 - Mothers' Day Program

May 18 - Book Study Group

May 25 Book Study Group

June 1 Ethiopian Bible - Jagadambaa Shakti

June 8- Book Study Group

June 15 - Remembering Fathers' Day

June 22- Book Study Group

June 29 - Foundational Principles of Human Life, Insights from the Bhagavadgita - Bhasker Tenali

Call 321-725-4024 for more dates and topics

Vegetarian International Lunches

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

Saturday April 5th - Gujerati - Ankita Patel

Sat May 3rd - Uganda - group

Sat June 7th - Georgia - Manana Bebnadze

The Book Study will be discussing: "Self-Unfoldment" by Swami Chinmayananda



Based on the teachings of Vedanta, this book helps us to answer some of life's most poignant questions like "Who am I?" "Where did we come from?" "What happens when we die?" "How can I be happy more of the time?"



Always great company and lots of delicious vegan and vegetarian food!

Photo by Terry Bossom

UPCOMING EVENTS



Sunday April 6th 9-10am - Mataji's Birthday celebration with children

Sunday April 6th 11:30am - Ram Naumi Celebration

Connection and Community Practice in Nature with Jagadamba Shakti (Rev. Judith Elia)

10-11am Second Saturday of the Month: April 12th, May 10th, and June 14th

Affirmative Prayer, Nature Connection, Qigong and Mindfulness Meditation.

Mindfulness is being aware of what is happening in your body, heart, thoughts, emotions and Life with subtlety and spaciousness. Affirmative Prayer is the gift of harnessing our thoughts and strengthening our brains to be beneficial and create health and happiness in us and around us. We will sit, walk, move, observe, connect with Nature and each other. Everyone is welcome. No experience necessary. Donations gratefully accepted.



Yin Yoga and Metta Meditation with Lisa Campbell

Saturday 10-11am April 26th, May 31st and June 21st

Lisa Campbell is inviting you to Expand your Horizon of Compassion by attending her Loving Kindness Meditation with Yin Yoga. Beautiful Heart- opening music will be played during the Class. Suggested Donation \$10.



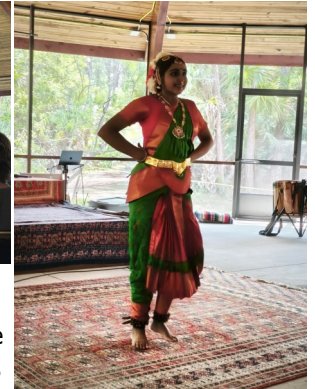
International Yoga Day - Saturday June 21st. All classes Free

6am - Come and do Surya Namaskar outside at sunrise near the Shiva Temple

9am - Pranayam and Mudra's from Mataji's book "Simplified Yogasana's and Pranayam's" class with Gajendra

10am - 11am Yin Yoga and Metta Meditation with Lisa Campbell

RECENT EVENTS



Thanks to all who came to participate in the annual Friends of the World gathering on Sunday March 16th.

There were interesting booths, delicious food, and many talented performers from multiple cultures of the world. Lots of dancing, singing, music and celebration.

It was very apparent the World is one family!
Vasudhaiva Kutumbakam.



Photos by Jared Campbell and Annick



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LESSONS FOR LIFE from MATAJI

There is a vast store of knowledge within us. It is all stored within us in the form of the Soul. We are sparks of God, but Divinity has to be uncovered within us. In the world we find ourselves ignorant. We have to retrieve our position. The King is deposed. He has to reclaim his kingdom. We are here to discover our divinity. Are we here only to eat, drink, procreate and die? We are all divine within ourselves.

We have to create something to see ourselves – to know ourselves. Without placing ourselves in different backgrounds, we cannot know ourselves. The whole world is like a mirror in which we see ourselves. If someone doesn't do anything, how do we know him?

The whole life is a life of teaching and learning. By teaching we learn a lot. Students and teachers are one and the same. Teaching is to preserve the knowledge – to make it flow to the next generation. Learning is endless. Compared to others we may have more knowledge, but it is all comparative. Knowledge is endless.

Love has great knowledge. That kind of knowledge, I call education.

Excerpts from "Nectar Drops For Life" volumes I and 2. available for sale

