

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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You can look us up
on the web at:

www.yogashakti.org



or-
www.yogashaktiflorida.org

Email us at:



Mataji at the 1992 Kumbhamela in Haridwar

Receptivity and Respect

by Ma Yogashakti

Guru Tattwa or the Guru element is a Divine Force which may work through good or bad men. A Guru or teacher needs a receptive disciple for learning to take place. One can always learn if one is receptive.

In Puranas and Bhagwat you will find the story of Lord Dattatreya. He is the ideal god of yogis. He practised yoga, but before that he was a married man. He was a blessed child, an incarnation of Lords Vishnu, Siva and Brahma together. Dattatreya had twenty-four gurus. He learnt from a bird, a pigeon, a prostitute, a snake, a tree and a woman who was separating the husk from the rice. He was very grateful to all of these for

conveying great messages of Divine Wisdom to him.

If you really want to learn, you can receive knowledge from leaves, birds, trees and from each and every one. Knowledge is knowledge when it manifests in your behavior and through your actions. If it doesn't manifest through your actions, it is not knowledge. It has not been learnt.

Teacher and disciple relationship is nothing else but receptivity. Receptivity grows when you respect somebody. Students must have respectful love for the teacher or they will receive less. When you respect, you raise your own consciousness. It is a secret science of mind which few people understand. When you respect, you are ready to receive something consciously or subconsciously from that person's life.

It is very important to be careful what you meditate on or from whom you learn. Patanjali mentions that one should meditate on the form of someone who is alive but a 'vij raagi' i.e. one who has transcended his own desires. Only such a one is fit to be meditated upon. Spiritual teaching is through a Guru. Gurus are not separate from each other. There is a Divine Plan, a Divine Hierarchy which is above and takes care of many things.

First published 1996

Ashram Programs

Aarti Daily 6:30AM and 6:30PM

ALL ARE WELCOME!

Full Moon Puja-Satya Narayan Katha

5pm on July 29th, August 28th, September 26th

Bring fruit, flowers and a pure heart.

Sunshine Lectures

Sundays 9 – 10 AM

July 5th - Gita Study fifteenth chapter vs 10-12

July 12th - "Visiting Buddhist convents in Nepal and Bhutan" - by Philip Lovell

July 19th - "The Gnostics" - by Larry Abdullah

July 26th - Book Study Group*

Aug 2nd - Gita Study fifteenth chapter vs 13-15

Aug 9th - Book Study Group*

Aug 16th - "Study in the only Buddhist High School in the USA" - by Rosa Godshall
www.torquesgarage.com

Aug 23rd - Rudrax Beads - by Chris Haber

Aug 30th - "Energy" by Kathy Hardesty

Sept 6th - Gita Study fifteenth chapter vs 16-18

Sept 13th - Book Study Group*

Sept 20th - Taino Culture and fall Equinox Celebration. by Tony Jusino

Sept 27th - "Amazing Annie Besant" by Shyama

* The Book Study Group is reading "The Eye of the I" by David Hawkins

Call 321-725-4024 for more dates and topics

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 - intermediate

Wednesday 7-8pm - Lisa Campbell - yin yoga

Thursday 7-8pm - Sensei Margarite - vinyas flow

Friday 10-11 am - Audrey DaCosta --Chair Yoga

Saturday 9-10am - Lisa Jackson - beginners hatha

Saturday 10-11am - Meditation - Rakesh Banothu

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



Audrey DaCosta's chair yoga class on Friday mornings guides you to connect with your breath as you move. This supported moving meditation, increases flexibility & creates a sense of well being.



Lisa Jackson's introductory hatha yoga class focuses on breathwork, stretching, gentle postures. and releasing stress. This is a joyful practice in a beautiful outdoor setting that concludes in savasana, with a mini sound bath using Himalayan bowls, and chanting of OM.



Jen's tembleque desert from Puerto Rico lunch June 6th



Asha's fried breadfruit for Grenada lunch on May 2

Vegetarian International Lunches

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

Saturday July 4th - American Picnic - group

Sat August 1st - Indian - group

Sat September 5th - Ivory Coast - group

RECENT EVENTS



Gujerati Hanuman chalisa group
May 2nd. Monthly 3-4pm



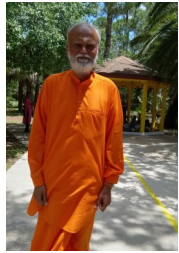
Telugu Hanuman chalisa
group May 16th monthly



Children's concert for Mataji's
Birthday celebration, April 5th



Cacao ceremony
May 25th with Kerri
Lewia



Swami Chidatmananda
of Mind in Bliss gave a
talk on Sunday June
14th on "Source of Joy,"



Celebrating International Yoga Day Sunday June 21st with
sunrise practice at the Shiva temple and Jared and Lisa
Campbell leading a loving kindness meditation in the pavil-
lion



Words of Wisdom from Mataji



As you are, so the world will be.

Have no complaints. If you throw a ball on a wall it rebounds. Be very careful with what you say.

Changing the mind all the time makes the mind weak. A moving rock cannot be trusted. Those who keep their word can be trusted. By compromising to please others you will destroy your own personality.

Nobody else is responsible for your happiness and unhappiness.

UPCOMING EVENTS

Sunday September 20th 9am -10:30am Tahino fall equinox celebration

With Tony Jusino Tahino Elder

Wednesday July 29th 10am - Guru Poornima - Sundarkand chanting in Durga Mandir followed by prasaad.

Monday Sept 7th Labor Day - 5pm - Sound Bath relaxation with crystal bowls, Tibetan bowls and bells, and sacred mantra's, includes a guided chakra meditation with Shanti Priya

Hear Shri Mataji's voice guiding you in Meditation

Scan this QR code with your smart phone to get Ma Yoga Shakti herself guiding you through her Lotus meditation and relaxation along with prayers. May Shree Mataji's bless you and bring you peace of mind. Loving donations to YSM of any amount Please consider becoming a member of the Yoga Shakti Mission to help support this beautiful, sacred space.





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Service is Our Worship

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**Knowledge is Our
Breath**

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Yoga is Our Way



How to be a good teacher by Ma Yogashakti

Flow of knowledge from Generation to Generation

A teacher belongs to the great community of teachers. This is a stage of development and has a place in the universal hierarchy. You are custodians of knowledge which you are going to pass on to others. Life is very trifling. I may live or I may die; it doesn't matter. But knowledge goes on continuously. It flows down from generation to generation and we must feel responsible for it. A teacher must be a healthy, happy, and beautiful person who has good vibrations.

Teach by Example

Whatever you want your pupil to learn, you should do only that. If you do not want your children to do something, do not do it yourself.

Concentration and Self Control

Other essentials are purification of emotions and power of concentration. When you do something be absorbed in that. Another essential is self-control. Yoga is self-control. One who can control himself in various ways can be a successful person. Mentally you are spreading your thoughts and vibrations. You are giving something. The world would have been a beautiful place if your ancestors had not generated some negative thoughts. We are giving something to the future generation. Whatever we think, whatever we do, we are always giving out to people.