

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:

Yogashaktipalmbay@gmail.com



or Call: 321-725-4024

World is our Family



Message on the Passing of Time

by Ma Yogashakti

Everything is a passing phase. Nothing is going to stay here for all time. Do you think we are all real? I doubt it and am suspicious. It is all a dream. Very soon the moment will pass away. It will be a memory of the past. With all your knowledge you cannot bring the moments back which are already past. They will never come to your vision again. Can you bring back your childhood again? No you cannot. If you think you are going back, it is only a memory. We can have photos and films but it is only eyewash.. We are deceiving ourselves. Nothing can be brought back. It is all a dream. We are all dreaming. Some are clever enough to have beautiful dreams. Some are foolish enough to have bad dreams. What you wish you will dream. If you are scared of something, unconsciously you think of it again and again and therefore it comes to pass.

Many are born and pass away. You and I will pass away. This world does not belong to anyone. We think everything belongs to us. We are always after pos-

sessions. We want to acquire, we want to hold, to store, to achieve. We buy a house and think it is ours, but who knows what can happen? We think this land is ours; we have purchased it and we have paid for it, but we may lose it any time. We call wealth Goddess Laxmi. All money is nothing else but the goddess of wealth, whose other name is "Chanchala" which means "never stable but always moving and never staying in one place". Money always moves from hand to hand.

You are standing on a moving ball. Your mind is moving. You are just a spot in a collection of stars. Everything in this world or "jagat" is moving. "Gat" means "to go" or "to pass away" in Sanskrit. "Jagat" is always moving and never in one place. We must have the correct attitude towards the world. Everything is moving.

You also have to move fast. If you want to be in the race you must move fast, but your motor must be in good repair. If you want to repair your motor, you have to stop it, check it, find out the defects and then put it on the road. In short, in spiritual life, you must stop yourself and find out any defects. You must stop your mind for a while, though not for too long. You must be aware of yourself and then look at the world. High consciousness is very essential. We want to know the secrets which are unknown. The only method is to stop our minds for some time. If our minds are very, very active we are unable to know the secrets. Peace can be established after the storm, but in the beginning there must be a storm. It is the herald of peace or quietness.

First published Oct 1991

Ashram Programs

Aarti Daily 6:30AM and 6:30PM

ALL ARE WELCOME!

Full Moon Puja-Satya Narayan Katha

October 7th, November 5th, December 4th

5pm on Bring fruit, flowers and a pure heart.



Tulsi Das Ramayan
chanting 2nd Friday
of the month 5-6pm

Sunshine Lectures

Sundays 9 – 10 AM

- Oct 5th Bhagavadgita Study from Sanskrit, one verse a month -----group
 - Oct 12th Book Study*-----group
 - Oct 19th Sharing about use Herbs in your life
 - Oct 26th Book Study*-----group
 - Nov 2nd Gita Study-----group
 - Nov 9th Book Study*-----group
 - Nov 16th "Creative Thinking" -----Ma Mokshapriya
 - Nov 23th Book Study*-----group
 - Nov 30th Sacred Geometry and 108---Gajendra
 - Dec 7th Gita Study-----group
 - Dec 14th Book Study*-----group
 - Dec 21st Solstice program -----Shyama
 - Dec 28th Communicating with Pets---Lorraine Hanwell
- * Book Study group is doing "The Surrender Experiment" by Mickey Singer

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 - fusion yoga

Friday 9:30-10:30am - Audrey DaCosta --Chair Yoga



Marguerite's Thursday evening 7-8pm fusion yoga class
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 Oct 4th - Indian - Sonal Mehta

Sat November 1st - Turkish ----Asli Henderson

Sat December 6th - Russian - group



Dr. David Warren's lecture "Effective Listening" on Sunday 9-7-25

Bring a vegetarian dish to share and join us in fellowship and celebration!

Thanksgiving Potluck Thursday November 27th
12noon

Christmas Day Potluck Thursday December 25th
12noon

RECENT EVENTS



Shraavan Somwar bhajan/kirtan
8-24-25



Natalia's lecture "Gems and Minerals" 8-24-25



Audrey's chair Yoga Fridays 9:30-10:30am



Ganpati Visurjan Procession 8-30-25
organized by Pravallika and Banu



July 5th lunch, Apple pies by Jen Haber

COMING EVENTS EVERYONE WELCOME!

Saturday October 11th 10-11am "Introduction to Meditation" with Rakesh Banothu
love donation

Saturday October 18th 10-11am "I Am That" introduction into Grounding in the Self
With Loraine Hanwell love donation

Saturday November 8th 4-5:00pm Sacred Sound Meditation with crystal bowls
and mantras with Shanti Priya love donation



November 13th-17th

Ma Mokshapriya Shakti, the director of Mataji's New York Ashram, is visiting.

She will be having Satsang mornings 6:45am and evenings 6:45pm after Aarti while she is here. She will also give a Sunshine Lecture on "Creative Thinking" Sunday Nov 16th, 9-10am.

If you want to attend the retreat Saturday 9-5pm donation \$101, Sunday 2-5pm donation \$30.00. Please preregister at yogashaktipalmbay@gmail.com

meditation for inner peace
with Ma Mokshapriya

November 15, 2025
Day Retreat - Saturday
9 a.m. to 5 p.m.
meditation
yoga
philosophy
breath work
deep relaxation
vegetarian lunch
\$101 per person

November 16, 2025
Workshop - Sunday
2 p.m. to 5 p.m.
various techniques
and stages
of meditation
and relaxation
\$30 per person

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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

Peace of Mind by Ma Yogashakti

There are three things to be acquired in life: Peace, Power and Wisdom. Those who have peace need to be dynamic in the right way and dynamic souls need to possess wisdom also. Man is born of God and is a particle of the divine. God is peace, power, wisdom, bliss, love and knowledge.

He has Peace who:

1. Has known unity of the soul
2. Continually engages himself in the execution and completion of the Divine Plan
3. Thinks of himself as an instrument in God's hands.
4. Keeps his heart pure and fills it with love of God
5. Knows the function of the Chitta and harnesses his energy for the achievement of the highest
6. Has known the relation of Mind and Time and utilizes them both in a positive way
7. Knows that unrest of the mind is self-created
8. Is self-reliant and confident and puts his trust in God
9. Solves his physical, mental and spiritual problems through the practice of yogic techniques
10. Does his work efficiently, punctually and devotes himself to further improvement
11. Chants his Mantra regularly
12. Is regular in his spiritual studies
13. Puts a divine ideal in front of himself
14. Has no time to think negatively
15. Thinks that the World is a Temple of God

Does his best to serve God

Believes in a Universal God, Religion and the Oneness of all beings.



First published in 1972