World is our Family · Truth is Our Religion · Knowledge is Our Breath · Service is Our Worship · Yoga is our Way

Where is Your True Home?
Thoughts on Fifteenth Chapter of Bhagavad Gita · Ma Yogashakti

Gita is a book of verses sung by Lord Krishna. The whole book contains 700 couplets. Every stanza is very important. The fifteenth chapter is the peak of Gita philosophy.

The very first words in the first verse are significant. “Oh man, you think that you belong to this world, but in reality you don’t.” You think your home is here. You spend a lot of time and a lot of money in making your abode on this material earth, but the time is not very far off when you will have to leave everything behind and go to some unknown land.

We cannot forget that this world is nothing else but a cycle of life and death. Other events are all turned into dreams. The moment which you have just lived through has already slipped from your hand. You may try to grasp it. You may try to retain it in your memory, but this is all self-delusion. We try to feed ourselves on our past, but the past is already gone. We try to feed ourselves on future projects, but the future will also turn into past. Nothing is going to stay with us.

Therefore the first verse of the fifteenth chapter reminds us that our abode is not here, our roots are not here. The roots of man are above. We are coming down here for a short period. Just as people from North America come down to Florida for a time. They stay here and then after some years they want to go back up north. Similarly, human consciousness also has descended and when we are tired of sufferings and joys, a time will come when we want to go back to our source, home, abode known as God or Brahm.

We go back to a super-conscious stage of living about which we are not very much aware here.

Although a power house has got thousands of volts of energy, when it is supplied to a house, there are only a few volts, not thousands. If thousands of volts are supplied to a small house, it is very dangerous. Similarly, we have great potentiality, but we cannot use it all in this material world. This body is like a shade which covers or blocks our energy. We can use only as much as the body permits.

The fifteenth chapter is devoted to the philosophy that your roots are above. Don’t think that you derive your energy from the material world. It is only illusion if you believe this. Man does not live by bread alone. He doesn’t
Continued from page 1

live on the material plane alone. He has consciousness that belongs to higher levels. God is the root of all. Supreme consciousness is the root of all.

When we live in the world, our desires expand and strengthen to a point where we are completely attached to the world and our belongings. People don’t feel sorry to say, “This house is mine. This property is mine. These children are mine.” But some time in their life they get a shock and lose some of it and then they get very unhappy because they thought it belonged to them permanently. At that moment they have to realize that it was never theirs, but that they were only a medium or an instrument to have that thing for a while. Actually nobody and nothing belongs to them.

Man is born alone and man will die alone. He may have riches, but these cannot cure his incurable diseases or stop death. Therefore, it is unnecessary to have too much attachment to material things. We want to stick to this world even though we get sorrows and unhappiness in return. The only way to eliminate sorrows is to destroy attachment with the sword of asanga (detachment) in our hand and cut the roots of attachment.

Those few who take the sword of detachment in their hand will find the peace which passeth understanding. They shall reach the stage of consciousness where there is no sorrow or unhappiness. From that most revered and honorable stage of high consciousness, they can never fall down. Whatever we achieve in this life will one day be taken away. If we achieve a high post, one day we shall lose it, but we shall never fall from the higher stage of consciousness once it is reached. In due course of time, every soul will reach that stage.

How may the soul reach that high stage? Gita says, “nirmaana mohaa”. Be prideless. Don’t have ego. Be without attachment. “Jitasanga doshaa” Don’t associate too much with things of the world or they will bring you sorrow in return.

If you keep your mind balanced, aloof and detached you will enjoy the world but not be hurt by the waves or ripples of the world. This is the only way to reach that stage. The mind must be free from conflicts, inhibitions and repressions. Unless we get our minds clean and rise above conflict, we can never achieve that high stage.

In short, the fifteenth chapter says that you are not what you think. What you think you are is only your self-styled idea. You have two beings. One is the lower, physical being which will be destroyed by death one day. You have a mortal body, but you are an eternal being also. “Dvaavimo purusho loke ksharshaakshara eva cha”. You have two personalities one physical, one spiritual. The physical may be destroyed, but the spiritual personality can never be destroyed.

If you train your consciousness to live in thoughts of God, Brahm, you will gradually achieve that high consciousness. You will be nothing else but supreme consciousness yourself. Those who understand this great truth are blessed ones. This is the wisdom of the fifteenth chapter which has been titled “Purushottam Yog” - the yoga of the Highest Being. This chapter teaches that one should look for one’s highest self. Unless one regains consciousness of the highest self, one will not be completely happy in this material world.

(Previously printed October 2014)

Coming Events:

Moksha Priya Shakti director of the New York Ashram, will do a sunshine lecture on "Preparing for the Coming Golden Age" Sunday November 21st. She will also have satsang daily 7-8am on The Bhagavad-Gita.

Surya Prabha Shakti (Suzanne Bolton) from Colorado will do sunshine lectures on “Yoga for the Heart”. She will teach deep relaxation, physical poses, conscious breathing techniques, imagery, meditation, eating for wholeness, stress management and the importance of social connection for a healthy heart.

Varuna (Jim Bolton) from Colorado will teach some meditation classes.

More details on times and dates to be announced. Call 321-725-4024 for more information.
**Ashram Programs**

**Aarti Daily 6:30AM and 6:30PM**

**FULL MOON PUJA-SATYA NARAYAN KATHA**
5pm on Oct 20th, Nov 19th, and Dec 18th
Bring fruit, flowers and a pure heart.

**SUNSHINE LECTURES, SUNDAYS 9 – 10 AM**
Sept 26th “Science of Rudraksha Beads” Chris Haber
Oct 3rd “The Journey Continues” Bennie Loafman
Nov 14th “Yoga for the Heart” Suzanne Bolton
Nov 21st “Preparing for the Coming Golden Age”
Moksha Priya Shakti
Call for more dates and topics

**HATHA YOGA CLASSES**
Donation: $10 per class or $30 per month

Monday Gajendra Giles Classical poses 7:00 - 8:00 PM
Tuesday MaryAnn and Jim Loafman 10:00 - 11:00 AM
Tuesday Dillon King Vinyas Flow 7:00 - 8:00PM
Wednesday Kate Hunt Yin Yoga 7:00 - 8:00 PM
Thursday Lisa Campbell Yin Yoga 7:00 - 8:00 PM
Friday Mary LaMarra Feel Good Friday 7:00 - 8:00 PM

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

---

**Letter from Sonya Ki Tomlinson Warren**

My husband, David, our daughter, Kendra and I all feel very blessed to have an ashram in close proximity to where we live. The Yoga Shakti Ashram is indeed a spiritual haven saturated with peaceful vibrations, tranquil temples, rejuvenating nature and the presence of the Divine Mother.

My husband expressed his feelings about the Ashram: 

"I love Yogashakti Mission because it is a sanctuary from the bustling world of everyday life. I feel peaceful and happy as I walk the grounds of this beautiful nature preserve. The atmosphere of this place inspires me to go within and commune with my Inner Self. Thank you Mataji for establishing this wonderful ashram in Palm Bay, Florida and many thanks to Shyama and Chip for maintaining the ashram all these years."

Our daughter also shared her feelings about the ashram: "Yoga Shakti Ashram is like a jewel in the center of Brevard county. I don't know what I would do if I couldn't take peaceful refuge there periodically. The temple is serene and surrounded by nature. I love all the beautiful murthis as well as having blissful satsang with fellow visitors. I pray that it always exists."

We all are very grateful and thankful to Ma Yoga Shakti for creating such a wonderful, special place.

I was inspired to create this painting while watching a series on Sri Durga Ma. This painting is in honor of Her powerful energy, divine beauty and presence. You are welcome to view the painting at the Strawbridge Art Gallery in Downtown, Melbourne.

Divine Love and Peace
Sonya Ki Tomlinson-Warren
By Ma Yoga Shakti

All is God’s energy. The message of Gita is that everything is God’s and everything is God. Spiritual people stop thinking that everything is theirs. They begin to realize that it is by God’s will that they are here on earth and they must serve his creation as best they can. They realize that all is God’s. I would like you to think like that, because there is joy and happiness in that.

When you stop thinking, “It is mine”, there is no stress and strain. When you think it is yours you have to undergo both joys and stresses and strain. If it is yours then the joys are yours but the problems are also yours. However, if you think it is not yours, but that it is all God’s creation and you are only here to serve Him and realize Him, then although you enjoy and suffer, it is never too much for you. You are not overwhelmed or drowned in joy or sorrow. There may be problems but they won’t hurt or destroy you.

When we serve God, we are always with Him. We are with Him in His work. We can see Him everywhere in His creation. Every tree, every river, is created by Him. Air is created by Him. Is it not Him? God is everywhere and we must learn to appreciate this. The moment we learn to change our thinking and to beautify our thoughts, there will be beauty and happiness everywhere around us.