Desire and the Circles of Life
by Ma Yogs Shakti

When we die we lose all our possessions. If this is the case why should we work hard? Why not live like animals and birds? Man is different from other beings because man thinks. He manipulates things. He creates and assembles according to his design. He can do many things with his eyes, hands, legs, but these should be employed to know the soul. When we die only the soul is left.

Once a man died in the forest. Many animals came to eat the dead body. A jackal smelt the foot and left it. A hyena smelt the hand but left it alone. A crow smelt the ear but did not touch it. A vulture smelt the eyes but did not peck it. The body was left uneaten by all the animals and birds. Why? Because that man had never done a good deed in his life. His feet had never taken him to a place where God resides or where God is worshipped; his hands never did any charity; his ears had never devoted themselves to listening to the glory of God; his eyes never saw the beauties of the creation of God. The body given to him had never been used to seek God or realize the Self; therefore even animals and birds did not like to eat it.

From this story we learn that we should try to know who we are. We should study the science of soul as taught in Gita.

We are coming from above. Only the body is born here and will be left behind when we die. The soul comes from above. Its abode is above and it must return there. What causes birth? What causes karmas? What causes action? What causes mind to move? The answer is inborn desire. We inherit that desire from Godhood. God has a desire. It is his desire to create. We are also born with that impulse because we are made in His image. God desires the right thing and has mastery over His desires, but we lose control over our desires. We are born to desire, but we do not know when to desire, what to desire, how to desire. There is inborn desire in us to create, to promote and to destroy.

When we leave the body behind and go back to our abode, we take our desires with us. Where we go and what happens to us depends on the quality of the desires we had during our lifetime. If we have desired something very strongly, that is the motive power behind us. It will decide where we go after death.

How should we leave the body? We should know that this body is like a covering, a coat or a shirt which we have acquired through our desires. We should take our body as a vehicle, an instrument. We should not identify ourselves with the body all the time. If we identify, we get involved. We feel pain and pleasure and those experiences settle down in our unconscious. They become a part of our nature. When we die all these feelings and impressions are carried with us.

Nobody wants to die; it is inherent in man’s nature. This feeling comes from the soul. We are immortal beings, therefore we don’t submit ourselves to death willingly. We want to...
Since it was founded in 1979 the center has continued as an oasis of peace and enlightenment thanks to Mataji’s love and guidance and the many devotees throughout the years who have donated money, time or loving service. All are welcome to visit in small groups, masks preferred. Meditate in the temple, join the classes or walk the trails in a sacred and peaceful setting dedicated to Divine Mother. During these times, we have fewer public events at the ashram. We are continuing the regular yoga classes as they are taught in the beautiful, outdoor screened in pavilion in the woods. There is lots of room and fresh air.

Meet our Yoga Teachers:

Shyamashakti (Kathy Iacona) and Chip Iacona have been taking loving care of Yogashakti Ashram since 1980. Their three children all grew up here. Shyama met Mataji in 1971. She taught the children in Shri Mataji’s school in Gondia Maharashtra, India for 8 years and loved every minute of it. This is also where she met Chip who was teaching science at the school. Devoted students of Mataji’s, they came here in 1980 to help build the Yogashakti Mission in Palm Bay. Shyamashakti now occasionally teaches a gentle classical hatha yoga class when needed. Chip has now retired after 40 years of teaching the Thursday Hatha Yoga class.

Jim and Mary Ann Loafman teach gentle Hatha yoga on Tuesdays 10:00 -11:00 am. Emphasis is on breath and relaxation. They have been married for 60 years in 2021 and have been doing yoga and Christian meditation together since 1988. In 1990 they both were certified as Yoga instructors by Yoga Shakti Ashram and have been teaching there since. They traveled to India two times and stayed in residence at each of these ashrams: Sivanada Ashram in Rishikesh, Sri Ramana Ashram in Tamil Nadu by Mount Arunachala and Shantivanam (Father Bede Griffiths) Christian Ashram in Tamil Nadu. While in India they visited Mataji’s ashram in Delhi. With a group of Meditators they spent a retreat time of several days with the Dalai Lama and Benedictine Father Lawrence Freeman under the Bodhi Tree in Bodhgaya, India.

Gajendra Giles teaches a series of gentle hatha yoga postures ending with a guided relaxation and meditation. His class is every Monday from 7-8pm. He started yoga in 1969 in Miami, FL studying with Swami Jyotirmayananda, the last living Swami who was a direct disciple of Swami Sivananda. In 1972 he began a study of Paramhansa Yogananda’s Self Realization lessons and took Kriya Yoga initiation from Swami Harirananda in Orlando, FL in 1992. Gajendra met Ma Yogashakti in 1994 and completed her yoga teacher training course here at the Palm Bay Ashram. He has been teaching here ever since. He visited India 3 times and has visited numerous Ashrams including Mataji’s in Haridwar. In 1998 he attended the Kumba Mela in Haridwar with Mataji.

Dillon King teaches a Vinyasa Flow every Thursday at 7 PM as well as a kids Yoga class with Dani on Friday’s at 7PM a few times a month. He is currently living here with his soon-to-be-fiancé, Dani, and their wonderful, little angel River, and their cat Maggie. He absolutely loves the energy here and the tight knit community that they have been welcomed into. Yoga has made an enormous impact on his life in more ways than one and he feels called to continue to help people find their own yoga practice. He was certified through Yogi Perogi’s 200 Hour Yoga Teacher Training program and learns more each time he practices. Grateful to be able to teach in such a beautiful and sacred space, He looks forward to seeing you on the mat!
Linda Caruso teaches traditional Sivananda style hatha yoga. She is one of our substitute teachers and does the 12 basic postures every class including some breathing exercises. She took her teacher training course at Yoga and Inner Peace in Lake Worth Florida in the year 2000. Originally she took the class with no intention of teaching, she just wanted the knowledge. Her teacher had other plans and the night of graduation he asked her to teach the disability class every Tuesday. She knew nothing about teaching disabled people, but with their help, she learned and went on to teach the class for 15 years. She is still teaching the class by Zoom every Monday morning.

Anna Iacona Hutson was born here at the Palm Bay Ashram and is one of our substitute teachers. She has been immersed in Mataji’s teachings and Yoga all of her life. She teaches a gentle, classical style of hatha yoga as taught by Ma Yoga Shakti. She has 2 children and runs a Native plant business, “Native Butterfly Flowers”. In 2003, she spent several months in India with Ma Yoga Shakti. In 2013 she did the yoga teacher training with Ma Mokshapriya Shakti at the New York Ashram.

Kate Hunt teaches a gentle and yin style yoga class on Wednesdays at 7 pm. She has been practicing yoga since the beginning of 2020, but her yoga journey started 4 years prior on a yoga/surf retreat in Nicaragua. Since that retreat she has incorporated yoga into her daily routine to create a healthy balanced lifestyle. She desired a way to serve her community and so she got certified in a 200 hour Yoga teachers training through Safe Yoga School led by Troy Cox based out of Orlando, Florida. Kate looks forward to seeing you in her class that is sure to leave you feeling relaxed, rejuvenated and restored!

Eden Shaw is a Licensed Massage Therapist, yoga teacher and owner of “Blissful Energy” in Melbourne. She is a new teacher here every Tuesday 7-8pm. She has dedicated herself to Thai massage and Aerial yoga, under the belief that flexibility is youth. She has practiced yoga since she was a teen. This and massage have helped her with her own spinal issues and she is now offering to help others with this knowledge. Eden also offers classes at Promise in Brevard offering Yoga to mentally handicap adults.

**HATHA YOGA CLASSES**

Donation: $7 per class or $25 per month

<table>
<thead>
<tr>
<th>Day</th>
<th>Teacher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Gajendra</td>
<td>7:00 - 8:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>MaryAnn and Jim Loafman</td>
<td>10:00 - 11:00 AM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Eden Shaw</td>
<td>7:00 - 8:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Group Meditation</td>
<td>7:00 - 8:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Kate Hunt</td>
<td>7:00 - 8:00 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>Dillon King</td>
<td>7:00 - 8:00 PM</td>
</tr>
</tbody>
</table>

**SIVA RAATRI**

March 11th 2021. in the Siva temple

PUJYA MATAJI’S BIRTHDAY

Tuesday, April 6th. We celebrate the birth of our beloved Mataji…..Ma Yoga Shakti.

**Sunshine Lecture**

Every Sunday 9-10am

Gita Studies and other uplifting topics from around the world.

Call for more information

**FULL MOON PUJA-SATYA NARAYAN KATHA 5PM IN THE TEMPLE**

Feb 27th, March 28th, April 26th

Bring fruit, flowers and an open heart!

**Help the Ashram with loving service**

First Sunday of every month 3-5pm

Please join us to do service for the Ashram
Meditation by Ma Yoga Shakti

Sit with your eyes closed and body in upright position. If the bucket is still the water becomes still. Treat the body as a container and mind is the water. Physical movement is a translation of mental movement. If you learn to still the body, you will feel the mind becomes quiet.

In life there are only two things – up and down – happiness and sorrow. If the mind is still there is neither happiness nor unhappiness. Through the mind we experience happiness and sorrows. The mind is full of high rising waves up and down. A little meditation should be practiced by all people to understand life better.

The whole world is like a garden. It is most beautiful and yet you need a bedroom to sleep in. Meditation is a bedchamber where you feel yourself. After sleep you are revived and you feel fresh. Meditation also gives you strength and revives energy. Every day have a few quiet moments without any thoughts.

It is easy to learn but very difficult to unlearn. It is easy to give color to cloth but to get rid of that color is difficult. Breathe in and out very very slowly. You cannot renounce breath. Breath supports life.

This quote from Gita can be life’s motto (Gita Chap 9 22)

>Ananyashchinta yanto maam Ye janaaha paryupaasate
>Teshaam nityaabhijuktaanaam Yogakshemam vahaamyaham

I, the Lord, carry the load of life for those who worship Me whole-heartedly.