



**Maha Mandaleshwar
Ma Yoga Shakti
Saraswati**



**Ma Yoga Shakti
International Mission**

**Yogashakti Durga
Mandir**

**Yogashakti Yoga
Center**

**114-41 Lefferts Blvd.
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www.yogashakti.org
718.641.0402**

**City of Light
Sanctuary
Our 45 acre Retreat Center
in the Catskills
100 Kerness Road
Greenfield Park, NY 12428
cityoflightsanctuary.org
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718.738.8001**

MYSIM Newsletter

Ma Yoga Shakti International Mission

January 2024

Ideals of Life

Goals, in other words, healthy ambitions of life, are as important as food is to life. From early childhood, unconsciously, sub-consciously or willingly, a child begins to show his natural inclinations. Parents should make a note in their mind and make a point to provide the right atmosphere to let the talent of the child flourish.

Lucky are those who are exposed to many varieties of lifestyle in their childhood. Unconsciously, children pick ideas of a fixed pattern of life suited to their ability, talent, and interest. Children are surely the future of the world. Utmost interest and attention should be given by the government, society, and family members to shape the future of the world.

The world is getting smaller, and horizons of self-concern are expanding like space every day. Freedom is that which we can enjoy without depriving others of the same facilities. Real humanity is supposed to enjoy and live to-gather in peace. My grandfather's sister, Bua-dada, taught me as a child: *Baanta chota khaaee Gangaa Nahaaee*. It means: Always share your food with others and enjoy your life, such as bathing in the fresh waters of a river. We are here to share and care for each other as much as possible.

One of my spiritual teachers in Varanasi, Mataji, left everlasting impressions on me. She was a theosophist. Wearing an orange saaree always, she smelled like a fresh orange-colored flower. How much I wanted to be like her! I cannot explain the aching and happiness I felt in my little bosom at that tender age. Once she told me: Give only a little bit of yourself to God like a little sesame seed. I still feel guilty that I gave to God only a little bit but the rewards are so much more than I ever deserved. To me, the older generation is a great source of inspiration. They help to charge the battery of life, which goes down every now and then.

Four Ideals of Life are a MUST for all: 1) Good Education, 2) Good Earning Skills, 3) Living and Enjoyment within limits, and 4) Performing Noble Deeds to Improve the Future of the World for Today and Tomorrow. (If you ever come back to this world, you will have a world of your own ideals!) The Four Goals of Life in Sanskrit language are: *Kama, Artha, Dharma and Moksha*.

America is no doubt a great country which has shown the way to the world for a better living in pursuit of happiness. It is a great country where truthfulness, honesty, integrity, accountability, and sincerity of purpose are honored. It is a place where people feel free to experiment with new ways of living and thinking. Nature, world, and body are gifts from God. All people have equal rights to enjoy the boons of nature if they are willing to pay the right price. Nothing is free anywhere. Everyone has to work hard to achieve the dreams of life. Wise is he or she who envisions life in all its perspectives. We are one family on this planet as long as we have only one SUN shining over our globe.

To me, East and West are like two eyes that see only one object. East and West are like two arms which perform for the good of one body. East and West are like two ears that hear one sound, not double.

All modern scientific inventions have helped to bring the people of the world close. It is the great achievement. All difficulties and problems come in our way to demand our attention. They whisper in our ears: improve, change, modify.

We are here on this planet of Earth to Explore the Limits of Our Consciousness which functions through the medium of the body. The Body is a blessed instrument to express our divine passions of life: Creativity, Promotion (Preservation) and Change.

I wish you all my dear ones and Soul-mates, all the happiness of the world for the rest of your lives.

Your very own..... Ma Yoga Shakti

The Subtle Bodies of Yoga

All of us look to improve our life and our understanding of ourselves. In some religious traditions we are told to seek self-realization, salvation or enlightenment so that we may experience nirvana, liberation or eternal life with God. We need to understand what that really means. Who are we? Why do we need to realize something? What is salvation?

This need to actualize and find ourselves, is deeply ingrained in each person. We consciously or unconsciously seek to find who we really are. The yogic belief is that we are part of the divine. It is that divine "Self" which we need to find. It is the soul, and it has divine qualities. Once we realize these divine qualities and remove that which hinders our understanding we merge with Divinity. In all traditions the need to find our divine qualities is necessary. When we do, in Christianity we will reside in the kingdom of God. Islam states that whoever knows himself knows the Lord. In Buddhism, we are to realize our "true nature," which is loving kindness, compassion, joy and equanimity. In Judaism, we make a covenant with God, a relationship of reciprocal love, caring and loyalty. The Self or *Atman* is the soul; it is the source of consciousness. The physical body is the vehicle of the Self to be used towards enlightenment.

If we take into consideration the magnitude of the space separating atomic and subatomic particles, what appears to be solid matter is just emptiness. Atoms have vibratory movement. Matter and energy are interchangeable; in fact, matter is just low vibrating energy. With this perception, we begin to understand that the physical and subtle bodies described by the mystics are energetic structures of varied vibratory rates. The Self is not matter, mind or energy, which are constantly changing. The Self is beyond time, space, decay and death.

According to Vedanta, the Self is in the inner most chamber of three bodies, composed of five koshas or sheaths. These three bodies are known as *sthula*, *shuksma* and *karana shariras*, and each one subtler than the one before. This classification resembles the concept of physical body, astral body and soul or spirit.

Sthula Sharira: This is the dense, gross or physical body or *annamaya kosha*. It is the physical sheath composed of bones, flesh and blood. It is called the food sheath. It is born, grows, decays and dies.

Shuksma Sharira: This is the subtle body called astral body in Western mystical literature. It is composed of three sheaths:

1. **Pranamaya kosha** is often referred to as the etheric double. It is made up of thousands of *nadis* or astral conduits for the flow of life force or *prana*. *Prana* generates power and supports all working and sense organs of the physical form. It also is the instinctive mind which repairs, replaces, digests, assimilates, eliminates, circulates etc. It is also the habit mind; the intellect passes on orders and it carries them out to the letter. Heredity, primal instincts, appetites and passions are in this kosha. We need to make it our servant or we may be controlled by it.

2. **Manomaya kosha** is the intellect, the mental sheath, which is subtler than the energy sheath. It comprises four levels of cognition: *manas* (instinctive or lower mind); *ahankara* (ego or sense of I-ness); *chitta* (higher mind where memories are stored); and *buddhi* (intellect or decision-making faculty). This *kosha* makes us different from animals. It endows the instinctive mind with reason and self-consciousness. It begins to analyze, separate and deduce.

3. **Vigyanmaya kosha** is the sheath of wisdom through which knowledge from our soul is transmitted to the intellect. It is our spiritual mind with which we have kindness, humanity, justice, unselfish love, mercy, sympathy and so on. It is the source of inspiration. *Vigyan* means knowing, but that knowledge comes from our higher mind, our soul self, our internal wisdom. When we are in a state of creativity, we are accessing this kosha. It is the level that has the higher truths and our consciousness.

Karana Sharira: This is the causal body. The *karana sharira* stores impressions as part of karma that controls the formation and development of the physical and subtle bodies. *Anandamaya kosha* or bliss sheath is the highest and subtlest of the layers of the Self. This is the same as *karana sharira* and it is where divine happiness resides. It is the Spark of the Divine and is totally responsible for our existence.

Through deep meditation or yogic techniques one may become aware of the subtle bodies of man which is needed for reaching our highest potential.

Ma Mokshapriya Shakti

Our Retreat Center

We now finally have added a wonderful conference center and 6 cottages to our retreat center of 45 acres in the Catskills, NY. It has a large hall, a spacious equipped prep kitchen and 5 bathrooms with showers. Cottages only have electric and heat.

The facility is available for retreats, weddings and conferences, or come individually and enjoy the beautiful 45 acres of undisturbed mother nature.



City of Light Sanctuary

100 Kerness Road, Ellenville NY 12428
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2024



Jan.

- 1 New Years Day
- 15 Makar Sankranti
Bombay Foundation Day
- 15 Martin Luther King, Jr

Feb.

- 14 Vasanta Panchamee
Delhi Foundation Day
- 14 Valentine's Day
- 18 Ash Wednesday
- 19 President's Day

Mar.

- 9 Mahaa Shiva Raatri
- 10 Daylight Savings ahead 1 hr.
- 10 First Day of Ramadan
- 17 St. Patrick's Day
- 24 Holi Poornima
- 24 Palm Sunday
- 29 Good Friday
- 31 Easter Sunday

April

- 6 Mataji's Birthday
- 8 *Manvaadi* (first day of an age)
New Year Vikram 2081
Shaakaha 1945

9 Vasantik Navaraatri begins

9 Ramadan Ends

17 Ram Navamee
(End Navaraatri)

23 Passover begins

23 Hanuman Jayantee
New York Foundation Day

30 Last day of Passover

May

- 10 Parashuram Jayantee
- 10 Akshaya Tritheeya
- 12 Mother's Day
- 21 Narasingna Jayantee
Palm Bay Foundation Day
- 27 Memorial Day

Jun.

- 16 Father's Day
- 16 Ganga Dashmi

Jul.

- 4 Independence Day
- 21 Vyaas (Guru) Poornimaa

Aug.

- 9 Naag Panchamee
- 19 Rakshaa Bandhan
Brother & Sister Festival
- 26 Krishna Janmashtami

Sep.

- 1 Labor Day
- 7 Ganesh Chaturthi
- 8 Rishi Panchmi
- 18 Pitri Paksha (end Oct. 2)

Oct.

- 3 Rosh Hashana
- 3 Shardiya Durga Navaratri
- 12 Yom Kippur Begins
- 12 Vijaya Dashmee – Dussehra
- 14 Columbus Day
- 16 Sharad Poornimaa
- 29 Dhanteras

Nov

- 1 Deepawali, Lakshmi Poojan
- 3 Daylight Savings Set back 1 hr
- 9 Gopaashtamee
- 9 Tulsi Vivah
- 11 Veterans Day
- 28 Thanksgiving Day

Dec.

- 11 Geeta Jayantee
- 14 Datta Jayantee
- 25 Christmas Day
- 26 Chanukkah

2024

Poornimaa Amaavasya Ekdashi Ekdashi Name

Jan	25	1	7 & 21	Saphalaa & Putrada
Feb	24	9	6 & 29	Shatatilaa & Jayaa
Mar	25	10	6 & 20	Vijayaa & Aamalakaa
Apr	23	8	5 & 19	Paapmochanee & Kaamadada
May	23	7	4 & 11	Varootherini & Mohinee,
Jun	23	6	2 & 10	Aparaa & Nirjalaa
Jul	21	5	2&17&31	Yoginee & Devashayane & Kaamikaa
Aug	19	4	16 & 29	Putrada & Ajaa
Sep	17	3	14 & 28	Parsva & Indira
Oct	17	2	13 & 28	Paapaankushaa & Rama
Nov	15	1	12 & 26	Prabodhinee & Utpatti
Dec	15	1	11 & 26	Mokshadaa & Saphalaa

JANUARY

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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23	24	25	26	27	28	29

OCTOBER

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28	29	30	31			

NOVEMBER

Mo	Tu	We	Th	Fr	Sa	Su
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18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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Ma Yoga Shakti International Mission (MYSIM)

114-41 Lefferts Blvd., S. Ozone Park, NY 11420

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Ashram Programs

Durga Mata Arti

Every Morning 6:30 a.m. Evening at 6:30 p.m.

Shiva Puja

Om Tat Purushaaya Vidhmahe

Every Monday Morning 6 a.m.

Satyanarayan Puja

Every Full Moon 7 p.m. with Pundit Patharkar

Special Events and Puja

will be announced via email and website

Please sign up for emails at
www.yogashakti.org or yogashaktiny@gmail.com

Free New Year Yoga - Meditation - Lunch

Sunday January 7, 2024 Yoga 10 a.m.

Meditation 11:45 a.m. Vegetarian Lunch 12:30

Yogashakti Yoga Teachers Training

January 13 to April 14, 2024

Every Saturday 9 a.m. to 6 p.m., Sunday 12 to 5 p.m.
except March 30-31st More information at
<https://yogashakti.yoga/teachers-training/>

