



Maha Mandaleshwar
Ma Yoga Shakti
Saraswati



Ma Yoga Shakti
International Mission

Yogashakti Durga
Mandir

Yogashakti Yoga
Center

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Sanctuary
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MYSIM Newsletter

Ma Yoga Shakti International Mission

January 2025

WHAT SHOULD WE SEEK IN LIFE?

Dhanam or money is not neglected by spiritual beings. There is a proverb in Hindi, 'We need only that much which will keep us healthy and happy.' That is our share. However, if you have more you are doing charity in a disguise. If you start a business, you are increasing the wealth of the country. You think wealth is yours but actually it is the nation's, and you are the custodian.

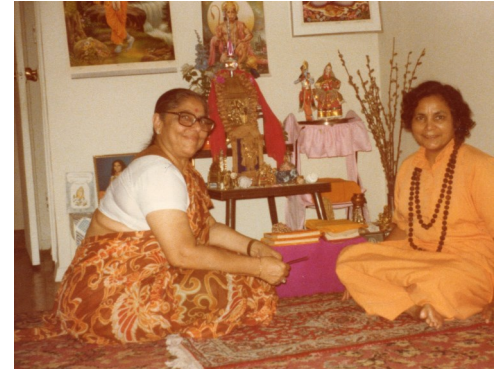
The first sloka of *Ishavasyam Upanishad* says that every atom you see here is possessed by the Divine power. So, is it your wealth? You have the right to use and enjoy it, but don't forget the Creator. Remember the Creator is in each and every atom. Don't be greedy. The moment we start being greedy and desiring more and more, we shall suffer. Wealth cannot be taken with us when we die.

We shall enjoy only that wealth which is meant for us. There is a popular saying in India that on each and every grain of rice which is meant for you, your name has been engraved. One who is meant to enjoy it will enjoy. We are here to share all the wealth which belongs to Mother Earth.

When we have wealth and a good life, we must do good work. We are brought here to promote the Lord's creation. We must do our best to make the life of the next generation better.

If we have nothing to do, our energy will go to waste. The same energy is in everyone. We cannot say that one has more, and another has less. Everybody has energy, but some are not aware of it. Even if they get an opportunity, somehow they miss it. They don't utilize the opportunities that are being given to them.

I read in one Indian scripture that



golden opportunities are provided for everyone, but some are alert to grasp and use them while others are sleeping and neglect or don't recognize them. There are some psychic moments in everybody's life. At such moments one can inspire oneself and resolve to do something. Everyone has potential qualities which can be used for a better purpose.

Kirti or happiness comes only after performing good deeds. It means that the surplus physical energy, mental energy or money that you have must be employed for promoting the creation, for doing something good for other people. Lead a good life. Leave something good behind you when you are gone.

We must aspire to do something good. We must have a high level of aspiration. Unless we seek high and think high, we shall not be able to improve ourselves. Don't be an impractical idle dreamer. Be practical, but at the same time set a goal in your life. Look high. Think high. Hitch your wagon to a distant star. Unless you look for something better you will not improve. This aspiration is *yasham* or *kirti* or fame. It means looking ahead for a bright future which you will have to create by your own efforts.

Vairagya or Detachment

We think of detachment as losing something, but detachment gives us freedom and joy. It allows us to live life fully. So what is *vairagya* or detachment? It literally means absence of attachment and is usually defined as renunciation, self-abandonment, relinquishment, or self-control. Detachment is not an abandonment of things. Sage Patanjali defines *vairagya* as: complete mastery of the mind over the cravings for the object of the senses. There is no abandonment or renunciation of objects only the attachment to them.

Attachment becomes a mental habit of thinking of personal desires. The mind is attached to so many things like home, family, possessions, etc. These eventually will become a source of unhappiness. If we are attached to an outcome of certain things and they are not fulfilled, then we become unhappy. If we look upon our partner to fulfill our needs and they cannot, we become unhappy with the partner. When analyzing we can say that all unhappiness is the lack of fulfillment of our attachments. We get angry when things do not go our way. We become depressed when our emotional needs are not met and so on. So our attachments are in reality a perception of what we think will makes us happy or fulfilled. We need to ask if those perceptions are really in our interest or are they preconceived notions that we have adopted without reflection. Whatever we are experiencing we are looking through colored glasses, never really the truth. We say that we see the truth, but in reality, it is our individual interpretation of that truth. That interpretation is guided by previous experiences, by our mood, our likes and dislikes and expectations at that moment. From those experiences we form attachments. The same experience at a different time with a different mental outlook will become a new experience only if we are free from our attachment to a certain outcome.

The best way to explain *vairagya* is to compare it to unconditional love. As parents we love our children unconditionally. That does not mean we approve of everything that they do, but we love them anyway. We may reprimand, correct, or demand, but our love for them does not diminish. The love is not conditioned by our desire or expectations. One may say that is the only true love. Most of the time our love is conditioned to fulfilling one of our needs.

The main things that we are attached to are food/drink, relationships, positions, and money. All of those are wonderful to enjoy in our life. But when attachments are not fulfilled, we then experience pain, rejection or discomfort. The question is do we really enjoy life? If we predetermine what quality of life will give us that enjoyment, then we are not open to any other form of enjoyment. We are looking only to what we perceived as good. This limits our experiences, and we begin to live a life of similar patterns. How we think and what energy we project determines our life. Our thoughts are like a magnet and attract similar thoughts and circumstances. Joe Dispenza, the neuroscientist, explains it as: *"If you are living with the same emotions and feelings day in and day out, you create the same environment and the same habits."*

We are not free. We have built a boundary around our life that is predestined to experience only according to our attachments. Let us remove this self-created wall. Let us look and see what we are attached to and then determine if it is holding us back from living our life fully. There is always a shadow side to all of life, we must be willing to accept them and move beyond their restrictions. In this world, to expect only pleasure is unrealistic. We have day and night, life and death; it is a world of duality. The ideal way to experience life is to be in the present moment. Just like a child full of wonder as if all experiences are new to be explored. When we do that, we are free to build a life that we will enjoy in the present moment without referring to the past nor expecting in the future. Detachment is not that we own nothing, but that nothing owns us.

Ma Mokshapriya Shakti



A Year in Review

We started off the year with a 200 hour Teachers Training for 3 months and graduated 13 new and proud Yoga Teachers; trained by Ma Mokshapriya in philosophy, Raj Shtrom and Narayani in asanas and Janine Ambroze in anatomy.



The Durga Temple:
Monthly Satyanarayan Puja ,Guru Poornima, Akhand Ramayan, Durga Navaratri, Havan, Garba, and Daily Arti



Retreats and Workshops:
Continuing Education included Senior Yoga with Pat Link, Inversions with Linda Cadle, Chair Yoga with Raj and Pranayama for Healing with Theresa Vee and Wonderful Retreats at our Retreat Center in the Catskills.





2025



- January
 1 New Year's Day
 14 Makar Sankranti
 Bombay Foundation Day
 20 Martin Luther King, Jr Day
- February
 2 Vasanta Panchamee
 Delhi Foundation Day
 14 Valentine's Day
 17 President's Day
 26 Mahaa Shiva Raatri
- March
 2 Ramadan Begins
 5 Ash Wednesday
 9 Daylight Savings ahead 1 hr.
 13 Holi Poornima
 17 St. Patrick's Day
 29 Manvaadi (first day of an age)
New Year Vikram 2082
Shaakaha 1947
 30 Vasantik Navaraatri Begins
 31 Ramadan Ends
- April
 6 Mataji's Birthday
 6 Ram Navamee
 (End Navaraatri)

- 12 Hanuman Jayantee
 (New York Foundation Day)
 13 Passover Begins
 13 Palm Sunday
 18 Good Friday
 20 Passover Ends
 20 Easter Sunday
 29 Parashuram Jayantee
 30 Akshaya Tritieeya
- May
 10 Narasingna Jayantee
 (Palm Bay Foundation Day)
 11 Mother's Day
 26 Memorial Day
- June
 5 Ganga Dashmi
 15 Father's Day
- July
 4 Independence Day
 10 Vyaas (Guru) Poornimaa
 29 Naag Panchamee
- August
 9 Rakshaa Bandhan
 Brother & Sister Festival
 16 Krishna Janmashtami
 27 Ganesh Chaturthee
 28 Rishi Panchmi

- September
 1 Labor Day
 7 Pitri Paksha Begins
 21 Pitri Paksha Ends
 22 Rosh Hashanah
 22 Shardiya Durga Navaratri
- October
 1 Yom Kippur Begins
 2 Vijaya Dashmee – Dussehra
 7 Sharad Poornimaa
 13 Indigenous People's Day
 19 Dhanteras
 21 Deepawali, Lakshmi Poojan
 30 Gopaashtamee
- November
 2 Daylight Savings Set back 1 hr.
 2 Tulsi Vivah Ramaa
 11 Veterans Day
 27 Thanksgiving Day
- December
 1 Geetaa Jayantee
 4 Datta Jayantee
 14 Chanukkah
 25 Christmas Day

2025

Poornimaa	Amaavasyaa	Ekadashi	Ekadashi Name
Jan 13	29	10 & 25	Putrada & Shatatilaa
Feb 12	27	8 & 24	Jayaa & Vijayaa
Mar 13	29	10 & 25	Aamalakaa & Paapmochanee
Apr 12	26	8 & 24	Kaamadaa & Varoothini
May 12	26	8 & 23	Mohinee & Aparaa
Jun 11	24	6 & 21	Nirjalaa & Yoginee
Jul 10	23	6 & 21	Devashayanee & Kaamikaa
Aug 9	22	5 & 19	Putrada & Ajaa
Sep 7	20	3 & 17	Parsva & Indira
Oct 7	21	3 & 17	Paapaankushaa & Rama
Nov 5	18	1 & 15	Prabodhinee & Utpatti
Dec 4	18	1&15&30	Mokshadaa & Saphalaa & Putrada

January	February	March
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July	August	September
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October	November	December
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Ashram Programs

Durga Mata Arti

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

Shiva Puja

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 5, 2025 Yoga 10 a.m.
Meditation 11:30 a.m. Vegetarian Lunch 12:30

South India Yoga Retreat/Sightseeing

March 1 through 16, 2025
With Ma Mokshapriya, Raj Shtrom & Narayani
Bangalore, Mysore, Ooty, Madurai, Kovalam
Daily Meditation, Satsang, Yoga, Sightseeing &
Holi Celebration

