What We Should Seek in Life

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. As such moments one can inspire oneself and resolve to do something. Everyone has potential qualities which can be used for a better purpose. Kirti (fame) 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 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 become consciously aware of it. They have a desire to do something, and others, even if they get an opportunity, somehow miss it. They don't utilize the opportunities that are being given to them.

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

Ashram Programs

Durga Mata Arti
Morning: 6:30 a.m. & Evening: 6:30 p.m.
Om Hreem Kream Chau-mun-daa-yai Vichchhe
Please come and join us even now! Social Distancing in effect.

Shiva Puja
Every Monday Morning: 6 a.m.
Om Tat Purushaaya Vidmahe
Mahaadevaya Dheemahaa Tanno Hydra Prachodayat

All other Ashram Activities are Limited
Sunshine Lectures and Meditations are on YouTube (Yogashakti Yoga Center)
Yoga is on Zoom https://yogashakti.yoga/classes/
Our Yearly New Year Meditation
January 3, 2021
This Year is on Zoom
Free Yoga with Valerie 10 a.m.
Deep Relaxation 11:30
Chanting and Meditation 12 Noon.

Dharm (wealth) is not neglected by spiritual beings of Yoga or Yoga philosophy. You must have enough to eat. 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 disguised form. If you start a business, you are increasing the wealth of the nation only after we have done good deeds.

Are we here only to study or to enjoy? When we have wealth and a good life, we must do good work. We are brought here to do something good, and 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 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 yaham or kirti or fame. It means looking ahead for a bright future which you will have to create by your own efforts.

Ma Yoga Shakti India 1985
Publications by H.H. Ma Yoga Shakti

Ma Yoga Shakti, Our Beloved Guru, has written many books some of which are no longer in publication. Below are some that are available. They are published on Amazon and Barnes & Noble. Our website has them available in a PDF format. Books in print are available at https://yogashakti.org/books/

All of our ashrams have published newsletters with Mataji’s messages. We now publish them on the website.

Right now there are more than 40 articles on the website that one can read at https://yogashakti.org/blog/

New E-Book Publications

Techniques of Meditation

Meditation is the key to unfolding the inner Self. It reduces stress, thereby promoting physical, emotional and mental health. Techniques of Meditation, describes the steps through which a student can experience ultimate truth and the benefits of meditation. It is a practical, no-nonsense guide to several meditation and concentration techniques. Whether you have never meditated before or have been practicing meditation for years, Techniques of Meditation provides the guidelines and hints to set your practices on the track to the inner Self.

Pranic Breathing

Practice and Power

Breathing is of great importance. It is from the bow-string of breath that the arrow of the mind is released in order to penetrate the Divine Light radiates from the core of our personality. A great invisible saint whose medium I am, lived many years ago and it was He who gave me His vision as a guiding spirit in the early part of my life. His name in the unseen world is “Maya Dew.” In 1949 I became aware of the task commissioned to me by the master. I can always feel His presence and power behind me. For the benefit of aspirants, I would like to mention briefly a few fundamental principles of saadhanaas for spiritual evolution. These spiritual saadhanaas transformed my inner personality for higher spiritual teachings.

Divine Grace operates only when complete surrender of your body, mind and intellect takes place. Pray ceaselessly with devotion to the invisible Divine force to give you warmth and make you the right instrument for the service of mankind. Practice moral values and ethical precepts for self-purification and mental control. Constant repetition of the Divine name is a powerful spiritual force, which strengthens concentration. Prolonged concentration culminates in meditation. Meditation is a continuous and steady flow of one particular thought of your ideal. It brings about the integration of personalities into one homogenous whole.

Then one comes to experience a supreme bliss within and without. Ma Yoga Shakti

Yoga Synny

Yoga Synny is a translation with commentary of the yoga treatise Gherant Sanmhit. By the ancient master of yogic wisdom. To preserve the authenticity of the treatise, the original Sanskrit text is included, followed by the illuminating commentaries of a living master of yogic wisdom. Yoga students are encouraged to use Yog Synny as a guide through the natural yogic progression of purification, aasanas, mudras, and bandhas, pranaayama and ultimately samskari. It addresses subtle points of yoga that are rarely found in any form in modern yoga texts. Guided by the commentaries based on the practical experiences of Ma Yoga Shakti, the student will be able to master the profound wisdom of this ancient source.

The Invisible Seven Psychic Lotus

The illustrations are how Ma Yoga Shakti mediated on the chakras and commissioned an artist to paint them. They are for meditation to arouse the kundalini power and psychic faculties. They also may be used as decorative pieces for a shrine or yoga hall. Meditate on the psychic lotuses pictures one by one with their qualities and mantras.

Print Publications

A Spiritual Message

This packet is a jewel. It has fundamental principles of spiritual practices to transform the inner personality for higher spiritual teachings.

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