



Maha Mandaleshwar
Ma Yoga Shakti
Saraswati



Ma Yoga Shakti
International Mission

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MYSIM Newsletter

Ma Yoga Shakti International Mission

January 2026

The Science of Yoga

In yoga, the ultimate knowledge of one's own self is said to be the most desirable thing in life. Mankind sees and enjoys the world as long as there is life in the body, but as soon life vanishes from the body, the world ceases to exist for that person. Therefore, the uppermost thought of one's aim in life should be to acquire knowledge or self-realization. This ultimate goal of life can be acquired by the practice of yoga.

If one knows their own constitution - the mechanism of the mind and its various forces and latent powers and also knows their proper use in the proper direction, then they will be god themselves, controlling the forces of the universe.

Yoga means communion with God. All efforts done for the realization of God are listed under one name—"Yoga." Yoga is to yoke the conscious, subconscious, and the unconscious together.

In India, one school of thought believes that God is within us, and we have the means aiming at communion and realization of God residing in our bodies. Body-based yoga through physical discipline is for all. It starts with experiments on the grossest part of the physical body. Through the discipline of the mind, it cultivates the spiritual personality of man.

Body-based yoga means establishing a harmonious relationship between the body, mind, and spirit, thereby attaining true knowledge of their functions. To know the real constitution, one has to study, analyze, experiment, and undergo some training to understand the role of subtle and solid elements that form part of human existence. The nucleus of all our physical and mental activities is in the physical body.

The various asanas (postures) resemble the movements of birds and other animals. The yogis realized that animals live to five times their maturity and maintain their full vigor for five-sixths of their life. Whereas a man, in contrast, lives only twice his maturity and loses vitality halfway through life. Animals know the technique of relaxation (how and when to relax) and how to use and store their energy properly; hence, yogasanas

were a successful attempt to rediscover nature's laws for longevity, health, and spiritual development.

Yoga postures provide direct, instantaneous stimulation to the endocrine glands and various ganglion cells, in a manner no other health-care or exercise system can duplicate. Because of this direct stimulation, the results can be both effective and immediate and may cure many common diseases. Many illnesses originate in the digestive system when they are not functioning correctly. Various yoga asanas press the abdominal areas giving an instantaneous massage to the liver, pancreas, spleen, and intestines. As a result, digestion and nutrient assimilation may increase, and waste elimination may occur regularly, providing the body with energy and purifying the blood.

Yoga is the greatest power, says Sage Gherand. By gradual yogic practices, the body and the mind both become strong, and the body becomes elastic. Yogic practices strengthen the body and protect it from all sorts of ailments. At times, people suffer from diseases of a psychological nature also. Yoga recommends meditation for those. It prescribes a process of deep relaxation through concentration for mental personality defects. The mind functions through the nervous system, which is like a network of electrical cables. If the nervous system does not function properly, the mind cannot send its messages to the body, organs, glands, muscles, etc., and the body becomes ill. The psychosomatic value of yoga is beyond understanding. Its effect is unparalleled. Doctors maintain that 60 to 70 percent of diseases are purely psychological. Suppression of emotion and desires, and unconscious hankering for recognition, sympathy and attention, mental beliefs, and habits are the root cause of diseases. These feelings are inherent in everyone in the subconscious, but the conscious mind never allows them to surface. These then manifest as physical and mental ailments which today many suffer from. The less we talk about them, the better.

Ma Yoga Shakti (1986)

Silence

Meditation is not as difficult as many think. However, to meditate one needs to be comfortable with silence, and for many silence is foreign. The TV or radio is always on or the mind is constantly thinking and creating thought waves.

Thought forms that run rampant in the mind limit our free will. We think that if we worry, we will be able to hold our lives together. Attempting this, we habitually reconsider daily concerns with no resolution and with no purpose other than to occupy the mind. The recurring thoughts feed new anxieties. Only when we become aware and control them will we truly have free will.

Our thoughts travel in circles repeating and looping into familiar patterns of thought waves. Picture yourself dropping a pebble into a quiet lake; it creates a circular wave pattern that continues until it reaches the shore or is interrupted. Our thinking runs in the same manner. Often, people are unable to fall asleep, because their minds are so active looping back to the same concern.

When the mind is looping continuously, it needs to be observed to be changed. Only when we shift our attention with intention can we disrupt the idea cycle. We can break that flow by concentrating on something else. Meditation helps us to silence the chattering, unproductive flow and direct our thoughts mindfully.

We must also be aware that we are influenced by others' thoughts. Our minds attract vibrations like those it sends out. Our thoughts flow from us in an infinite loop picking up similar vibrations from others and come right back to us. Sometimes the vibrations of others are so strong that we will change our minds.

Have you ever noticed that lifting a depressed person out of their gloom is difficult? It takes effort to maintain one's own optimism. In the presence of an angry person, we might take on their agitation. Our mind is swayed, and we find ourselves exhausted and our energy depleted. Conversely, when we are happy and full of joy, everyone we meet adds to that joy. Our vibration is so high that when someone makes a negative comment, we do not respond.

Understanding these two concepts—how the mind loops or falls into familiar neurological pathways, and how it is a magnet for similar vibrations—makes us realize that the mind is not necessarily doing what we would like. It has its own process, and we need to monitor it.

This concept of awareness, control, and quietude of the mind may be foreign. It requires effort and mindfulness to allow the mind to be still. Our society encourages an active mind—a mind easily led to opinion and judgment. We lose our freedom and our free will. By becoming aware of the mental process and trying to harness the mind, we can liberate ourselves to be free agents. In yoga, the goal is not to stand on one's head. It is "yoga chitta vritti nirodha," to gain complete control over the mind waves, and to be present in one's mind.

We might resolve today to make changes but put them off. Then we judge our behavior further disempowering ourselves. This is why we need to make a concentrated effort in self-kindness to practice being silent and quieting the mind. At first, it will require willpower. The more we try it mindfully the easier it grows. Practiced regularly it will become habitual.

To begin with, you might mimic nature: start the day quietly, move into the busy hours, and wind down in the evening. Birds follow this pathway. These laws or modes of nature are called *gunas*, but we humans have stopped. In truth, everything on the planet must follow the *gunas*; these attributes govern and motivate nature. Everything is under their influence. By balancing them, we have a happy and healthy life.

The morning hour before sunrise is the hour of Brahma or God, when our mind will easily fall into silence. In the morning, we are in *sattva gun*, when everything is fresh, pure, and beautiful. Look to the birds. In the morning, they sing the glory of God. Then during the day (*raja gun*), they forage for food. *Raja gun* is heat, and it creates more activities, work, and desires. In the evening (*tama gun*), the energy is withdrawn, and one becomes tired, inert, not wanting to initiate anything. Birds tuck their beaks under their wings to sleep.

For us to take back our power of life and mind, we need to learn to be silent. Let us wake up a little before everyone else in the morning and sit in appreciation of the glory of the Divine. In a few minutes we can offer gratitude for the gifts of the day after which the mind should be in a more peaceful state.

Ma Mokshapriya Shakti

A Year in Review:

This year we took a group of 23 beautiful souls for a Yoga Retreat and Sightseeing in South India! We had Satsang and meditation with Ma Mokshapriya and yoga with Raj Shtrom every day. We spent the first days in Mysore, and then we moved on to Ooty with its beautiful tea farms and rose garden. On the way to Madurai, we visited the Adiyogi Shiva statue in Coimbatore, and while in Madurai visited the Meenakshi temple and Ghandi Memorial museum. We took a day trip to Rameshwaram and bathed in the sacred water of the 22 wells of Ramanathaswamy Temple. We ended the trip at a gorgeous beachside resort in Kovalam where we celebrated Holi before heading home.



The Durga Temple:

Daily Aarti, weekly Shiva Puja & Satsang, monthly Satyanarayan Puja, yearly Guru Purnima, Akhand Ramayan, Durga Navaratri & Garba, Shivaratri Puja and Havan.



Retreats and Workshops:

Ashtanga with Raj, Self-Defense and Mental Health workshops, and wonderful hiking, fun and spiritual retreats at our retreat center in the Catskills.





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Ashram Programs

Durga Mata Arti

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

Shiva Puja

Every Monday Morning 6 a.m.

Satyanarayan Puja

Every Full Moon 4:30 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 4, 2026 Yoga 10 a.m.
Meditation 11:30 a.m. Vegetarian Lunch 12:30 p.m.

India Yoga Retreat & Sightseeing

Rishikesh, Haridwar, Delhi, Agra, Jaipur
w/ Ma Mokshapriya, Raj Shtrom, & Narayani
February 21 to March 8, 2026
Daily Meditation, Satsang, Yoga, Sightseeing &
Holi Celebration