

YOGASHAKTI MISSION INC.

3895 Hield Road NW. Palm Bay FL 32907 (321)-725-4024

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

Ma Yoga Shakti International Mission (MYSIM)

114-41 Lefferts Blvd,
South Ozone Park, NY 11420
USA
Tel: 718 641-0402

Yogashakti Mission Palm Bay

3895 Hield Road N.W.,
Palm Bay, Florida 32907
USA
Tel: 321 725-4024

Shree Ma Yogashakti Divyadham Trust (SMYDT)

Ma Yogashakti Marg,
Kankhal, Haridwar 249 408
Tel: 133 424-6005

You can look us up on the web at:

www.yogashakti.org

Email us at:

yogashaktipalmbay@gmail.com

or Call: 321-725-4024



World is our Family



Photo by Rebecca Pujals-Jones

Emotional Stress Management by Ma Yogashakti

Consciousness makes the world. The world can be turned either into heaven and a beautiful place to live or into a hell full of fright, panic and mistrust. It is very important to generate a loving atmosphere everywhere when criminal ideologies are threatening the existence of man's palace of peace. It is very simple to be happy, healthy, strong and good, but it costs a lot if we turn our minds towards bad things. Man is born Divine and becomes devilish because of his thoughts.

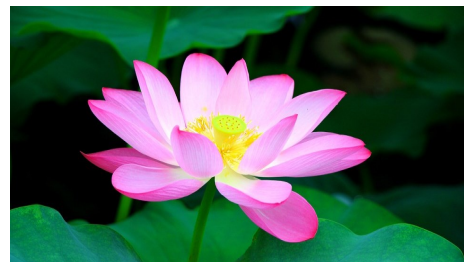
We hear a lot about stress management these days. People crowd into these programs. It is both amusing and interesting to them. Unconsciously they love stress and they want to be good managers of it. Management of stress can only come when you create stress. It is like digging a hole and then trying to fill it up again to avoid stumbling into it. In the process of filling the ditch, one might fill it too high and it may become a stumbling block on the path of life. Then one will clear it up with dynamite and make a bigger hole on the smooth surface of life. The cycle goes on and on

until one goes either way. Finally one becomes either a devilish or a divine person.

Individually we can break this cycle and start enjoying every hole and rock. The hole could be a beautiful ocean and the rock could be the beautiful Alps or Everest. Instead of creating stress and learning to manage it, I would suggest that you become a sculptor of the Divine statue of life. I know for sure that one can become an architect of one's destiny. Learning and practicing Yoga gives you this insight. To me yoga is the microwave which cooks the core instantaneously without disturbing the external existence.

Doctors and psychologists are now coming into agreement that many diseases have their origins in the psyche. The negativity of the subconscious mind has to be squeezed out and replaced by positive thinking. Handling emotional energy is a difficult problem unless one is trained to handle it. Emotions always slip away like a ball of mercury in one's hand. Processing of emotional energy is essential and this is done by the culture and tradition of the land.

Different cultures train, educate and employ the emotions of the people in a beneficial and joyous way. Festivals are very important.



Ashram Programs

Aarti Daily 6:30AM and 6:30PM
ALL ARE WELCOME!

Full Moon Puja-Satya Narayan Katha

5pm on Oct. 28th, Nov 27th and Dec 27th

Bring fruit, flowers and a pure heart.

Vegetarian International Lunches

First Saturday of the month. 12 Noon,
 Suggested Donation \$15 per person—
 small children free

Saturday Oct 7th— Somalia

Sat Nov 2nd — Saudi Arabia

Sat Dec— Sri Lankan

YOGA CLASS SCHEDULE

Donation: \$10.00 per class or \$50 per month

Monday 7-8pm -----Roman Pietris---Vinyas flow

Tuesday 10-11am----M and J Loafman----Gentle Hatha

Tuesday 7-8pm -----Mary LaMarre-----Gentle Hatha

Wednesday 7-8pm ---Kate Hunt/Shyama-----Yin Yoga

Thursday 7-8pm ----Sensei Margarite-----Intermediate

Schedule subject to change. Call 321-725-4024

Our weekly Yoga classes are held outside in a large, beautiful, screened in pavilion in the woods of Palm Bay. Bring your own mats.

Sunshine Lectures

Sundays 9 – 10 AM

Oct 1st, 15th, 29th —Study Group on Book "The End Of Your World" by Adyashanti led by Kent Inram

Oct 8th—"Digital Enlightenment, Harnessing AI for a Spiritual Journey" by Jared Campbell

Oct 22nd— "The Throat Chakra and Your Oral

Cavity" by Yola Abdou

Nov 5th—"Historical Archeology at James Madison's Montpelier Plantation" by Peggy Zahner

Nov 12th, 26th—Book "End of Your World" Study

Nov 19th—"Overcoming Negative Habits" by Ma Moksha Priya Shakti

Dec 3rd—"Water Memory" by Chris Haber

Dec 24th—"True Meaning of Christmas"



Sunshine lecture August 27th "The Power of Recognition" By Gage Vogt

UPCOMING EVENTS

➡ Saturday Oct 21st, Nov 11th, and Dec 16th — 9-10am ---- Men and Women's Circles

➡ Saturday Oct 4th and Dec 9th — 9-11am — Sadhana Morning with Shyama Shakti

➡ Nov 16-19th — Ma Moksha Priya Shakti visiting from the New York Ashram—see page 4

➡ Thursday Nov23rd — 12 Noon—Thanksgiving Pot Luck. Bring a vegetarian dish to share.

➡ Monday Dec 25th— 12 Noon— Christmas Pot Luck. Bring a vegetarian dish to share.

➡ Monday Jan 1st— 12 Noon— New Years Pot Luck. Bring a vegetarian dish to share.

Excerpts from Jim Bolton's early history of the Yoga Shakti Mission in Palm Bay:

Jim and Suzanne Bolton (Varuna and Surya) met Mataji in Florida in 1974 at a Mothers day retreat at Mickey Singers "Temple of the Universe". A couple of retreats later, Mataji married them and asked them to help her establish a retreat center in Florida.

"The word got out about the retreat center and we rented a house on Indian River Drive in Melbourne. These were exciting times and we were all very enthusiastic with the prospect of establishing a residential yoga center and having Mataji as our Guru. Nothing seemed impossible and the endless supply of energy at our mini ashram on Indian River drive, transformed the house and yard into a spiritual oasis. We had a lush garden and papaya trees adorned the side of the house. Many devotees from the Deerfield Beach yoga center came up to help as well. First and foremost was Madhu. Her daughter Varaigya Shakti had been with Mataji at her school in India. Tragically, Varaigya became sick and died in India. Madhu was able to transform her grief into very ample support for the ashram. She was pivotal in saving the project in the early years when we hit a low point. David Schmidt was also a great supporter, bringing his musical talents and high spirits to our cause. His brother, Mathew, joined us at the Indian River house and became our ashram manager.

We spent several days driving around looking for suitable property and noticed a small hand-written sign on a tree on a country road in west Palm Bay. There was no access road and the place was like a jungle. We found a small path leading in and worked our way back. About 100 feet back in from the road, we found a gushing 4 inch artesian well feeding into a beautiful pond. A small stream led to an even more beautiful and serene pond. This place seemed like a veritable oasis. I was so excited, that I was running around like a crazy person, unaware that the brambles were cutting my legs with their sharp thorns. As we explored further into the property, it became clear that we had found our future home. The land was bountiful and diverse with towering pines and lush groves of oaks and palm trees. With our spirits high, we bought a house trailer and moved it onto the land. Our contingent was just Surya, myself, Yogesh (Joe Williams) and Janaki Shakti. Mataji had visited us often over the two years to inspire us to forge ahead and she came to do a land blessing shortly after we moved in. She then left for India for three months, taking Surya with her. That winter we hit a low point. Our spirits were low, the weather was cold and our support seemed to have evaporated. I remember being despondent and having doubts about the whole project.

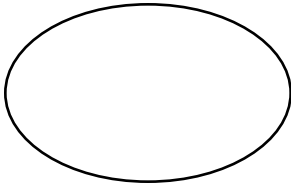
In the spring, Mataji returned and we all got fired up again. Mickey Singer donated some funds to begin construction of the house and temple. Yogesh spearheaded the project and taught us the skills needed to do almost all the work ourselves. The buildings utilized arched beams wrapped with 2 by 6 tongue and groove yellow pine. The feeling they created was inspirational and reverential. People came from all over the country to help us. Guy Wilson created an incredible garden in the meadow in front of the buildings. Mike Wilson, his brother, pitched in whenever he could and became part of the family. We often worked at our jobs all day and then came home to work on the buildings until 10:00 at night. Mataji would often cook for us and rally everyone to give their best in any way they could. It was a team effort and the buildings have been an anchor for all the future development projects that have followed over the years.

We moved to Colorado in 1991. We were still able to maintain strong connection to the Florida ashram and the laconas. We visit each other as often as possible and continue to practice yoga and meditation. We also continue to stay in touch with many of the people from the early years of the ashram and we share a bond that will always be with us. Mataji continues to spire and teach us on many levels and we have benefited from those teaching since the first day we met her."



Jim Bolton (Varuna) clearing palmettos 1978 ish

a
all
in-



Yoga Shakti Mission Inc.
3895 Hield Rd. NW, Palm Bay FL 32907

Non-profit
Org.
US Postage
PAID
Permit No.

Return Service Requested

Truth is Our Religion

.

Service is Our Worship

.

World is Our Family

.

Knowledge is Our
Breath

.

Yoga is Our Way



Ma Mokshapriya Shakti Program in Palm Bay

In 1978, Ma Mokshapriya met Mataji (Ma Yoga Shakti) in Palm Bay Florida and moved to her ashram. In 1980, Mataji requested that she move to New York to help her establish a new ashram. Aside from working in the printing business and teaching yoga, Mokshapriya took on the huge project of renovating a huge space that became the New York ashram.

Mataji initiated Mokshapriya into the Sanyas order at the Ujjain Kumbh Mela in 1992. Also in 1992, Mokshapriya returned to college to earn her undergraduate degree. She continued on until she received her Ph.D. in Education. Her research led to the writing "Comprehensive Eclectic Yoga Program: A Strategy for Self-Improvement" Curriculum for College. She is the director of the Yoga Shakti Ashram in New York.



November 16th– November 19th Ma Mokshapriya will be doing Satsang every morning after Aarti at 6:30am on The Bhagavadgita and every evening after Aarti at 6:30pm on The Patanjali Yoga Sutras.

Saturday November 18th — 9am-5pm — Full day retreat with Ma Mokshapriya Shakti "Discovering Your True Self" \$101.00 This will include a vegetarian lunch, spiritual discourse, gentle yoga asanas, meditation and walking in the woods connecting with nature.

Sunday November 19th — 9-10am Sunshine Lecture with Ma Mokshapriya "Overcoming Negative Habits"

Sunday November 19th — 2-5pm Meditation Afternoon \$30.00 includes discourse, and guided sound meditation with crystal bowls.

PLEASE EMAIL YOGASHAKTIPALMBAY@GMAIL.com if interested in attending