The physical body produces the pranic or astral body. It is closely attached. It has previous sanskaras (association) which decide its nature and it is easily affected by sense objects. Whatever we see is reflected in the pranic body. The pranic body’s actions will be according to previous dictation. I may react or not react. I may be drawn or not be drawn. It will be different from person to person. This is because of previous associations which are deeply rooted in our nature. Every child is quite different. Some are very quiet, some are very naughty, some are too intelligent for their little bodies, some are more childlike. These are the differences coming from our previous lives and these affect our pranic body.

We receive a body according to our previous inclinations. Why are we different, black, white, short, tall? Why are some artistic, some intellectual? This is not only this life’s doing, but has to do with our past lives. One cannot imitate other people. Everyone is different. How many designs God has. No two people are alike. The Astral body is a product of our previous karmas. This body is called “bhogayata’ which means a pot for cooking.

This body is meant for cooking the karmas.

We are attracted towards the world. It is very beautiful but the soul has to pass through many forms of life. Before coming to human life the soul may be in vegetable, animal or bird life. Slowly the consciousness passes through all these stages. Once it has become human, it takes many lives to improve the consciousness. One life is never sufficient for learning everything.

If we want to realize God, we have to acquire all those qualities which God has within Himself. Like nature attracts like nature. Liquid can be mixed with liquid, solid can be mixed with solid, air can be mixed with air. When our consciousness is in crude form we have more attachment for material or crude things. Slowly consciousness goes on improving. Every individual human is different. By passing through different stages of consciousness, we shall expand our consciousness and finally we shall reach the stage where we see only unity, we see all as one.

There is a cycle of destruction and creation which goes on and on until eternity. If we
Remember this in our daily life, it will take our minds away from our problems. We make such a fuss about little things and get involved, unhappy and depressed whereas if we have courage we can change our own life. Have courage. Know that you are an object in a heavenly atmosphere and change.

Discard what is giving you pain. If you are keeping it with you, it means you want to keep it. If there is a thorn take it out. If it is burning get rid of it.

The immediate reality is trifling. However, you should not be unmindful of immediate reality. You should be able to distinguish what is more or less important. If the world is insignificant should we jump out of the window and rest? No. We have to know where we stand, look around, find a place and see how much we can improve, how far we can go with this energy and situation.

The nature of the universe is like a paradox — creation and destruction, everything is moving but nothing is moving; soul is pervading everything but at the same time it doesn’t go anywhere; it is within and without; it is moving and not moving. It is a mystery. Light and darkness stay together. We have two eyes but see one thing. This is the mystery of the cosmos. In order to understand it, we have to leave our pre-notions. The mind must escape from its previous background but still

---

**Ashram Programs**

**Sunshine Lectures** Sundays, 9 - 10 AM

Send us your email address for announcements to yogashaktipalmbay@gmail.com

April 7th  “The Love and Beauty Found in India”

Catherine Jansen

April 14th  “Everyday Life In Egypt Today and Yesterday”

Yola Abdou

April 21st  “Megaliths”

Shyama

April 28th  Gita Study Group

May 5th  “Creating Paradise Wherever You Are”

Shanti

May 12th  “Forest Healing -Shinrin Yoku”

Chip and Ravi

**Aarti** Daily 6:30AM and 6:30PM

All are welcome

**Hatha Yoga Classes**

Donation: $7 per class or $25 per month

Monday  Gajendra  7:00 - 8:00 PM

Tuesday  MaryAnn and Jim Loafman  7:00 - 8:00 PM

Wednesday  Annapurna / Donna Dambro  7:00 - 8:00PM

Thursday  Chip and Shyama Iacona  7:00 - 8:00 PM

**Vegetarian International Lunches**

First Saturday of the month. 12 Noon, Suggested Donation $10 per person—children free.

April 6th  Italian  Group

May 4th  Vietnamese  Group

June 1st  Angolan  Group

**Full Moon Puja-Satya Narayan Katha**

5 PM on April 19th, May 18th, June 17th

Bring fruit, flowers and a pure heart.
Since it was founded in 1979 the center has continued as an oasis of peace and enlightenment thanks to Mataji's love and guidance and the many devotees throughout the years who have donated money, time or loving service. All are welcome to visit, meditate in the temple, join the classes or walk the trails in a sacred and peaceful setting dedicated to Divine Mother.

Siva Raatri on March 4th was a beautiful day. Scores of devotees came to pray at the Yogashakti Siva Temple during the day and evening.

We thank Jivanbhai and Lataben Patel and Pt Shobanbhai and Medhaben Smart for sponsoring the Yogashakti Siva Temple and faithfully making pilgrimage from Miami for 35 years to conduct Puja every Siva Raatri without fail.

Blessings and Mantra of Lord Siva for Good Health by Ma Yoga Shakti

Lord Siva is the Lord of Time. He is known as Mahaa Kaal. We can never get rid of Time. Time changes everything. A seed becomes a sprout. A sprout becomes a plant.

There is no way to conquer Time. We are bound by three things: Time, Mind and Place.

As for Mind, we are slaves of our own thoughts and feelings. We can never get rid of these. It is advised to always chant this Mantra for health when sick.

Om Tryambakam Yajamahe Sugandim Pushtivardhanam

Urvaarukamiva Bandanaan Mrityor Mukuheetya Maamritaat

Tryambakam is a name of Siva and means 3 eyes. The third eye is in the center of the eyebrows at aagya chakra. It is the Eye of Knowledge. This Mantra can relieve us from Time. With His grace we can be relieved from those things which drive us to extinction.

“Sugandim” means fragrance. It is related to Pranic Energy which will increase our physical strength by the grace of Lord Siva. By His grace may all obstacles depart from our body as a ripe cucumber leaves its stem. May we be freed from the clutches of death, pain and sickness.
How to Control the Senses by Ma Yogashakti

You must keep your senses under control. This means wrong things should not be touched, wrong words should not be heard, wrong speech should not be made, wrong food should not be eaten, wrong smells should not go into your nose. If you keep under control what you see, taste, smell, hear and eat then you have conquered your senses. This is why in my prayer it is written “May our eyes see happy and noble things. May our ears hear happy and truthful words. May our tongues be sweet and truthful”.

You create your environment. You have a choice. Don’t keep wrong things with you.

Make new of old, good of bad, when given a lemon make lemonade.

Make your surroundings good and holy.