The human mind is a complex organism. Some people who are of an attentive and observative nature catch the right messages from the environment and thus create a bright future for themselves. But many are inattentive when something is directly told or taught. Such people can be super-attentive if they see someone else listening or doing. For example when two people are talking the third person gets keenly interested and envelops a sharp ear.

When something is told directly to a person one has a tendency to forget and neglect. This means that the mind does not like to be told things directly. The same principle can apply to the behavior of a human mind when thinking about God and religion. People are unmindful of many facts of life unless they are taught in the name of God and religion. People seem to have a natural love for the unseen and a careless attitude for that which is next to them. By thinking about God people are able to focus their attention and energy better on the realities of life. The human mind sometimes behaves like hot air which only knows how to rise. As hot air becomes light similarly the human mind becomes light when it rises above the thoughts of matter. The mind is filled with more energy when it is attracted towards the High and unseen. Thinking about God makes the mind light. Thoughts about food, clothes and enjoyment are like paperweights on human consciousness which tie the mind with earthly desires.

The question arises as to whether thinking about God is escaping from realities. The truth is that by thinking about God the mind becomes super-light and draws more energy from the Divine unseen sources. The real nature of man is basically Divine and is without a physical existence. The physical body weighs heavy on the mind. The mind is Divine and super-light in nature. The soul is weightless.

Thinking about God reminds one about the imminent existence of the soul in the Divine land. This helps overcome physical limitations. The conditioning of thinking starts from the time of birth and normally doesn't allow one to think that one may have an existence-less existence. It is hard to put a whole-hearted trust in the concept of the weightlessness of the physical existence. One will not believe that one is timeless, problem-less and infinite.

When such is the case we need to put the thought in our consciousness that our real existence is timeless and space-less. We name this state of existence God. In short God is a symbolic name for that energy which is all comprehensive, omnipotent, omniscient and omnipresent. To comprehend this Divine idea or energy we need to give a name and character.

The mind is a physical instrument and it wants to spell out all its human needs. Man wants to give a name, shape and attributes or virtues to all that he wants to comprehend and thus creates a Godhead.
That Godhead becomes a friend, eternal companion and is within ourselves but we need an excuse for thinking about the supreme Divinity. Contemplation on God cuts an opening in our hearts which lets the sweet nectar buried deep in the bed of our consciousness, flow forth.

The moment one thinks that I am equal to God one becomes self-conscious and commits the folly of erecting a wall of ego between oneself and God. When one thinks that he/she is God one becomes selfish and self-centered and cuts off the Divine flow of energy. It makes one finite or limited.

So man needs a God, a Divine flow. It is very appropriate that one chooses a symbol to ones liking which can inspire one to bring out the Divine qualities that are stored within from the beginning of creation.

Besides, I see no harm in having a personal God who will be my true friend and guide without interfering in my physical routine. with truthful loving feelings.

Ma Yoga Shakti (1985)

Yoga Classes
Mon 7:30 p.m.
Tues 10 a.m. and 7 p.m.
Wed 10 a.m. and 7:30 p.m.
Thurs 10 a.m. and 7 p.m.
Sat 9 a.m.
Sun 10 a.m. join us for chai and snack after
all classes are one hour

First Class is FREE
First Month Unlimited $50

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City of Light Sanctuary Inc.

Kids Yoga Class
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Drop kids off at our second studio
6 doors down and join adult class

Meditation
Tuesday 8 - 9 p.m.
donation only
www.yogashakti.yoga

Durga Mata Arti
Morning 6:30 a.m. & Evening 6:30 p.m.
ॐ श्री हेम क्लीम चामुंदाया विच्छे
Om Aim Hreem Kleem Chaa-mun-daai Vichche

Satyanarayan Puja
Every Full Moon 7 p.m. with Pundiji Partharkar

Shiva Puja
Every Monday Morning 6 a.m.

Sunshine Lectures
Every Sunday 11:30 a.m.
Free - Various Topics by Mokshapriya and Others

Workshops
Every Third Sunday
2 - 6 p.m. $50

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City of Light Sanctuary Mission Statement:
We are committed to evolution through community,
re-igniting humanity’s connection with nature, and spiritual education.

We help people develop a healthier and happier outlook to life, seek inner peace through meditation and yoga for body and soul, and gain a deeper understanding of their own nature through remembering how to live in harmony with their natural surroundings. We provide access to a beautiful and serene retreat property in Ulster County NY- a place where individuals and families can restore their bodies and souls, and where there are often sessions, workshops, and spiritual gatherings.

www.cityoflightsanctuary.org
We are hoping to build soon. Please support.
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