We live in a time where means of transportation and communications are highly sophisticated. It is an age where time is battling with the mind and the mind is racing with matter. Matter is being thoroughly investigated. The earth, ocean and sky are being scanned under powerful eyes of the most sophisticated apparatus by scientists. New-comers to the world find themselves lost in the fast growing technological ages. Individual peace and liberty seem to be threatened.

A panoramic range of knowledge is offered to every individual on this earth to assimilate and explore. This vast fund of knowledge gives new dimension to human consciousness. One marvels at the masteries of creation. As a result, one is slowly and ultimately drawn into the stream of Divine Energy. Knowledge of the world is knowledge of the Divine. Very few people really understand this truth. A proverb - "As it is here, so it is There," is very true but it seems to have lost its mystic significance.

One who really understands the enigma of life and the universe, will never get foolishly involved in unwise ways of the ignorant people of the society. Such a person will be selective in choosing the following three essential things of life:

1) The knowledge, one wishes to have.
2) The environment to promote one’s own growth.
3) The course of action, to follow.

Truthfully speaking, humans are made in the image of God. Every man or woman is a God in miniature or a God in the making. Every individual is a little Brahma, a little Vishnu and a little Shiva in his or her own sphere, whose function is to create, promote or to destroy. One sphere of action becomes relatively big or small as it is created by the two tools of consciousness, namely body and the mind. In order to have a successful happy life on earth, one should strive to promote muscle and mind both at the same time.

Any kind of extreme will imbalance nature’s pattern. Humans have been given full freedom to act and face the consequences of their actions.

To create a happy, healthy and enlightened society, the best instrument available today is Yoga. It can help carve a beautiful pattern of life. Yoga should be practiced on four levels of the personality which will enable one to cope with the multi-dimensional problems of daily life. Unhappy people of the society usually project their own unhappiness upon the rest of the society. The unhappy children, who have not seen happiness at home or have not known emotional and economic security in life, become imbalanced in their behavior. Their minds lose the ability to think rightly and act promptly in a difficult situation. Yogic exercises help the body and mind to improve.

The four-dimensional yoga practices, physical, emotional, intellectual and spiritual need a conducive environment. In a nice setting, it will help to keep the mind on track. A beautiful environment gives birth to a healthy personality. The main reason for poverty is that we do not encourage every individual to be creative, loving and beautiful. In absence of a powerful...
creative incentive, the national time, talent and energy are being drained by negative forces. The world can be a beautiful dwelling, if thoughts are transformed into beauty and vigor. I wish everyone to pledge today to make the environment of the world beautiful. YOGA IS A TOOL TO CARVE A HANDSOME STATUE OF LIFE. Everyone should try to be the best in their vocation and life without damaging the interests of others. Yoga practices will grant energy and the right frame of mind to every individual who practices it sincerely.

Techniques of yoga are many. And personalities and problems are complex. But, I am sure that one hour of Yoga, eight hours of efficiently done work, eight hours of rest and seven hours devoted to our routine chores of life, will definitely improve the scopes of life.

Let us get together and pool our resources and energies to make our environment - our country - beautiful.

I dream of a beautiful World.
Jai Humanity!
Ma Yoga Shakti (India 1986)

Ashram Programs

Durga Mata Arti
Morning 6:30 a.m. & Evening 6:30 p.m.
ॐ हे हे हे भवां भवां भवां
Om Aim Hreem Kleem Chaa-mun-daa-yaal Vlchche

Shiva Puja
Every Monday Morning 6 a.m.

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

Havan
Every Second Sunday 8 a.m. with Pudit Mukund Samlal

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

Workshops
Every Second Sunday 2 - 5 p.m

Join Us

Our Yearly New Year Meditation
January 5, 2020
Free Yoga 10 a.m.
for adults and kids
Meditation 11:30 a.m.
Pot Luck Lunch 12:30

Bring a Vegetarian Dish

Our Retreat Center in the Catskills
City of Light Sanctuary
We are committed to evolution through community, re-igniting humanity’s connection with nature, and spiritual education.

We are starting to build a conference Hall so that you may enjoy when you come to retreat with family and friends.

Please support.
cityoflightsanctuary.org

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
Like us on Facebook for updates on all 3
Ma Yogashakti International Mission NY and Fl
Yogashakti Yoga Center
City of Light Sanctuary Inc.

Kids Yoga Class
Sunday 10 - 11 a.m.
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

City of Light Sanctuary
Keep on Walking
by Ma Yoga Shakti

Life is an incessant stream of consciousness which never ceases to exist, never shrinks. Life is all-embracing. To become aware of the consciousness, abide by the age-old wisdom:

Keep on walking!

Listen carefully. O dear, one who toils tirelessly is crowned with wealth. One who sits idle is overtaken by sins. Those who toil ceaselessly, Indra, the King of Gods, seek their friendship.

Therefore, O dear! Keep on walking! Keep on walking!

One who is always active physically and mentally and keeps moving. Flowers adorn such a soul. Sins of such a person lie buried deep, inactive and wounded.

Therefore, O dear! Keep on walking! Keep on walking!

One who sits idle, their luck also sits idle. One who stands up, their luck also stands by them. One who begins to walk, their luck also walks with them. But one who sleeps, their luck also sleeps with them.

Therefore, O dear! Keep on walking! Keep on walking!

One who passes time sleeping is in Kaliyug. One who stretches to mild action is in Dwaparyug. One who is ready for action is in Tretayug. The one who begins to walk and run with full vigor is living in Satayug, the age of Real Action (Kritayug).

Therefore, O dear! Keep on walking! Keep on walking!

One who walks gets nectar. One who walks gets delicious fruits of the life-tree. Look at the Sun, O dear, which shines ceaselessly without yielding to inaction and darkness.

Therefore, O dear! Walk on solemnly, Walk on religiously.