

Be a Light to your World

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Are You Environmentally Conscious?

As guardians of this world; as creatures with powerful brains, with the faculty of the intellect, we need to protect our world. But what does it mean to you as an individual? You can say, "I don't own a factory or I don't pollute the water", but what does it mean to you as an individual? Are you environmentally conscious? The operative word is conscious? Are you aware of the natural environment?

We have a sacred bond with the environment. The same Spirit that moves within us, that same Source of all the energy within us; that Supreme Consciousness that exists within the core of our being, is also in the natural environment. The entire living world, all of Nature is an expression of the same consciousness that is within us.

(excerpt from 40 Days 2011 talk by Sri Vasudeva)

Our Newsletter

Namaskar All,

In keeping with our vision and requests from the membership, the Blue Star Canada Board has been planning monthly programs to support the spiritual development of our members.

The first of these monthly programs, the retreat on "Energy Awareness and Self Mastery" in July, was well attended. Our second program, a 10-day Intensive in mid-August, aimed at deepening meditation practice, was also well received by participants and even supported online from a distance!

Family Day, on the last weekend in August, was a day of pure fun to bring the Blue Star family together.

The upcoming workshop in Montreal is one of outreach, as we bring Blue Star teachings to a group of healers on September 24 and 25. More details to follow.

We also plan to work on fundraising and hope that everyone will enjoy participating in our fundraising events, whether through workshops, programs, or sale items. We look forward to your participation! Thank you for your support.

Shobha



Vision must be translated into physical experience; otherwise it stays only as a vision. By this I mean that when you wake up to a new day, your consciousness is already on freedom:

"Today, I am going to make a greater step towards my spiritual freedom. Today every experience of limitation will motivate me to go deeper into this desire. Today my every action must be towards this freedom. I must see my world as being created just for me to make this journey, to make this step to freedom."

– Sri Vasudeva

Energy Awareness Retreat - July 25, 2011 ~ Excerpt from a conversation with Sri Vasudeva ~

Question:

How do you infuse heart energy into a room? We have heard that you do it and we want to know the mechanics of it.

Sri Vasudeva responds:

"It goes back to: How do you love someone? How do you demonstrate how you love someone? Is it just by the touch? Is it just by the look? Or is it something that comes in the touch, comes through the look? How do any of us generate love to a friend, to a child, to a sibling, to anybody, or to a pet?

How do we generate love? Where does the love come from? If we look carefully, we know it is an energy; but we don't think that it is coming from a certain place within the energy body. All expressions of love come from a heart space. I know where the chakra is. We all know that place inside where we feel this love emanating from. This is the heart chakra; when we begin to love, the energy flows here.

In our ignorance or body consciousness, we do not think

that the love is coming from an inner space. It is, but we don't recognize it. As you become more spiritually aware and more aware of your energy body, you begin to actually feel it. Something is warming up in the heart area, I can actually feel it.

The moment I think about love, the moment I intend to love, this whole place becomes warm. So it's a transformer to bring this loving quality of energy from the inner space of energy into expression. And my intention drives it. The more I intend, the more it is driven. All I need to do is to open up my consciousness to the room and just have the intention of filling the whole room with love and I can feel all the energy pouring out of my heart and filling the whole space – coming through my hands, my eyes, my voice, just coming through my entire being and filling the entire space! As you begin to just think of what this process is, or what happens when you intend to love — if you begin to become a little more conscious — you will see that something happens in the heart. Some kind of energy expression or energy movement is happening in the heart.

Chakras are said to be like wheels of energy, swirling energies. So the heart chakra is churning; it is like a funnel shaped object, bringing energies into expression from the front and from the back. We are emanating energies from here [pointing to heart area] in all directions into a space.

It is an actual experience of transforming energies and projecting into a space; and our intention does that. All we need is the intention and the attention. Attention to the space and the intention of loving. Intention is like a dynamo that generates the energy of love — just the intention. So it requires a spiritual consciousness; it requires chakra awakening; it requires the attention to the chakra; and it requires the discipline of practice.

No amount of explaining it will make it clear to you until you have a little experience of it, until you realize that there is a dynamo of love right in your heart centre. Some of you would have felt that from your meditations. That is how I can fill a room. I can generate endless love into the space. It can fill any space that I put my mind to. And there is no limit to it, because it is being generated from a space that has no end, no limit. I have found no limit to my love. If it finds a ready space to flow into or to fill then I want to give more. I am always "pouring." So when I find a ready vessel, then it feels like a continuous flow into that vessel. People can draw that out in any space by their listening, by their posture. They can draw this love out of me continuously by how they posture towards me; and we all have it."

Remembering Deva

Namaskar,

September 6th 2011 commemorates the one-year anniversary of our Deva leaving his physical body. In the spirit of "A Celebration of Life," we will come together to remember Deva. We remember him as a powerful being: a fully loving and dedicated husband and father, a loving brother, uncle, son, teacher, friend, yogi, musician, and so much more.

Mateo, Gina and I are so very blessed to have been able to share our lives with him. He referred to us as a "unit." Every day in Deva's company was a day remembering God in one way or another. "God is Good," or "God is Love," were phrases often heard leaving his mouth. Anything and everything was possible.

He made things happen. His love was boundless. He remained free in spirit. With a beaming smile, his joy was contagious. He would play music, and the second his wonderfully melodic voice reached you, your heart would engage in a feeling of pure love; your mind would become still; and the freedom would be met for a time.

Though Deva's physical body has left us, his spirit is fully present with us in our every moment and our hearts continue to be filled. We are a unit.

May your light continue to shine bright,
Lucy



Gina, Deva, Mateo & Lucy



Blue Star Canada Family Day 2009

West End Group

Submitted by Karen Procter

On August 13th the West End Group invited everyone to participate in the final session of our study of the Guru Gita, which takes place every Monday night. We reviewed each day from a summary provided by Selita, and delved deeper into key paragraphs or ideas. We shared questions and insights in our quest to understand the words of the Guru and to be able to practice this wisdom in our own lives. The evening ended beautifully with the streaming of the World Peace meditation with Sri Vasudeva.

Blue Star members in the western part of the Greater Toronto Area (GTA) meet every Friday at 7:30 p.m. at Unity Church, 3075 Ridgeway in Mississauga. All are welcome! "West" only refers to location, not participants. It is always a joy when attendees "pop in" from all over the GTA. We know that you had to go out of your way and drive quite a distance in order to be there. We have even had surprise attendees all the way from Trinidad! Earlier in the year Debbie Mohammed joined us for our monthly chanting session, and very recently Shobha from Scarborough and her sister Mala from Trinidad visited us. Again, they were there for our chanting session! We also have discussion group; please see the schedule on the home page.

Our sessions differ from week-to-week, and what is even more exciting is that we never know who or how many will come or what experiences they will share. So please come and join with us, even for just one session!

Sri Vasudeva's Birthday

Submitted by Karen Procter

On August 14th Sri Vasudeva celebrated his 57th birthday with the Global Community via the streaming on the Blue Star Trinidad website: www.blue-star.org.

Blue Star Canada members joined together at Becky and Dan's home in North York to watch the streaming of the program, beginning at 5:30 am. It was an early start, but what a beautiful way to start the day: chanting the Guru Gita with Guruji to celebrate the date of his birth. He has influenced us and changed many of our lives in many ways; more than we may even know. He is also the reason that we all know one other!

At the end of the streamed program, we greeted and hugged those we had not had a chance to greet yet and gathered in prayer around a table filled with food, which was lovingly prepared and provided by several members — a symbol of the abundance in our lives. To complete the birthday celebration we sang "Happy Birthday," while Gina, Guruji's five-year-old niece and Becky blew out birthday candles on a cake.

The gathering also provided an opportunity to say thank you and good bye to Susi from Australia and wish her well on her travels to the UK and Australia!



Janmashtami Celebrations

Submitted by Nandy Naraine

We joined with many in welcoming Shri Krishna into our hearts and home on this special night of his birth anniversary. Guruji led us in chanting the various bhajans in glory to the many aspects of Krishna, the happy, playful, mischievous, contemplative, meditative and most adored and loved deity. Whether members gathered together to look at the streaming, or watched from home, all enjoyed the joyful chanting that infused the Krishna Consciousness in our minds and hearts.

Family Fun Day

Submitted by Nandy Naraine

It was a simple game that brought much excitement to us on Saturday in Cobourg. Each one had to write what they thought about another on a paper that was taped to their back. Then the papers were laid down and we all had to guess which one was ours. It was a very uplifting exercise.

Many thanks to our master chef, Mateo, who did an excellent job with roasting the corn, just as we like it! As always, anytime we get together, few or many, we bounce off each other's energy, making it a memorable time. It was a special satsang treat as Harold led us in chanting *Gopaal Krishna*, *Ayodhya Vasi Ram*, and the *Maha Mantra*, which took us into silent meditation. Most of us felt moved to stay over and continued with *Guru Gita* in the morning.

It is times like these where we reflect upon the path we are walking with Guruji; how we support each other on our journey; and play together in this game of life.



July Retreat on Energy Awareness & Self Mastery

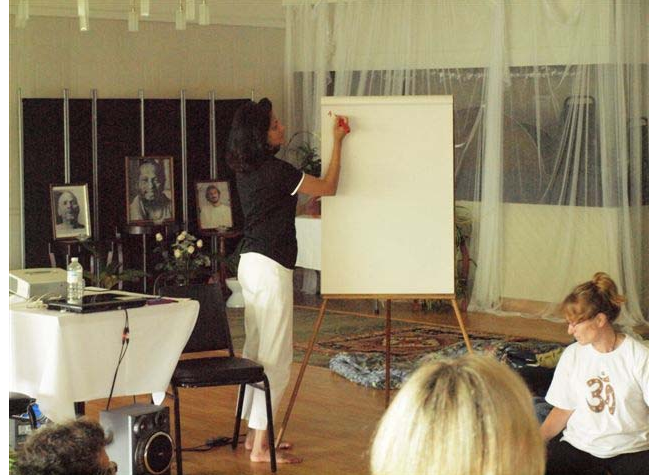
Submitted by Mala Harrynanan

During my summer vacation, I decided to visit my sister in Toronto and was fortunate to be able to attend the workshop on “Energy Awareness and Self Mastery,” in Cobourg on the weekend of July 23–24, 2011. I found the workshop beneficial to me in many ways. Having read the handouts previously sent via e-mail served to prepare me for the workshop. The knowledge shared during the workshop reminded me of the power that is within me.

The divine energy is so close to us, yet we tend to forget that powerful energy that is a true part of our being. The energy is always there for us to just reach and tap into it and use it for the good of oneself and all others.

The energies of the chakras are there as divine tools that we can use in our daily lives to better our lives in this physical world. This spiritual energy awakens us to higher levels of consciousness and awareness, which enables us to achieve much more in our lives. Every day we should awaken our energy centres through meditation and prayer before we begin our daily activities.

I want to thank Madhavi for facilitating such an uplifting and empowering workshop, and all the participants from Blue Star Toronto and Ottawa centres for sharing their experiences and creating such a nice energy field for the weekend. I returned to Trinidad feeling empowered and excited about using these tools in my daily life.



Sri Vasudeva's Workshops 2011

CDs & DVDs

Now Available

We are pleased to inform you that CDs and DVDs from Sri Vasudeva's workshops given in Trinidad, Canada and New York are now available! To place an order, see more details below.

Canada and New York Retreats

During the month of June, Sri Vasudeva travelled to Canada and New York giving inspirational workshops covering topics such as: "Make Spirituality a Lifestyle", "Learn to Meditate" and "The Healing Journey". Take a weekend and experience these workshops in their entirety as they were given in the Blue Star Canada Centre in Cobourg, and in the Blue Star Centre of New York. Alongside the workshops, you can also enjoy the morning Guru Gita and the divine evening Satsangs, where both centres were filled to capacity with Blue Star members chanting and enjoying the divine presence of Sri Vasudeva!

Trinidad Retreats

In the month of August, Sri Vasudeva gave an intensive three-day workshop entitled "Chakras and Well-Being," focused on using the chakras effectively through meditation and breathing exercises, to enhance one's sense of well-being. Watch Sri Vasudeva reveal the secrets of harnessing the power of the chakras - and also learn how to apply this knowledge as he guides, corrects and gives detailed advice in this special three-day workshop.

The day following this retreat, Sri Vasudeva guided a meditation for world peace. Members from across the world took part in this meditation, sending vibrations of love and healing to our world. This beautiful session lasted over an hour, and included recitation of the Gayatri Mantra and the Mahamrityunjaya Mantra.

The next day, Sri Vasudeva celebrated his birthday with a morning Guru Gita. Once again, members from across the world tuned in to celebrate this wonderful occasion, giving thanks for the gift of Sri Vasudeva - a channel of

peace, love and light in this turbulent world. Witness this emotional and heart touching moment again and again on DVD or CD!

Details on the DVD and CD sets are given below:

CANADA Topic: "Make Spirituality a Lifestyle"
NCRC, Cobourg, Ontario | June 11-12, 2011
(6 DVDs or 10 CDs - set includes Guru Gita & Satsang)

DVDs - US\$84.00 CDs - US\$90.00

NEW YORK Topic: "Learn to Meditate & The Healing Journey"
Blue Star Healing and Wellness Center, South Ozone Park, New York | July 18-19, 2011
(7 DVDs or 8 CDs - set includes Guru Gita & Satsang)

DVDs - US\$100.00 CDs - US\$70.00

TRINIDAD Topic: "Chakras and Well-Being"
Blue Star Centre, Claxton Bay, Union Village | August 10-12, 2011
(10 DVDs or 10 CDs)

DVDs - US\$150.00 CDs - US\$90.00

Topic: "World Peace Meditation"
Blue Star Centre, Claxton Bay, Union Village | August 13, 2011
(1 DVD or 1 CD)

DVD - US\$18.00 CD - US\$10.00

Topic: "Sri Vasudeva's Birthday Guru Gita"
Blue Star Centre, Claxton Bay, Union Village | August 14, 2011
(1 DVD or 2 CDs)

DVDs - US\$18.00 CDs - US\$20.00

To place your order, please email us at bluestar@bluestar.org