

## Be a Light to your World

### Our Newsletter

We are delighted to share with you what's happening in our Blue Star Community on a monthly basis. Our members are geographically dispersed and sharing this way helps us to stay connected virtually. We welcome all inspiring stories or programs that you may wish to share. In this issue, we bring you message from the Board, retreat reflections and upcoming programs.

In Service,  
Nandy, on behalf of our Communication Team

### Make Spirituality a Lifestyle

(A retreat with Sri Vasudeva, June 10-12<sup>th</sup>)

By Karen Procter

A Blue Star retreat is a wonderful opportunity to live in a spiritual community for a few days. But of course the highlight and foundation of every retreat are always the words and wisdom of Sri Vasudeva. The "Spirituality as a lifestyle" retreat was no exception; Sri Vasudeva enthralled and captivated the hearts and minds of spiritual seekers once again. He reminded us that all that we seek is actually within us and encouraged us to be the master of ourselves and our destiny. We share an inspiring comment from Mustafa Khazabi.

Please see *Spirituality as a Lifestyle* on page 2

*"In every part of my day, in everything that I do, whether it is speaking to someone; whether it is an action that I perform in my world; whether it is a thought in my mind, or whether it is an emotion that flows through my being, I must see it as a way to my freedom."*

### Upcoming Events 2011

- August 14 - Sri Vasudeva's Birthday Streaming- North York
- August 27 - Guru Gita at the Water - Etobicoke (7:00am)
- August 27 - Family Fun Day - Cobourg (12:00noon)
- September 24/25 - Healing Workshop - Montreal
- October 9 - Thanksgiving Ceremony - Cobourg



*Translate Vision into a Lifestyle*

*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*

## Message from the Board

Namaskar Everyone,

On behalf of Blue Star Canada Board members – Madhavi, Nandy, Nadia and Sara, I would like to say what an honour it is to serve you and Guruji – Sri Vasudeva. Our AGM held on June 12<sup>th</sup> was attended by Sri Vasudeva and all roles on the board were endorsed by him. We the Board members would like to share our vision with you.

### Vision:

Blue Star Canada board will serve, support and empower the membership to take the Blue Star teachings into the community. To get the membership involved in bringing people together for their own Spiritual development and that of others.



2011 Blue Star Canada Board

The Board will work towards financial self sufficiency for Blue Star Canada.

We as a Board would like to put the 'fun' in 'functional' and make this year an amazing one for our Blue Star family.

We thank you for your support and look forward to us coming together powerfully for the benefit of all.

In Loving Service, on behalf of the Board of Directors – Blue Star Canada

## Spirituality as a Lifestyle

*A personal experience by Mustafa Khazabi*

In my first retreat, I was excited to meet a Guru face to face for the first time. I was amazed to see how dedicated the Guru is to the service of humanity. He was there for everyone. He met each one and listened to their problems and provided the best solution. Above his busy schedule he met people even one on one during his stay. I also had the opportunity to meet Sri Vasudeva at the end and discuss my own problem with him. I got the solution to my problem and appreciated the Guru and the Divine power invested in him.

Listening to Guru's speech "Make Spirituality a Life style" was very profound. I really enjoyed it, especially Guru's in depth knowledge about Chakras and his emphasis on meditation. I always believe spirituality without meditation is like a cup without coffee in it. The simplicity of his explanation for spiritual matters (which is a difficult subject) was understandable even to those



Sri Mustafa chats with Sri Vasudeva

with limited knowledge of spirituality. During question period I asked the Guru to improve my meditation and it did improve immediately following the meditation session.

So, I felt in that moment that I am on the right path in spiritual matters. The retreat gave me more confidence to go ahead with spirituality at a faster speed. As Guru said "Make it a Life style" He did his part and now I should do my part.

I thank you Guruji from the bottom of my heart as we are all part of One.

Respectfully,

Mustafa Khazabi

## Guru Gita by the Water

Chanting the verses of praise to the Guru is always so sacred and peaceful. Chanting the Guru Gita on the shore of Lake Ontario adds the serenity of nature making it a deeper experience. During the summer, Lee gathers a group once a month to enjoy the beauty of the sunrise, the birds, the geese, and the vast waters. Always wanting to linger on to enjoy the fresh air and the togetherness, they all partake in a potluck breakfast at the lake. After the July program, Karen commented...*It was a beautiful morning and I feel so blessed to have spent it with my family from Blue Star. May everyday feel like Satsang.*

Join Lee on Saturday, August 27 at 7:00 am for this beautiful outdoor early morning chanting experience. This is the 3<sup>rd</sup> one this summer.



## Discussion on Guru Gita

The West Toronto Guru Gita Study Group has wrapped up their discussions on the 40 days of 2008 messages this week. The group met weekly at Lorelea's home where they expounded the Guru Principle and its application to their daily lives. On August 13, a special get together to spend the entire day immersed in these teachings and explore what happens next, will be held at Selita's home. You may contact her at 905-849-0437 for details.

## Intensive to Heighten Your Practice

Northumberland Heights, Cobourg

Starting August 17<sup>th</sup>, a two-week intensive is being offered at the request of members on "Multi-Dimensional Awareness - The Practice". Our shared practice will focus on bringing the energies of the subtle energy centres into activity.

Join us for all or part of this period and be part of the energy field and its co-creation. Our shared practice will allow us to motivate and encourage each other in going deeper, and to hold strongly the discipline of the practice.

Daily Ashram Discipline will be happening, please call Madhavi for more information and to enrol for any part of this practice at 905-377-0147

### Daily Practice

Guru Gita	5.30am - 6.45am
Yoga	7.00am - 8.00am
Breakfast	8.30am
Seva	
Meditation	12.00pm - 12.30pm
Lunch	12.30pm
Personal time	1.15pm - 2.45pm
Sacred Conversations	2.45pm - 3.45pm
Seva	
Meditation	6.00pm - 6.30pm
Dinner	6.30pm
Shiva Mahimnah	8.00pm - 8.45pm



## Retreat with Blue Star Ottawa

On July 22–23<sup>rd</sup> members from Ottawa co-created with Toronto a wonderful weekend of togetherness and renewal. Madhavi presented the totality of the energy that flows along the *Sushumna* and the group tackled all the questions that bubbled up.

A complete update will be published in next month's newsletter.

## Guru Punima

Excerpt from talk by Sri Vasudeva during Satsang on July 14, 2011

*We honour the master by being in oneness to the master, not being a servant; do not give your power away. Unite with the master, align yourself to the master, tune in to the heart of the master and you will find your own freedom.*

In Toronto, Selita lovingly hosted the streaming of Gurupurnima program at her home, giving us the opportunity to enjoy the groups' energy.



Workshop on Energy Awareness with Madhavi

If you have any articles  
please submit to our  
Communication Team

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