

## Be a Light to your World

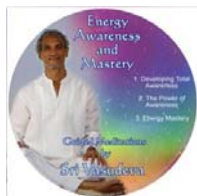
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## Gift Shop Feature

### Energy Awareness and Mastery Explore the Power of Inner Silence

Give yourself or dear ones a special gift this holiday season! A gift of inner peace, serenity and rejuvenation by getting these newly guided meditations by Sri Vasudeva. We offer the set of 2 for \$20.



Namaskar Everyone,

As we prepare for the holiday season, let us remember Guruji's words to bring the Christ Consciousness into Christmas. The Christ Consciousness is one of unconditional love. Let us incorporate this in all our activities and in all our relationships, so that we live in harmony with all whom the Universe sends to us. This time of year also reminds us to give generously, let us give our love and support to all, regardless of differences. We are here by Divine will and for a Divine purpose, let us set our intentions for the new year to discover and live our life's purpose.

Love & Blessings,

Shobha Roopchan,  
BSC President

### UPCOMING SPECIAL EVENTS

- **December 31:** New Year's Satsang with Guruji will be streamed LIVE from 7pm EDT at Selita's home in Oakville and at Northumberland Heights in Cobourg.

**January 15:** SPHE-RE Level 2 Workshop in Ottawa. The workshop is from 9am to 6pm EDT. Registration is from 9:00am to 9:25am with the workshop starting at 9:25am. There will be a 45 minute break for lunch. Bring your lunch.

# Discovering Your Life Purpose

By Sri Vasudeva



I cannot speak about life purpose unless I create an idea of who we are. There is a Source, there is a soul, and there is a human vehicle. There is a source that has always existed. It is a source of everything visible and invisible. There is a soul that can experience different dimensions of energy at different qualities of energy — from the gross to the extremely subtle. And there is a human body that is composed of the elements of nature, an incredible design with a complex brain and nervous system — allowing the soul to experience more of its nature as a divine being. It is extremely important that you have this — this map, this anatomy of your total being.

Who are we? We are souls; we are energy beings connected to a source of infinite power with the ability to transform energies from that source into different qualities that we can project in the space. And we inhabit a physical vehicle for the material experience. That is who we are.

It is fascinating for me, living in a field of infinite potential. I don't ever feel that I am forsaken by any father somewhere or God somewhere. That takes me to the next point.

Where is this concept of God that we have? Is it in keeping with the reality of the last picture I just painted for you of who we are? Is God some imaginary creature somewhere, some super creature? I don't believe in any God outside of me. We are sparks of a Divine fire. We are the gods. Your willpower is the will of the Divine. Your mind processes in the Divine. Your being exists in the Divine. We live, move and have our being in the

Divine! That is why we are allowed the free will that we have, because it is coming from the Divine.

Though we have different bodies, we continue to exist in the Source. We are the Source in embodiment, in limitation. We are the Source functioning in a limited creature. We ARE the Source! If you take the logic right back, if you take the argument right back to who you really are, you are existing in the Source manifesting in limitation. But you are the Source; you are the God — in limitation.

Even though our soul has this Divine quality and the function of the power of free will, nature itself, the Supreme Divine, has a law that protects this free will that we have that is called The Law of Karma. So although we are free to do anything this law keeps us in check and ensures that we stay on the path of evolution. Every cause has an effect; every action has a consequence. If you act negatively, the consequence is going to be negative. And so through that experience of pain and misery you will begin to check yourself and come back on the path to freedom.

It is we, the gods in limitation, who are completely responsible for where we are now. So we need to take full responsibility for that and to forge the path out of this.

The ultimate goal of every incarnation and life itself is to evolve back to that state of realization that we are Divine. That is the ultimate purpose of every lifetime.

*Excerpt from Retreat with Sri Vasudeva, November 26, 2011*

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## Retreat Summary: Discovering & Living Your Life Purpose

November 25 - 27, 2011

By Karen Procter

This was our second Canadian retreat with Sri Vasudeva in 2011. The retreat team did an extraordinary job of organizing every detail from advertising the retreat, having items available for sale, and ensuring that everything ran smoothly.

On Friday evening, Shobha Roopchan, Blue Star Canada President, welcomed participants and introduced Sri Vasudeva, spiritual master and founder of the Blue Star

organization. As is the tradition in the Blue Star Centre in Trinidad, Sri Vasudeva, or Guruji as he is known to many, led us in chanting the Shiva Mahimna Strotram, followed by a meditation. He then spoke to the group about the upcoming retreat and his excitement about the subject of discovering your life purpose.

On Saturday and Sunday our day began at 6:00 a.m. as we chanted the Guru Gita, a chant about the meaning of the Guru Principle within all of us.

The main focus for Saturday's workshop was the actual discovering of our life purpose. Sri Vasudeva explained that ultimately the goal in life is to realize who we are: the Divine in limitation. He believes that our purpose in this lifetime was planned using our free will with our Guides before our soul entered the body, and that our Guides remain with us to help us fulfill our goal, or goals. Free will continues on the earth plane because we also planned the various possibilities this life could provide for us.

Saturday ended with Satsang (fellowship) — another Blue Star tradition where we use chant and meditation to deepen our connection to the Divine in us.

On Sunday, Sri Vasudeva shared five guidelines to help us live our life purpose. The guidelines in brief are:

1. Stay Aware
2. Stay Present
3. Stay Connected (to your spirituality)
4. Be an Instrument (of the Divine)
5. Stay Healthy.

For more information on the five guidelines, you can view the retreat DVDs or listen to the CDs, which are now available to order. [Contact us](#) for more details or to place your order.





## Blue Star Annual Christmas Party

By Cindy McLean

'Twas the evening of December 10th  
We gathered from close and afar  
Celebrating Christmas at Unity Church  
Was twenty shining Blue Stars.

Selita started with a welcome  
Shobha centered us in prayer  
Photos of Sri Vasudeva  
Hung above a velvet chair.

Elves were busy in the kitchen  
Christmas music touched our ears  
We sat together for our dinner  
And shared in many cheers.

Then of course the fun began  
With games and prizes too  
We even played musical chairs  
And the excitement grew and grew.

But alas the evening came to an end  
Hugs, good byes and off to the car  
But way above in the dark evening sky  
Remained a twinkling bright Blue Star.

Merry Christmas Everyone!!!





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## Reflecting the Beauty Within

By Yogeshwari Stafford

Mahatma Gandhi once said, "To a true artist, only that face is beautiful which, quite apart from its exterior, shines with the truth within the soul." Being able to reflect the beauty and the light from within our hearts is such a rich blessing to not only ourselves, but to all of those around us.

There is much that one can do to promote radiance and youthfulness well on into the golden years. By practicing, on a regular basis, yoga facial massage, you may notice rather

astounding results! The increased circulation draws more oxygen and nutrients to the tissues while aiding the release of metabolic wastes. Skin cells become renewed while dead cells and impurities vanish from the body, thus helping to slow down the aging process.

I highly recommend this beautifully illustrated book, "Facial Fitness" by Patricia Goroway, ISBN 9781402780462 at just \$17.95, which includes a DVD! The author not only gives a comprehensive description of facial exercises and massage techniques, but also, tips collected from various countries around the world. These natural beauty secrets have been passed down from generation to generation.

One of my own favourite exercises for the face is to gently pinch the facial tissues starting from the top of the forehead and moving downward to just underneath the jaw bone. Eating a nourishing diet, drinking lots of pure water, getting adequate rest and breathing fresh air also greatly benefit our facial health. Remember to start every day with a radiant smile!

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## Principles of Holistic Healing

By Victoria Dunchych

In light of Sri Vasudeva's last visit, of my recent Reiki II attunement, and a special, reflective time before Christmas, I feel honoured to write and share my thoughts with you on healing. To me, healing is a process, a journey of self-exploration and discovery, which aims to bring physical, mental, emotional and spiritual systems into alignment and proper balance.

What do we do to stay balanced and free from pain and disease? How do we heal our physical and emotional conditions? Why are some people able to manage and heal their health issues while others struggle? What are the necessary principles and components of the true healing process?

In my view, the first step in the healing journey is the acceptance of the pain – whether emotional or physical. We should not feel guilt, beat up or blame ourselves when we feel pain or have an illness. Have you ever asked yourself: Why did this happen to me? What did I do wrong to deserve it? I have done it many times in the past. What I have come to realize, however, is that asking these questions won't help me to get

better; instead, these questions will bring memories of the past experiences and distract us from being in the present moment. It is important to accept our current state of being, whatever it is, without much digging into the problem or over analyzing it.

However, this does not mean that we should not take time to reflect on our own actions and habitual ways of dealing with circumstances. In his workshop during the retreat at [Northumberland Heights](#) in November, Sri Vasudeva reminded us again about the importance of maintaining a healthy lifestyle. We all know about it, but many of us still procrastinate in our own ways, including myself, in learning to truly love our body and ourselves!

I wish everyone good health, peace, happiness and prosperity in the New Year. But most of all, I wish that we change ourselves for the better because, as Sri Vasudeva says:

*"We do carry the power to change and the power of the Universe is in us. We can change the condition of our health. We can change the condition of our thoughts. We can change the condition of our emotions; we can manage emotions; and we can manage thoughts. And we have the power to dream, so powerfully, to create such powerful images in our beings; such powerful visions that when aligned with the Universal Will, we can make them materialize in a powerful way. That is the power we carry."*

Merry Christmas and Happy New Year everyone! Let 2012 be a year of change!

End of Part 1 ... to be continued in next issue

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## Satsang Farewell for Suravi

By Yogeshwari Stafford

Many gathered at [Anahata Yoga Studio](#) in Mississauga on the evening of November 5th to wish our dear Suravi a wonderful farewell, as she will be departing to serve the Blue Star in Trinidad for one year at the invitation of Sri Vasudeva.

After being lovingly welcomed by Danuta to her spacious yoga studio, we joined into the live streaming of Sri Vasudeva's weekly satsang, bringing much warmth and energy into the room.

Our Farewell Program began with Nandy's reading of a sacred prayer created especially for Suravi by Hannah. Harold then led

us in the singing of "Guru Brahma, Guru Vishnu." Shobha gave a beautiful tribute to Suravi. Everyone spontaneously offered their heartfelt wishes, blessings, loving thoughts, memories and comments about Suravi's leadership skills, behind the scenes efforts, strength to leave her family for one year, and the great impact she has had on the lives of others.

Elizabeth sang in her melodious voice, "May the Road Rise to Greet You," and later, "Peace Be With You," holding Suravi's hand, exemplifying the beautiful bond that they have shared over the years, not only being part of the Blue Star Board but when they had often roomed together. Lucy also sang and played on the guitar, the ancient chant "Om Namah Shivaya."

Nandy presented Suravi with a lovely bouquet of flowers and a gift basket of items, which she just might need on her coming journey — a hat, boots, tools, torch light, and repellent. Even little Gina ran up to present Suravi with a small gift. In response to the love that was poured upon her, Suravi spoke humbly about her oneness with each of us, early days in the Blues Star, the growth and support of her family, being able to take a year off her employment, and about her wonderful relationship with the Guru.

As it was Elizabeth's birthday this month, she also was presented with a most beautiful bouquet of flowers. To honour this occasion, Harold led in the singing of, "Shiva Shambhu Dino Ke Bandhu."

At the close of this grand send-off, everyone was invited to taste the delicious food, especially the Red Velvet Cupcakes and Banana Bread that Nadia was offering for sale to raise funds for the Centre in Trinidad.





