

Blue Star Canada

Newsletter

Transform yourself, Transform the world.

Self Transformation ♦ Self Discipline
♦ Selfless Service ♦ Self as Leader

Namaskar,

A blessed New Year to all! It has been said that it is in the darkness that the stars shine so brightly. This January, it is in these below normal chilling temperatures that we feel the heartwarming empathy from each other. Be sure to spread the warmth of love to your world!

In the New Year's Eve satsang, Guruji prompted us to "do it now," so for this edition of the Blue Star Canada newsletter we asked our members to share what living in the present moment means to them. We hope that these articles may inspire you to be in that timeless space of present moment awareness and to let your New Year's resolutions or intentions sprout from the timeless aspect of your being - your energy being - which drives the body to action.

We've had a grand start to the year with Blue Star Canada programs in full swing and an exciting announcement about Guruji's travel schedule.

We are delighted that Guruji will be conducting a spring retreat on May 16-18, 2014, so we have an opportunity to spend a weekend in his uplifting presence once again in Cobourg.

A new "Learn to Meditate" program has been launched in Scarborough by Shobha. Attendees have been excitedly sharing how they are already using meditation and present moment awareness in their everyday lives, and how they look forward to these sessions of exploring the peaceful space within.

Our Mississauga group is opening the Friday nights to a series of Yoga classes for the first hour, followed by regular sacred conversations on the 2013 40 Days. These are being advertised to the public and we are excited about the possibility of attracting new members.

Thank you to all who have renewed your membership and we welcome all who are joining for the first time. Thank you for your continued support. Stay in Grace.

In loving service,
Nandy (BSC President)

Save the Date!

Learn to Meditate Series

Feb 2nd Moksha
Yoga Centre, 2pm

Yoga Series

Feb 7th Unity
Church of
Mississauga, 7:30pm

Meditation Circle

Feb 7th Unity
Church of
Mississauga, 8:30pm



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2014 New Year Message

By Sri Vasudeva, Founder of Blue Star



In terms of calendar, the year is ending but those of you who know me, know that I observe change from another space, a space that does not change. Each one of us has a capacity to view change from a changeless space but we have been so conditioned to be governed by change, watch, clock, calendar, that we let that timeless part of us contract itself into the limitation of time and change.

When we become more aware, we will be able to see that we can observe change from another place, a place that can always be peaceful, a place that can always be happy. In the wisdom of India, we call that space satchidananda, eternal blissful being.

If only you can go there for a moment, life will not be the same. Change happens. You will be able to observe change without judgment. Change is of duality. Changelessness is in that space of non-duality.

The beauty of being in that space is that we don't have to wait for a new year to make resolutions. We don't have to wait for another week to start exercise programs. We don't have to wait for a month to change our diet. We can change it in the moment. Be in the moment. It is called living in the now. I've said this to you many times. When I went to elementary school the motto was: "Do it now." Do it now! I never forgot that. Be in the moment.

Stay in a timeless space of joy, satchidananda, eternal blissful being!

* * * * *

Present moment awareness invites you to have this relationship in everything that you do. A mystic, William Blake, wrote these profound words very beautifully:

To see a world in a grain of sand
 And a heaven in a wild flower,
 Hold infinity in the palm of your hand
 And eternity in an hour.

A "grain of sand...a wildflower...the palm of your hand...and an hour," may seem to be such ordinary objects but if you open your eyes to the experience, you can experience so much more.

Present moment awareness invites you to this expansive experience in every moment, in coming into oneness with the object of your concentration, to go deeply into it, where ordinary experiences become extraordinary.

-Excerpt from 40 Days 2007 on "Present Moment Awareness."



"What day is it?" asked Pooh.
 "It's today." squeaked Piglet.
 "My favorite day." said Pooh.

Being in the Moment

By Yogeshwari (Jean Stafford) (Burlington, Ontario)

On January 1st I did not make my usual “long list” of New Year’s resolutions – a marked change from my past approach to starting the year. Perhaps everything is flowing and unfolding as it should. I need not fear that I will have fewer things to do as God is at the helm and He will direct and guide me.

While watching the 2014 Australian Open Tennis Championships, I observed not only the mental and physical states of these fantastic players, but also their incredible present moment awareness of their opponent’s tactics, even when they came from behind. These observations led me to examine my own state of being in the moment.

Last week, I was suddenly presented with a parking spot, which meant that parallel parking would be required. Having avoided this style of parking for far too many years due to vehicles that did not have power steering, the opportunity to remove my long-standing inner blockage appeared. There was no moving traffic on the street and ample time to arrive at my appointment. Conditions appeared to be ideal. I did not feel stressed. After three tries, I was successfully parked – a tremendous liberating and empowering experience.

Although my physical condition and active mind still allow me to enjoy boundless activity and even multi-tasking, both of these can become obstacles to living in the present moment. More space is often required between activities, removal of stress, creating quality rest time, and eating a healthy diet where all meals are genuinely enjoyed in a quieting atmosphere. These all play a huge part in reaping the benefits of radiating a deeper, more lasting inner peace, calmness and energy while focusing on the now.

When I slow down my pace, relax, and become aware of my lengthening breath, I feel a greater sense of inner harmony and peace, which results in my being alert to the beauty in everything that surrounds me. Watering my indoor plants was such a great joy for me the other day. Each one was unique in size, colour and shape. Some were flowering to add brightness to our light-shortened days. Love flowed from my being to each one. My smile was as broad as my face. Then, one evening, I glanced at an upstairs window which was reflecting a bit of light from the street lamp. A large part of this window not only contained the shape of a recent mass of ice crystals, but also took on the brilliant blue colour of the gem stone, lapis lazuli. How could that be? While awestruck, my breath began to feel like the softest velvet. It was an exquisite sight. I was, once again, enjoying the present moment!

There may be more challenging times where one’s being needs freeing to truly exist in the present moment. Clearing clutter, whether internal or external, yoga, breathing exercises and mindfulness meditation truly make a difference in my daily outcomes. Rising from a deep sleep allows me to become aware of an inner stillness and peacefulness all around. Seeing the morning sunrise in its array of bright, energetic hues fills me with warmth and beautiful energy – a magnificent way to start each day. At these times it is easy to focus, to become more aware, to be in the moment and to feel the unity and harmony of the symphony of life with all of its shapes, colours and sounds.



Affirmations Keep Me in the Present

By Karen Procter (Ottawa, Ontario)

I find that with present moment awareness comes awareness of the internal self-talk, things I am not always conscious of but that certainly affect my decisions, actions, moods and even my physical condition. I decided a couple of weeks ago to really “blast” the depreciative or negative self-talk out of existence. One of my tools is the use of affirmations.

Guruji often encourages in his guided meditations the use of affirmations, so I listen to his meditations and throughout my day, I use as mantras, positive affirmations. I currently use Louise Hay’s affirmations that are



Grateful

By Victoria Dunchych (Toronto, Ontario)

I am turning 44 this week... I asked myself how I felt about it. Am I sad? Am I happy? Am I indifferent? My son Matthew even asked me if I am ready to be 44. I am not sure if I am “ready to be 44,” as I do not really know what it means, but I do know that I do not feel a year older. I feel timeless inside. The core of my being is still the same, changeless, but my body has changed

My birthdays are always a time of reflection, a time of retrospective review on my life play performance, re-evaluation and set up of new goals. When I look back at my life, I see how gracefully the Universe has laid out the life path for me, how carefully I have been guided in the sophisticated process called life, and how much support I have received through all these 44 years.

I am eternally grateful to God, to all Masters and Guides of the Universe, to all the people that I have met along the life path, including my Blue Star members who have contributed to my personal and spiritual learning and growth. I am eternally grateful to be alive, to be able to work and do the job that I love, to be useful to society, for having a wonderful child to take care of, for my loving and caring mother, for my wonderful grandparents who passed away a long time ago, as well as for all my friends, all my patients and colleagues. My right brain remembers and my heart holds everyone. I am sending my love and thanks to all of you on my birthday! May God always be with us, and I pray that we stay strong together and continue to be worthy, for at least another 44 years.



State of my Mind:

By Mustafa Khazabi (Toronto, Ontario)

Living in the Present Moment with Awareness

Every morning when I get up, the first thing I do is look at the time. Then, I go to my calendar to see if I have an appointment, or look at my “to do” list. Being a graduate student, I also check to see if I have a meeting to attend or an experiment I am scheduled to perform today, and so on.

We are so caught up in the dimension of time that it becomes almost a daily habit. We make plans for almost every moment of our life. We plan for the future, we try to remember the past, but we seldom think about the present time. Now is the time that could change our future. Every decision we make now would affect our future life. Such is the power of now, so use it wisely.

Eckhart Tolle explains it well in *The Power of Now*. He shows us how to connect with our Being by saying, “Being is the eternal ever-present One Life beyond the myriad forms of life that are subject to birth and death. However, Being is not only beyond but also deep within every form as its innermost invisible and indestructible essence. This means that it is accessible to you now as your own deepest self, your true nature. But don’t seek to grasp it with your mind. Don’t try to understand it. You can know it only when the mind is still, when you are present, fully and intensely in the Now. To regain awareness of Being and to abide in that state of ‘feeling-realization’ is enlightenment.” The book made me aware that every moment of my life is precious.

Guruji (Sri Vasudeva) says, “We are not this body. We are spiritual beings having a human experience.” I made that my intention. I walk on the earth with the awareness of so ham. That is my lifestyle. My fear has vanished. Duality is narrowing down. Good news and bad news do not affect me as much. That is the state of my mind.

A month ago, I went to the Caribbean for a vacation and stayed in a hotel near the ocean. When I got up in the morning I did not have to look at the time or see if I had a meeting. My mind was quiet and peaceful.

I would perform my hatha yoga exercises followed by chanting and meditation for an hour. Then I would have breakfast and go to the beach to watch the ocean. I would watch the movement of the water and listen to the sound of it. There was no car passing by or crowd making noise. My mind was so quiet that I could get in tune with the ocean, as if I was in meditation with my eyes open. There was only myself and nature. I tried to observe the ocean as it was and be aware of it as it was, without judgment. At that moment, I felt “I am one drop from the ocean,” and became the ocean. The observer and the object of observation became the same. The seer and scenery became one. Such was my present moment. Such was my awareness with full attention. When I was present at that moment with full awareness I submerged in the consciousness and experienced bliss. As Guruji said in his New Year’s Message, I was in the moment. I saw the One in the All and the All in the One. Such was one of my present moment awareness experiences.



Managing Stress with Present Moment Awareness

By Rohan Shivprasad (USA)

The New Year brings hope to improve ourselves and enthusiasm to achieve our dreams. Keeping one's attention in the present moment helps us to be more aware as we traverse the challenges of life, and allows us to be open to every possibility before us.

When not in present moment awareness, I find that my view becomes limited and I fail to see every amazing possibility before me. As a result of this contracted consciousness, I become stressed, give up my seat of power, and fear sets in, initiating a vicious cycle that leads to anger, resentment and failure.

For those of you who have been in fellowship with Sri Vasudeva either through Blue Star or simply through surfing the internet, I recommend that your understanding of this important spiritual tool start here. That is, having a relationship with a true Master who can inspire you and show you what you need to do.

The Guru has given me two axioms that I adhere to when trying to stay in the present moment. The first is "Only the present moment exists," and the second, "You must believe you already have that which you seek."

Understanding that only the present moment exists helps me to be more aware of all the possibilities that exist which I have the power to choose from. For example, if I am having a challenging day and bring my focus into the present, I have found that I have the ability to choose to either be emotionally hijacked by stress and fear, or uplifted by thoughts of managing my emotional being and skillfully meeting these challenges as opportunities to learn and to grow. For me, that is one way of staying in my seat of power.

Believing that I already have that which I seek places me in a posture of gratitude when I seek to stay in the present. I have had uplifting experiences when I would simply thank God for all that I have, and all that I will receive, as I focused on what I am doing in the present. Whatever the challenge, it seems to be met so graciously as I focus my mind and stay with what is. I really believe that the present moment is a space where miracles happen and where we can really be instruments of the Divine.

I am really excited to make this practice a more permanent part of my being and I pray that it happens in this very lifetime for all of us.

"Blessed is the one who perseveres under trial, because having stood the test that person will receive the crown of life that the Lord has promised to those who love him." James 1:12

Mindful Meditation Tip

In your meditation, when you think that you need to stay completely in present moment awareness, yes, do it if you can, but when thoughts and issues come up again and again, do not suppress it. Bring it up for resolution, look at it and see if you can find a different perspective so you can resolve it. If that is possible, then your mind will become quiet again. And if it is not possible, then you need to learn how to put it away without suppressing it with the intention of bringing it up again, so you can continue to deal with it. In that way you can deal with many things, including your own spiritual process.

AFFIRMATION

I am in the present with my thoughts, with my body, with my space.
I am in the present.
I am fully in the experience of this moment.
As I act, as I think, I continue to stay in the present.

I am fully aware of my being in this moment.
I am aware of all that is happening within me.
I am aware of my space around me.
I am aware of how I express my being in the space around me.

As I enter my day I take this with me,
being aware of my being in every moment,
of my thoughts, of my feelings, of the space
around me, of those with whom I interact.
I take this awareness into my day, being here
and now in every moment.

Excerpt from Sri Vasudeva's Message, Day 5 – 40 Days 2007

Gift Shop Feature

SERENITY

Guided Meditations and Talks with Sri Vasudeva

Peace and Joy Meditation [17:56]

You're Not Alone Meditation [14:54] | Talk [2:25]

Coming Home Meditation [15:26] | Talk [4:03]

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*self discipline * self transformation * selfless service * self as leader*



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