

MARCH 2014 . ISSUE 2

Blue Star Canada

# Newsletter

*Transform yourself, Transform the world.*

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



Sadhana implies that our discipline is done with a spiritual goal and these 40 Days are the perfect opportunity to boost your everyday practices with intense desire, focus, contemplations and support of the collective. Maha Shivratri is another period of collective discipline and devotion that helps to uplift us and deepen our connection to the Source.

Many may shy away from sharing their stories of spiritual discipline, or may find it challenging to identify a single practice that brings a specific result, and the topic of spiritual discipline may not be a popular one. Let those who shared in this newsletter inspire us to take a sober look at where we are on this journey and to set goals for ourselves.

This year Guruji will continue to deepen our understanding of self-mastery during this 40 Days, and for our Canadian Retreat on May 16 - 18th we will further explore "The Way to Self-Mastery." Look out for an email with registration information and feel free to pass along to anyone who may benefit from the teachings and being in the presence of a Master.

Our new programs in Toronto and Mississauga have been well received and we continue to hear the participants share what a difference it is making in their lives. It is a joy to serve our community and we thank Shobha and Suravi for graciously leading these programs of meditation and yoga.

Let your spiritual discipline be filled with love, effort, grace, protection and let it be for a higher purpose. Have an uplifting 40 Days 2014.

In loving service,  
Nandy (*BSC President*)

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## Save the Date!

Guru Gita  
Morning Chant

Mar 2<sup>nd</sup> Suravi's  
Home, 8am

Yoga Series

Mar 7<sup>th</sup> Unity  
Church of  
Mississauga, 7:30pm

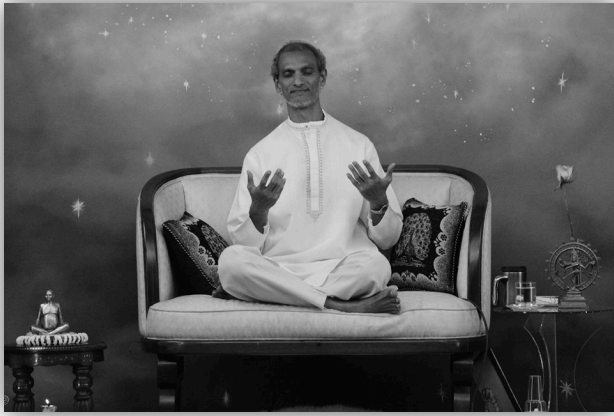
Meditation Circle

Mar 7<sup>th</sup> Unity  
Church of  
Mississauga, 8:30pm



## Personal Journey of the Evolving “I”

By Sri Vasudeva, Founder of Blue Star



*To complement your spiritual discipline in preparation for the 2014, 40 Days journey, we chose to share Guruji's meditation as a reminder of the purpose of practice and the posture every true seeker should have.*

\* \* \* \* \*

Who am I? Because any “thing” that I think I am, I become in that moment. Can I let go of all that I think I am, and just observe the space with the attitude of a seeker who is after an experience of realizing the “who I am”?

### Welcome guidance from the Universe

Let's open the space, just to welcome guidance from the Universe. On spiritual awakening, which I am sure all of you have, there are qualities on the inside that we can identify with

that help us find the guide and stay with the guide. Peace is one of them. On spiritual awakening, if you have felt peace, begin to identify with it. If you have learned to become a little quieter and open in the inner space, begin to identify with it. And as you open yourself, do you feel that there is some kind of power in the space meeting with you? On spiritual awakening that's how I felt: held, carried, guided.

### Become the seeker who is guided

In this moment, no matter where you are, no matter what condition you are in, the goal of this Universe is to evolve, so help is always there. Stay with the peace, and begin to observe any sign of guidance. Do you feel any kind of energy moving within you? Do you feel any thought arising in your mind that is comforting and can guide you further? Are there any feelings coming up in the space of being held, being carried? If any of those come, stay with it. And if there is loneliness, or emptiness in there, pray to be led from the darkness into the light.

Stay with this inner surge and soon enough you'll begin to experience some power in the space, guiding you. Learn to become as comfortable as you can with not knowing anything. Just be completely open to guidance. The guidance will come as how to breathe in the space. The guidance will come on how to think in the mind. The guidance will come as to what emotions to identify with. Whatever comes, and whatever practice you engage in, stay open to more. Just observe the experience and stay open to more. Become the seeker that is guided.

I am staying in that space. I'm just being held by that power inside that guides. I'm allowing it to take me where it wants to. I don't need to have any desire except to follow that. It fills my being with complete peace, love, goodness. And it leads me every step of the way. I am contented. I don't need to know anything. I don't need to be anything, just contented in the knowing that I am carried, I am held; that I am nothing without this power; the “I” is nothing without the Source. The Source is its very existence, a Source that completely takes over. My “I” has no desire but only to be taken over; to be led, to be carried as the Universe wills. In there lies my peace, my fulfillment, my joy.

### Intention for the day

Let's carry that intention in the consciousness to stay connected to that power and to know that “that” is the power that controls the entire Universe. That it will bring me where I need to be today; it will guide me as to how to interact with my world. I seek to stay connected. I seek to be guided. I seek to be held. I seek to be carried. That's where I find my comfort. That's where I find my joy – to be in oneness with that power that carries the entire Universe in it. I stay in utmost humility. Peace, peace, peace.

*\*Excerpt from Sri Vasudeva's 40 Days Meditation Retreat, Day 8 Meditation on “Personal Journey of the Evolving “I.”*

## Self Discipline and the Power of Rituals

By Suravi (Oakville, Ontario)



For me, the 40-Day retreat with Guruji is like a booster shot to help me deepen my commitment to my spiritual growth. Around this time every year I grasp the opportunity to tighten my discipline, knowing how important it is to get out of my comfort zone. I make my efforts holistic, renewing my efforts to cultivate a healthy lifestyle mentally, physically and spiritually to better align with my quest for self-enlightenment.

Usually on New Year's Day each year, I set some goals for the year using fancy language that invariably boils down to the same theme – basically to attain a higher degree of self-mastery in the year ahead. Prior to the retreat, I review previous year's 40-Day messages and often marvel at the fact that Guruji finds so many creative ways to give the same key messages every year for more than a decade. I often think I understand the Teachings. However, it has recently dawned on me that I assimilate the messages within the same conditioned mindset year after year, arriving at almost the same place every year.

Now I realize that I need to get past my thick fog of conditioned thinking. I need to learn to stay open and curious instead of continuously judging, labeling and thinking that I know. I need to stay present to not only respond but to “listen” energetically to my “Universe” in a new way, using all of my energy centres. This way I get a current pulse of what is happening in the moment. It is like stepping outside to experience the weather rather than sitting indoors trying to gauge what it is like from historical trends.

Needless to say, this year my spiritual discipline has to go beyond cleaning my meditation space, rereading the previous 40-Day messages and waking up in time to meditate with Guruji daily. In fact, I have decided not to wait for the 40 Days to start exploring and deepening my self-mastery. I have started to observe myself continuously, scanning my energy centres for data, asking what else is there that I am not seeing using my current lens? Whenever I find myself “caught” in any situation, I try to realign using my breath and a reminder that I am a spiritual being in a human experience. I also try to open up my perspective, seeking to see the Divine hand and the lesson for me in the situation.

I can see clearly that with ongoing spiritual discipline, I am forming new neural pathways that help me to default to new ways of being and seeing. Happily, discipline no longer feels like hard work but is frequently very sweet and rewarding. Although I often feel the pull of my old conditioned self, my inner world seductively draws me in, and in response my outer world is miraculously changing for the better.

May we all, in 2014, have the best 40 Days Retreat ever. Sadgurunath Maharaj ki Jai!

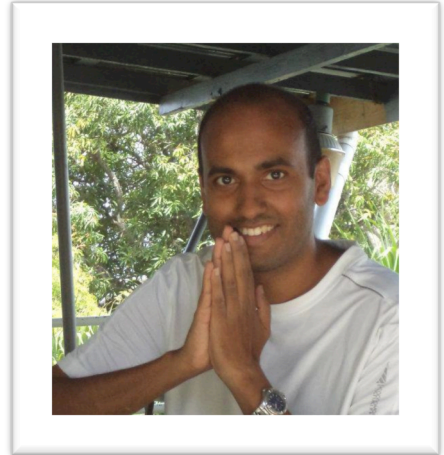


# Discipline

By Ganesha (Scarborough, Ontario)

Namaskar Everyone - For me, every moment of every day I need to be disciplined spiritually, to hold myself in a stable space emotionally and in a non-judgmental space. I also need to remember to repeat the mantra and be aware of the bigger space behind the mantra and my quality of consciousness as I repeat it.

One teaching that I remember every day is that as the clouds are always changing, and as it is always challenging for a rider to break in a wild horse, when he or she stays with it after a while there is a peaceful trot at the end. This reminds me to stay grounded and with whatever I am feeling, knowing that I can change it with grace and awareness. So the discipline before and during the 40 Days is the same for me. However it's more intensive during the 40 Days.





## Spiritual Discipline By Marlene (Ottawa, Ontario)

I have been thinking about how I might improve my spiritual discipline in anticipation of the upcoming 40 Days. I searched through some of Gururji's previous 40-Days messages on the subject of discipline for inspiration and drew the following information from them that I found useful for me, so I decided to share it:

- Discipline is the ability to be focused in what you are doing and to be committed to what is required to achieve your objective using whatever resources you have around you to achieve that. Keep your focus on the goal every day of the purpose of your worldly existence. The idea is to sit in the inner world whilst you are active in the outer world.
- Discipline involves every aspect of your being: how you let your emotions flow, how you let your mind work, how you use your intellect, how you look at things. You need to have the discipline of keeping appropriate thoughts, ideas and images that will take you forward towards your goal. Keep the discipline of looking at your emotions, ensuring that you generate appropriate emotions such as peacefulness, calmness, openness, and connectedness. Use the discipline of the intellect to apply yourself diligently, to work towards your goal, and to keep your focus. Are you going to wake up early in the morning when the sun is not yet up and bring your mind, body and emotions into balance?
- Give some thought to self-discipline. How important is it in your own life for your own inner development? If the seeker is to achieve anything, there must be self-discipline on the spiritual path. Discipline is an extremely important aspect of learning, growing and performing at your best, or serving at your best.
- You need to have the discipline of attention and practice, especially in the beginning. You need to sustain the effort or practice in order to achieve the best results. Be disciplined and you will see the rewards. Then the joy of discipline kicks in, and when it becomes a joy it is no longer an effort. Discipline becomes a lifestyle.
- Even though you may experience a dry or challenging period, stay with it. Motivation begins to come and you see how sustained self-effort is rewarded by grace. Stay with it; believe in it, and hold that belief firmly in your mind. Think, "I am going to do this; it is useful and important to me."
- You need the discipline of witnessing and being in constant observation of yourself. The greatest discipline is in being aware moment to moment.

### Guidelines for the 40 Days - adapted from the Forty Days Journal

To gain the maximum benefit of these sacred days, here are some guidelines for an incredible journey. Remember, it begins and ends with us. It is all about our personal journey to freedom.

- **Have a strong desire** –The deeper your desire for transformation, the more committed you will be to transformation, and the more sustained your effort in the transformation.
- **Self-introspect** –You need to be able to look inside yourself and do so in a sincere and honest way to observe. You need to set some definite goals based on what you want to change within you, and determine where you want to go.
- **Create a vision** – What vision do you have in your mind of where you want to go? What is your benchmark? What is your idea of where you want to go?
- **Set an intention** – Intention drives the Universe. It is important for your intentions to be aligned with Universal Will, and then they become most fulfilling. Let your intentions also involve the space, community or environment around you.
- **Create a sacred space for your practice** – Create the space that you want and use it throughout the Forty Days. A space keeps the vibration that you invest into it so it is good to invest in wonderful vibrations. You may have pictures of people or books that inspire you, and a special mat that retains the energy.
- **Pay attention to the clothes you wear during meditation** – Keep special clothes that you wear throughout the Forty Days just for your meditation, to keep the energy.
- **Pay attention to the company you keep** – If you are following this Forty-Day retreat, select the company you want to keep. If you have the choice, minimize the company that takes you away from your goal, to protect yourself. That is extremely important because there is an exchange of energy when you meet people.
- **Clean up your inner space** – Think of the pollution that we create in the space with our egos, and see if you can begin to clean that up. We have to come into a place of humility, a place of acknowledging a greater power, and a space of intuiting a greater power.
- **Use books to boost your practice** – I always see a book, not as just printed matter, but as the thoughts and intentions of a person. I read the books of great ones who inspired me. And the Universe answered my questions through the books.

- **Adopt a spiritually enhancing diet** – During this period you may also adopt a spiritually enhancing diet to aid your meditation practice. Eat light and natural foods that are easy to digest, like fresh fruits, fresh vegetables, fruit juices, and spring water. Spiritual fasting also includes nurturing positive emotions, relaxation, and adequate rest, spending time with nature, waking early in the morning, regular exercise and meditation.
- **Journal writing** – During the sacred Forty-Day period, we have the opportunity to journal and in this way deepen our experiences during this high energy time. Journaling provides us with an avenue through which we can become even more connected with the very Source of our being, as we take charge over how we process and put into practice the daily inspirational message and guided meditation.

## Mindful Meditation Tip

By Uma (Toronto, Ontario)

Sri Vasudeva has often spoken of the importance of creating a goal before sitting to meditate. It's important to set a goal for yourself before you start meditating because meditation can be anything that you want it to be: If you want it to be stress-relieving it can be that. If you want to use it for reflecting upon your day, it will become that. If you want it to protect your mind, it will become that. You can use meditation as a practice, meditation can be a healing activity, meditation can be a maintenance activity (just to protect yourself, just to avoid thoughts from around you)... or it can be a developmental activity. It's good to set weekly goals for yourself and chart your progress.

Sri Vasudeva also reminds us that it is not enough to just set a goal but that we need to continually self-reflect on multi-dimensional levels. Here are some questions to ask yourself to help you chart your progress:

“How do I feel physically?

Did I feel comfortable in my posture?

Was I able to infuse my entire body with love?

Did I feel a greater connection with my body?

How was the breathing in my meditation?

What did I feel in my emotional field?

Did I feel happy? Did I feel sad? Was I trapped in a certain emotion?

What kind of thoughts occupied my mind?

Was my mind restless?

Were there any insights?

Were there positive thoughts?

Am I experiencing synchronicity during my day that ties in with what I received in the meditation?

What recurring pattern(s) do I perceive?

Do I feel that energy at the navel, at the second chakra, at the heart, at the throat, at the eyebrow?

What kind of experience is coming? Is the energy intense? Is it painful? Is it a nice feeling?”

“In my spiritual being: Did I feel a deeper sense of love today? Did I feel a deeper sense of peace today?

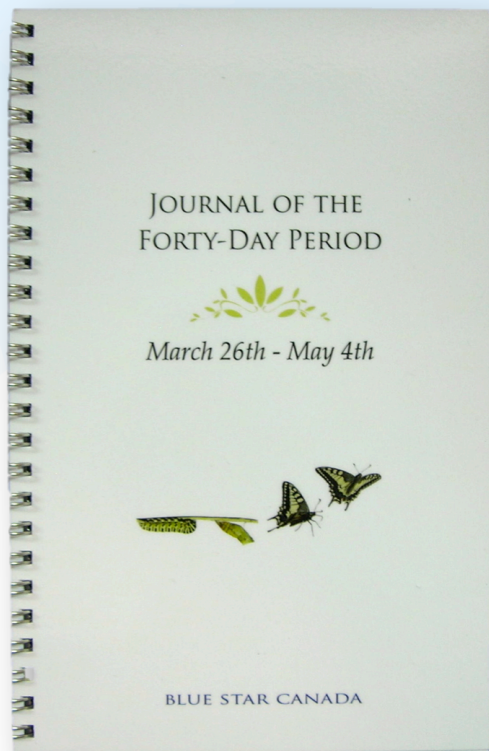
Did I feel a connectedness with my world? Did I feel that my inner space was sacred?

Did I feel more power coming from inside of me?” (Sri Vasudeva)

How reliable are our self-assessment tools? Is it an “authentic vision” or “fantasy”: People may have experiences in meditation but how many think about what the experiences can mean? In a lot of cases they need guidance because when we go deeper we may be in fantasy, thinking “Now I've reached realization,” or “Now I have achieved this,” so what Sri Vasudeva is saying is that we need at every point to check with some authentic being or be guided with some authentic point with experiences. His main point is that we need to be guided and he continually reminds us to not trust ourselves, our egos, our senses but to validate it every time, check it, and test it.

Finally, nothing helps more than practice, practice, practice. When we do our homework during the other hours of the day, it benefits our sitting meditation...Try to be in the space of the observer even as you act in your world, monitoring your thoughts and feelings and physical body as well as the dimensions around you. Try to be in the present moment as much as possible, maintaining your centre and remember to use the small opportunities to take mini-meditations – while gardening, working, listening to music, driving a car...and make it a way of life. Remember that the goal is to be in meditation in every moment – that the greatest goal in the human experience and what will put you and keep you in your seat of power.

# Gift Shop Feature



## JOURNAL OF THE FORTY-DAY PERIOD

A lovely little booklet designed to capture your own 40 Days experiences and inspirations. Daily inspirations foot each page with the words of Sri Vasudeva, this journal helps you get the most of your 40 days discipline.

Order yours now for only **\$20 CDN\***

Contact Nadia by email at [nadia@bluestarcanada.org](mailto:nadia@bluestarcanada.org) to order your copy!

*\*shipping charges not included*

Blue Star Canada Website

<http://www.bluestarcanada.org/newsletter>

# Blue Star Canada

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



## Newsletter Team

A dedicated team works faithfully to bring together all the pictures, articles and content of the newsletter. If you have any questions, would like to join this team, or contribute to the next issue, please email us at

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