



*Inform, Inspire and Integrate*

*Blue Star Canada  
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**Blue Star Canada**

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



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## *Sri Vasudeva speaks – “Total Well-Being: The Mindset”*

### **Hold a template of wellness in the mind**

Do not identify with disease that your mind becomes unhealthy. The mind should always be healthy. Always hold in your mind a template, an energy model of perfect well-being: emotional health, mental health, vitality in the body, and strength behind the physicality. Always hold a template in your inner space, in your subtle energy body. Using your mind, create that template of perfect well-being. No matter what the condition of the body is, the body is not you. You live in the body; it's a vehicle. But in the real you, always hold the template of total well-being. Let that vibrate into every cell – total well-being – no matter what the condition of the body is. And when you really realize your true nature as Pure Consciousness, you will be ultimately well for always – no fear of birth and death and disease. It is the ultimate wellness or well-being of your inner being that will drive wellness into the physical body.



### **Hold the body in the elixir of prana**

The physical body, at its best, will be optimally well. As you grow older, organs will become more inefficient; the body will begin to deteriorate. Your body was designed to deteriorate over time, but you want it to do so gracefully and whilst you are maintaining its level of wellness through the inner energies that are the real elixir. The inner energies are what will bring that vibrancy to every cell, holding every cell in the energy of light, that it may receive the nourishment that you're getting from the outside. So it's important to hold the body every day in the wonderful vitality, that elixir of prana, of subtle energy, through the breathing and through the chakras. This is maintenance. Always maintain that pranic power at every level of being. Never lose it even when the organs become challenged.

What is ultimate well-being? It is that state beyond death and birth, beyond disease. And remember, more than anything else, do not let your mind become diseased by your diseased thoughts. Transform the thought to always being a thought of well-being. Be well always, no matter what the condition of the body is. Be well in the inner space and be optimally well in the outer. That's the goal.

*Excerpt from Day 21 of Total Well-Being Series*

## Taking Charge of your Well-Being

Last October, our Blue Star Canada family came together at the newly renovated Northumberland Heights in Cobourg to attend the 'Taking Charge of your Well-Being'.

With the guidance of Guruji, our presenters shared with us information and tools to better understand and take responsibility for our well-being under the theme of food wisdom, pranayama and chakras and well-being. Guruji's presence could be felt throughout the day and we were graced with his virtual presence to answer some of our questions and guide us into a meditation. Here are reflections of the retreat from some of our presenters.



### Reflection on the October Retreat By Jahnavi

As I reflect on our fall retreat – Take Charge of your Wellbeing, I realize the great potential that is there in each one of us in the Blue Star family.

It's amazing what we can do when we come together!

Each one of us has unique skills and talents and when supported by our guide and guru – Sri Vasudeva we can achieve so much.

From a presenter/co-facilitator point of view, I can see how Guruji masterfully paired us to co-facilitate each of the three topics that made up this retreat.

He worked diligently with us and gave selflessly of his time to coach us to become the best instruments that we could be to channel from that space that he resides in. We each volunteered for topics we felt passionate about and/or wanted to learn more.

All the aspects of the retreat seem to fall in place like a well conducted symphony orchestra.

We had a very experienced person looking after facility readiness, another with the promotional material, and of course the presenters researching the topics to bring the most appropriate materials for this retreat.



Mother Nature supported us even when there was a prediction for rain, we got sunshine instead. Coming together in support of Guruji and Blue Star brought us closer together as it always does in a warmly welcoming way.

Despite some minor hiccups, there was a flow to the entire retreat. I believe there is always room for improvement as we grow in consciousness and see more possibilities.

I feel as if preparing for this retreat has pushed me to another level on the path, which I am very eager to explore.

In deepest gratitude to everyone and especially my mentor and master – Sri Vasudeva.



### **Taking Charge of my Well-being By Suravi**

The secret I learned at the recent retreat for “taking charge of my wellbeing” is to observe, observe, observe - because by observing I am better able in a dynamic and resilient way to manage the energy fluctuations related to wellness in the various aspects of my being - vital, emotional, mental.

I felt privileged to be one of the 26 participants at Blue Star Canada's first virtual retreat, led by Guruji, Sri Vasudeva. It was transformative for me on many levels. I really appreciated the beautifully upgraded facilities at Northumberland Heights Spa on what turned out to be a gorgeous fall weekend, complete with vibrant colors of the glistening autumn leaves sparkling in the intermittent sunshine. The grounds were neatly manicured and a newly installed fountain brought the water element to the landscape in a delightful way. The space indoors was equally impressive with a bright, airy and luxurious ambiance with warm colors and beautiful works of art.



As always, a highlight for me was encountering our Blue Star family and friends, some of whom I had not

seen since the last retreat with Guruji. I was struck by the personal growth of many members including the presentation and the organizing teams. Our awesome Blue Star “youths” came together to orchestrate the sweet, sacred chanting of Guru Gita and Shiva Mahimna, lead the yoga sessions, chair and coordinate the overall program and manage the technology to facilitate Guruji’s “virtual” participation.





The sessions on food wisdom, pranayama, chakras and Kundalini, were rich in knowledge and insights. Some of my personal 'aha' moments were learning how to combine foods to keep my (vata) dosha in balance, deepen my experience of nadi shodhana and most profound of all, experiencing Kundalini in a new way as my "Higher Self".

Perhaps my most pleasant surprise was the profound energy of the space that warmly enveloped us from the first night we arrived. I subsequently understood from Guruji that this energy was co-created as a result of the multiple Blue Star retreats held here over the course of more than a decade. It was awesome to experience the co-creation of this particular retreat which 6 weeks prior was non-existent. I witnessed the planning and execution in a seemingly effortless way by Guruji whose vision pervaded every aspect of the retreat including the program, the invitations to participants, the flow of the activities and even in the perfect ending with the chanting of Guru Gita on Sunday morning as the first rays of the sun were streaming in.

I observed that even the retreat building appeared to follow an evolutionary path that continued through the work of various people acting as "instruments". In much the same way, the retreat, our lives and even Blue Star evolve as perfect expressions of Kundalini. As was mentioned, even though we think we made the decision to continue our spiritual seeking by attending the retreat, it was in fact Kundalini that orchestrated us being there to facilitate our continued growth and evolution.

All is in divine order when we have the eyes to see. What a joy and a blessing to be instruments in the co-creation! Sadgurunath Maharaj Ki Jai !



### Prema Devi's reflections on the retreat:



Participating at the retreats help me feel empowered, balance and peaceful. It is like a reset and cleansing of old patterns that are triggered in daily life. The co-created energy is so strong and spiritual that it gives me a boost, creating the momentum to put into practice the teachings that were shared. From this past retreat, i have been practicing the pranayama exercises with the exhaling longer than the inhaling as shown. I am exploring all the food combination suggestions and found particularly helpful to know that beans and legumes are considered starch instead of protein for example! I greatly enjoy the company of my Blue Star family members knowing that we are all souls walking together towards the path of ultimate joy, peace and freedom with the guidance and blessings of our beloved Gurudev. Forever grateful for that gift!

### Being Grateful – by Ramaa Devi



It was a joy to be in the company of members of the Canadian Blue Star family. From the intimate gathering for Shiva Mahimna on Friday evening to the final plenary session on Saturday, every moment presented such beautiful opportunities to share the light to the best of my ability and to see it shining in and through presenters and attendees alike. The total support of our dear Sri Vasudeva was felt throughout all the preparations and in his dedication to making himself available to our gathering via a virtual connection. The most heartwarming moment for me was in the realization at the end of Saturday's session when it was clear, no one wanted to step out of the beautiful bubble we had created. I am so grateful to be blessed to journey with a Master teacher and such beautiful souls.

#### Mihai's poem:

*Graceful miller's touch  
The grinding stones stopped  
Mill pond's water is silent*





## Blue Star Annual Picnic

This year, we held our annual picnic in August, as a celebration of Sri Vasudeva's birthday. It was a day for our Blue Star family to come together, relax, and enjoy the bounty of nature.

Mother Nature was very good to us as she provided a perfect day with lots of warmth and sunshine to enhance the warmth and love in our hearts.

The venue, although different from previous years, was just right. We were graciously welcomed on the Newcastle farm by the kind and generous couple who owned it.

The couple, originally from Guyana, grow their own vegetables including West Indian vegetables. They make their own honey, and rear free-range chickens.

In addition to having access to the indoor amenities, there was the advantage of lots of open space, a pond, fruit trees, and a fire pit for the corn roast.



Everyone participated whole heartedly in the yoga and pranayama exercises and of course, the delicious vegetarian potluck.

There were twenty-two of us so there was a wide variety of food items to enjoy!

After the delicious lunch, many of us went for group walks and regrouped for the games which are always a big hit at the picnic. Once again, our creative games coordinator, introduced us to some new games that many of us were trying out for the first time.

There were lots of laughter and much fun was had by all.

The day ended beautifully in satsang, led by our dear musicians. We all left with wonderful memories of the day and our arms full with the bountiful offerings from the farm.

## End of Summer Satsang



On August 24th, our group at Unity Church (Mississauga, ON) had an end-of-summer satsang and gathering. We prepared for our session with pranayama and some gentle chair-yoga as facilitated by Sandhya. We also celebrated the birthday of Uncle Harold, a long-time Blue Star member and all-around musician. Overall, we all had a fantastic evening, sharing in the spirit!

Subhashini - President



Happy Birthday  
Harold

## Tree Planting



### Highlights of the Event and Toronto's Experience

In the fall, Blue Star members helped to support the Environment by planting trees in four different areas: Kanata, Montreal, Edmundston and Mississauga. In each location our members joined forces with many other volunteers and made a big impact overall. Thanks to the combined effort of all of those in attendance, a total of 550 trees were planted at these events. We helped plant a wide range of trees, including Oak, Sumac, Dogwood, Chokecherry, Elderberry and certain shrubs that will serve the communities for years to come.

These efforts will, in time, make a major difference in terms of increasing local tree coverage, providing habitat and food for many animals and birds, and improving the natural beauty of the areas involved. It was a gratifying feeling to actively work together with Blue Star members and other like-minded people to support a common cause. The event also served as a reminder of how interconnected we are with the physical world, and reinforced Guruji's message that we are, in reality – One Self, One Team, One People, One World.

In Toronto, a small, but mighty crew planted trees at the Richard Jones Park in Mississauga. This particular event was organized by the Credit Valley Conservation Authority. Although rain had been forecast, the weather held out and we were given a pleasant day to plant trees in two areas of the park: an open meadow and a nearby forested area. Our group spoke highly of the experience, and felt that it was not only a fun and enjoyable team event, but one well-worth repeating in the future.

*David Spence – Vice President*





### Tree Planting in New Brunswick By Kevin Mahibir

Thanks to our little team, there are 150 more native trees in New Brunswick. There is only one way to eat an elephant - one bite at a time! The day was drizzly and each hole was filled with water. Our fruit trees that served to beautify the side-of-road works seemed to appreciate our love and fun we were having. It was definitely fun with the trees floating in holes of water.



### Tree Planting In Ottawa – By Prema Devi

On September 22nd, a group of very adventurous, determined and environmentalist Blue Star members partnered with the Canadian Wildlife Federation tree planting event sponsored and organized by TD Bank.

After having lost so many trees because of the tornados the night before, it felt even more meaningful to support Mother Nature restore by planting almost 100 trees with a variety of pine



trees, shrubs and elderberries in the CWF property in the outskirts of the city.

Even though many community members were not able to attend because of the power outage that day, the 18 enthusiastic volunteers that showed up were able to finish their seva in almost 2 hours! We all left happy and with nice T-shirts, gloves and cloth bags as thank you gifts.



## Tree Planting in Montreal – By Nathalie

Our tree planting journey started on September 23<sup>rd</sup>. Mala, myself and my boys planted 5 trees that we named: Shakti, Shiva, Parvati, Nana and Ti-Poux. For each tree, we joined hands and recited the 'Om Saha Naavavatu' Unity Prayer. My son asked: "Why do we say this prayer for each of these trees?"



To which I responded: "Listen to the words...do you find the tree needs protection? Nourishment? and Strength? It's a prayer for all living beings". To which he nodded 'Yes'. These events are great opportunities to learn and share the teachings of our dear Guruji.



## Labyrinth



About twenty Blue Star Members from the Greater Toronto Area, Ottawa and Montreal held Labyrinth Walks on the weekend of October 13th and 14th.



The event for the Toronto members took place on Saturday the 13th at

Oakville's Joshua Creek Heritage Art Gallery. It began with a viewing of the Gallery's featured exhibit on paintings by regional artists. However, the main attraction was the Labyrinth Walk that followed. The open meadow labyrinth is one of largest of its kind, with a path to the centre and back of 2.8 kilometres.





On the same day and at the same time, Montreal members walked a labyrinth at Noble Chemin, a picturesque ashram in the countryside near Montebello, QC. The members in attendance also shared in a lively chanting session, and a nutritious lunch offered by the owners of the ashram.



And on Sunday the 14th, members of the Ottawa chapter enjoyed walking the labyrinth at Bell's Corners United Church in Nepean. This one is a well-known Canadian labyrinth, also based on the Chartres Cathedral labyrinth in France.

It's clear from the feedback received, the events in all three locations provided a very memorable and fascinating experience. Labyrinths, along with other sacred designs and drawings such as yantras referred to by Sri Vasudeva, offer a unique means of connecting with

the Divine. Many of those who walked the labyrinths in mid-October, mentioned having a type of subtle, spiritual shift; an experience to be consciously felt, rather than intellectualized.

For those of you who may be considering exploring labyrinths in and around your area, there are a couple of websites that might be of interest to you ([labyrinthlocator.com](http://labyrinthlocator.com); [labyrinthnetwork.ca](http://labyrinthnetwork.ca)). Also, feel free to contact the board for further information on the subject at [info@bluestarcanada.org](mailto:info@bluestarcanada.org).



## *Feedback*

We appreciate you taking the time to share with us and would love to continue to hear from you. Please write to us via email at [info@bluestarcanada.org](mailto:info@bluestarcanada.org).