

Your Monthly Bulletin informs you on the latest events, keeping you in the loop with the Blue Star Canada Community.

## *Blue Star Canada Monthly Bulletin*

Issue 1: January 2018



**Blue Star Canada**

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

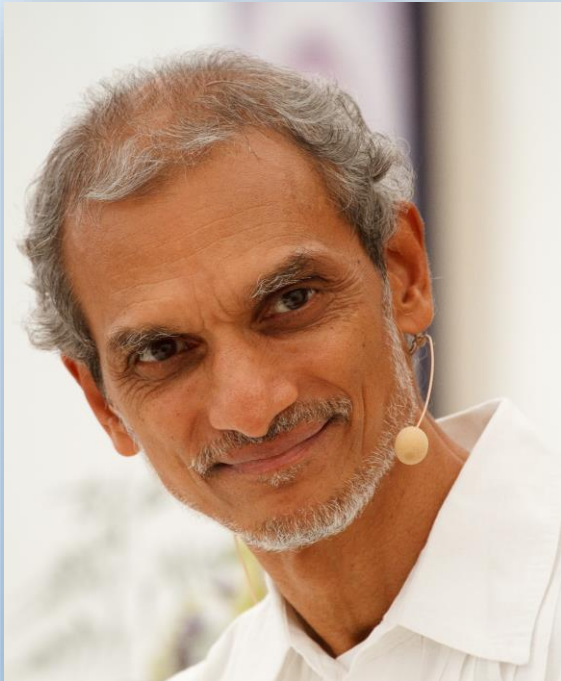
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## *Sri Vasudeva speaks*

In the Blue Star, the message has always been that God is within; that's a hallmark statement in the Blue Star, Seek God Within. I want to remind you of this as we begin the New Year. The



journey of life is a journey of realizing the God within, then certainly all our troubles will be sorted out; if only we can let go and as we say "let God in". And if only we can remove the EGO, the tendency to Edge God Out!

All knowledge, all truth, all wisdom, lies within. When you are wise enough you will seek it within. When you learn to stay in the inner space and look outward, this mudra or posture is called *Shambhavi* mudra - the ability to stay anchored on the inside even while you are looking on the outside.

I want to wish all of us a Happy New Year, with all blessings for continued good health, happiness of Spirit and abundance in our lives. I want to thank you for all the support you have given to us. As you see, we continue to build and to grow. Thank you for giving me the opportunity to be your guide on life's journey as well. Enjoy the New Year everyone and ensure you take a closer walk with the Divine. May the Divine bless us all!

(Excerpt from New Year's Eve Satsang, Dec 31, 2017)

## Create your intention

Guruji reminded us: *Let's keep as a resolution for the New Year - Learning to be anchored on the inside, taking the responsibility for the journey of life. "I can change anything in my inner space that I want to, and I can attract anything in the outer space that I want to."*

*We have the power to create anything we want in the inner space. So when life happens as it does, you have to ask yourself, "What have I done that this is happening to me?" And if you can understand why, you can change it. So let's take responsibility for*

*who we are, who we have become and what we can be. (Sri Vasuveda, New Year's Eve Satsang, Dec 31, 2017)*



Traditionally we set Intentions at the beginning of the calendar year, but we can set Intentions at any time and fine tune them as we go

along. For example, we can begin by intending to start a healthy diet, then refine it to becoming aware of the impact different foods have on our vitality.

We can further refine it to observing/witnessing how we eat - slow/fast, how much we eat, and what makes us feel optimally well.

Setting an intention and giving it attention is a wonderful way to learn about yourself, determine what works for you, and enables you to grow in awareness.

## Our intentions for Blue Star Canada

We, the Board members, intend to serve Blue Star Canada membership in the best way possible by having regular and open communication to meet the needs of our members. We look forward to seeing our

membership grow and to gaining a stronger commitment from existing members. We plan to offer Healing and Meditation programs, and Satsangs, and to keep you informed monthly. Also, our intention

is to grow in consciousness using every opportunity that life offers us. We embrace the teachings of our beloved Guru, Sri Vasudeva, and especially the principles of Self as Leader and Self Mastery.

## Cultivating a Silent Mind

*"A great sign of spirituality is being able to be divinely*



*silent. Not egotistically silent, selective silence, or convenient silence, but divinely silent. When we can rest our mind in the Divine and our heart in the Divine."*

Adapted from Sri Vasudeva's retreat on Cultivating a Silent Mind, this 5-week Friday night series on a meditation practice is meant to help you on your journey of exploring inner self, to guide you to find

that support within yourself, and not to depend on anything outside of you. Whether you are a long time meditator or new to it, these sessions will be beneficial in training the mind to think more expansively and to develop every aspect of being.

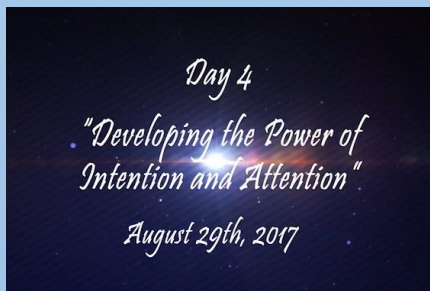
## Meditation – Developing the Power of Intention and Attention

Practice makes perfect! Do not underestimate the value of practice. If you want to reprogram your mind, and to reprogram your body, you need consistent and focused practice. This meditation video will help you to develop

focus and sustained attention and intention.

We are amazing beings; we have the power of the Universe within us. Each time we create a thought we are channeling energies from the deepest, noblest part of us. The only thing is we do not

realize that. We create thoughts at random, they are scattered thoughts, and our energies are dispersed. Learn how to focus, to bring our energies together, and let it be driven from the deepest part of us. (Excerpt from Talk following meditation, August 29, 2017)



Click on image to view the video – Day 4 “Developing the Power of Intention and Attention” August 29<sup>th</sup> 2017

If you have any questions about your meditation, feel free to email them to: [questions@blue-star.org](mailto:questions@blue-star.org).

## New Online Meditation Sessions



Here is your opportunity to deepen your meditation practice in your own time and space, well as enjoy the

benefits of group consciousness. You will be given study material each day and then meet as a group on the 5<sup>th</sup> day to discuss, and to share your experiences. These meditation sessions are based on Sri Vasudeva's 21 Day Meditation Practices for Total Well Being, and are being facilitated by Jahnvi Shobha Roopchan.

We are excited to offer our first online meditation course, and the only prerequisite is your desire to know who you are, and for a deeper experience of well-being at all levels.



Sessions begins February 3<sup>rd</sup>, 2018. **Register now** to receive your daily meditation practices on our Blue Star Canada website: <http://www.bluestarcanada.org/index.html>

## Year of Appreciation – 40th Anniversary



This year is the 40th anniversary of the 40 Days of 1978; 40 years since Sri Vasudeva's profound transformation! We are indeed very grateful for the blessings of having an enlightened master in this lifetime.

We know that every year, the 40 day period is unique, powerful and transformative so we eagerly await what this special 40th year will bring! Since this will be a very special 40 Days, Guruji will not be travelling as usual in May, and has yet to confirm when he will visit us here in Canada.

## Holiday Hampers



Thank you to all those who contributed so generously and lovingly to our Holiday Hamper Drive. It was such a joy to deliver our gifts to the women and children's shelter, and it was very much appreciated. On the day of our drop-off, the centre was a

hive of bustle and activity as hampers were packed in anticipation of the women and children who came to receive them. Just imagine the smiles!

Thank you Blue Star Canada!

## Giving back to our Community

We are living in times of great change... planetary, societal, political, environmental and human consciousness evolution. Thank you for joining with us to support this "quickenning" that is happening on our planet.

The following are just some of what we achieved together in Outreach:

- ✓ A Meditation Outreach in a workplace in Mississauga (with donations given to BSC)
- ✓ A Satsang Workshop with Harold and Shreya
- ✓ Donation drive to support the BSTT Youth Camp
- ✓ Healing weekly prayer support for members' prayer requests for healing.
- ✓ Healing Prayer Circle begun in Etobicoke



- ✓ Healing Satsang to support Jura
- ✓ Collaboration with Unity Church of Mississauga and members of the Baha'i and Buddhist communities to pray for peace on World Day of Prayer.



- ✓ Homeless Connect- a day to support those at risk of, or experiencing homelessness in Toronto.
- ✓ Volunteering at St. John's the Compassionate Mission in Toronto.
- ✓ Holiday Hamper Drive for Women's Habitat, a women and children's shelter in Toronto.
- ✓ Conducted 10-week 'Mindfulness for Children' Program for Grade 4 elementary school class in Ottawa
- ✓ Facilitated noontime guided meditations for a small group of secondary school teachers in Ottawa

- ✓ Offered two sessions for a 14-year-old competitive boy's hockey team on focus, meditation, and pre-game mental preparation.

Please look out for future events and activities. We're excited to support you and to join together in this year's wellness and outreach events! More info to follow.....

*Your Outreach Team*

## Every Second Sunday in Ottawa

Every second Sunday I rise with more excitement! It is a special day; the day I can be- mind, body and spirit - in the company of spiritual friends, my Blue Star Ottawa family.

I treasure the time we spend together, meditating in a loving supportive space, listening to the teachings of our mentor, teacher and spiritual guide. I love the richness of our conversations that can range from the philosophical spiritual essence of a message to its practical application in daily living. I am grateful for the

people who show up, are 110% present, co-creating and holding a loving listening space...a space where we are deeply heard, where is it safe to speak our truth, ask our questions, and safe to disagree.

I love that the container we create is strong enough to welcome and integrate newcomers, those who are only able to attend on occasion, and yet expansive enough to reach out to those who are never physically with us. I love that we have grown flexible enough just to be silly

sometimes, to laugh until our bellies and faces hurt, to cry from joy and sorrow, and to do our best to help each other heal.

I am grateful to have such a group that grounds and supports me. I am humbled by the grace that brought Sri Vasudeva into our lives to guide and sustain us on our journey.

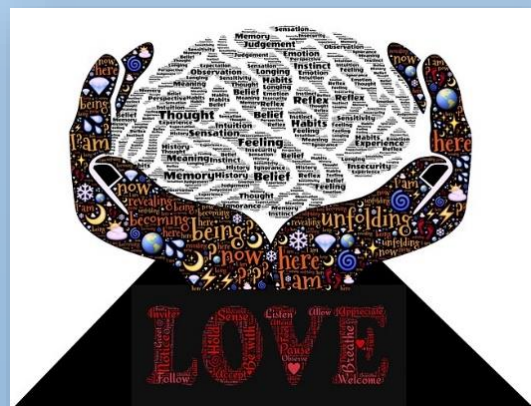
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*Ramaa Devi –Mariann Canning*

## Health Tip

As you give attention to your mental being, also give attention to your emotional being. As much as you can, unburden yourself from stressful emotions. Open your heart space to love, compassion, and kindness. With the power of intention, allow yourself to be a channel as you co-create with the Divine. Healing energies can flow into the field with the intention to love, the intention to uplift, the intention to stay open, and the intention to heal and to stay well.

(Excerpt from Healing Circle with Sri Vasudeva, Jan 2018)





## Member Profile



We'd like to honour a very special lady who celebrates 91 years of age this month. She's one that loves to celebrate every opportunity she gets! Hanna Koehler has celebrated every milestone birthday... 75<sup>th</sup>, 80<sup>th</sup>, 85<sup>th</sup> and 90<sup>th</sup> in a grand style with fun activities. She also hosted many of our summer picnics since she loves the outdoors, gardening and games. Her brilliant mind, her independence, and open-minded approach to spirituality is an inspiration to all of us.

(waiting for a piece from Hanna on benefits of membership)

## What's New!



### Inspirational Magnets

We are excited to share with you that we now have magnets in four prints with quotes of Sri Vasudeva. Treat yourself or loved ones to a gift of these amazing inspirational magnets. Available in a set of four or in singles.

Contact Brahmi to arrange delivery, @ [nandy.naraine@gmail.com](mailto:nandy.naraine@gmail.com)

## Feedback

To those who have provided us with feedback on our programs and newsletter last year, we'd like to say that 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 @ [info@bluestarcanada.org](mailto:info@bluestarcanada.org).

