

Inform, Inspire and Integrate

*Blue Star Canada
Bi-Monthly Bulletin*

Issue 5: June & July 2018



Blue Star Canada

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



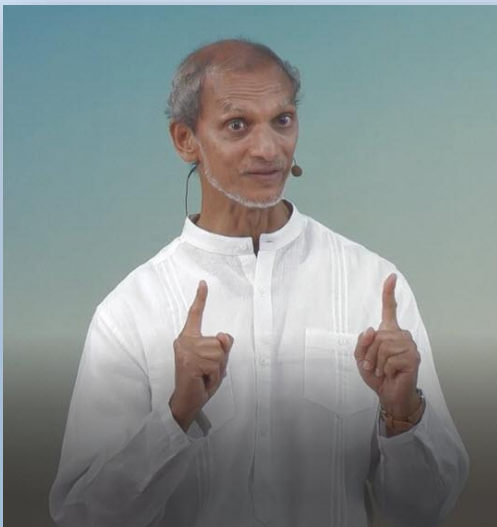
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Sri Vasudeva speaks – “Staying grounded and present in the body while observing”

Question:

When I observe my patterns, I feel like I am disconnecting with my physical body. How can I be more present in my physical body and experience my life from first person again? Practical advice?



Sri Vasudeva:

Thank you for the question. Being a quiet mind, being objective should not put you at a distance from this physical body. You are always wearing this body, always in this body. I can be a witness while managing my body perfectly. Witnessing is an act of the mental space. And in the mental space, in the awareness space, so to speak, you can hold a lot of things. I can hold my body even as I speak to you. I am using my voice, I am witnessing my body, and I am holding you all. If you see someone juggling many balls they will have their eyes on all the balls.

This is the same. You can observe every aspect of being while still being involved in it. I am using my mind and while using my mind, I am watching it. I can use my emotional being and observe it. I can use my body and observe it, and I can use my all and observe it. The idea is learning how to observe, just like the person juggling the balls. You can begin to observe every part of you. It means creating a silent mind, having a listening mind, and being very observant of everything that is happening.

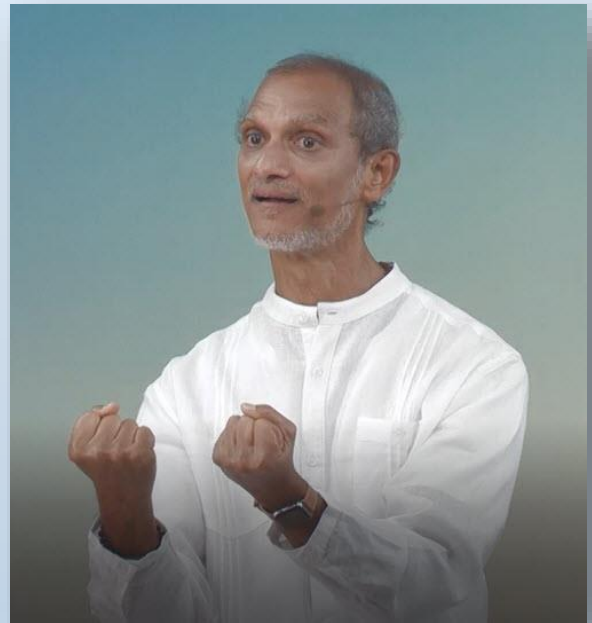
Detachment doesn't mean that you leave it. You keep your eyes on it. You stay aware of your connection with it, you keep the flow within it, but you just observe it mentally, having your mind and attention on what you are doing.

It is the mind keeping a distance in order to view but not to detach from the physical, because the physical is a vital part of our human existence. We are always aware of the body in our conscious existence (unless we are deep sleeping or dreaming), we are always observing the physical body.

You should not feel that distancing from the body. In fact, if you are really observing, you can be more in your body than you know because it clears the mental space, brings a quiet mind, and allows you to see everything that is happening in the moment, fully.

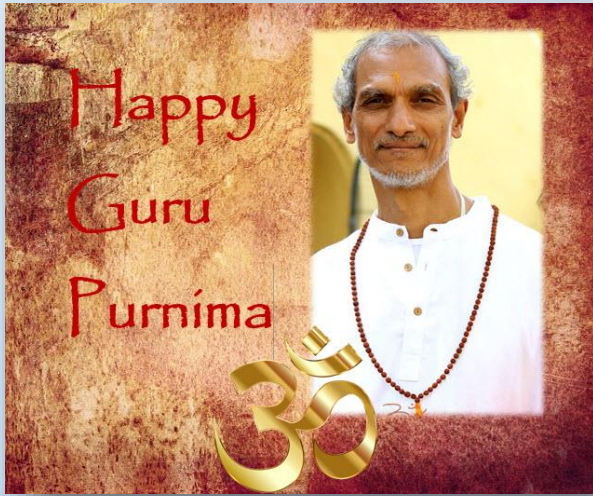
That detachment allows for the fullness of the experience. The silent mind allows for the observation of the fullness of the human experience. Does it make sense to you? It is not that you are distancing from your body or distancing from your emotion. You are taking your point of attention backwards, so that you can see the panorama. But you are always in your body. And when you move your attention you are only moving the observer, you are not moving the connection (connection to the mind, connection to the body), just the point of observing.

In that shifting of the observer you see more clearly, because if your inner being isn't overwhelmed or consumed with something and you take a more remote view, you can see the whole panoramic view. That is what observing does for me. It allows me to see everything more clearly and expansively. It widens the view and allows a deeper relationship with whatever it is.



Excerpt from Day 5, Sacred Conversations, Forty Days 2018

Guru Purnima



Let's honor our teachers and celebrate the light they kindle in our heart and soul. May we honour them by continuously striving to render our ego transparent and allowing the Divine to shine in and through us. Om Guru

The Toronto group got together to honour our beloved teacher Sri Vasudeva and all the teachers that brings the light to our hearts.





AGM 2018

On June 2nd, we had a great gathering in the morning in which we had the opportunity to catch-up and participate in an activity led by Shreya and based on spiritual metaphors used by Guruji during the 40 days.

During lunch, we had a chance to meet with the users of the land, the hens and bees. We thank Auntie Devaki for opening their farm to us.

We then moved on to the AGM, where the new Board was elected.

This year, we tried something new by simplifying the voting process for people that were unable to attend by offering to vote by proxy.

It is with great joy, excitement and feeling full of ideas that the new Board has started their new term.

If you have not yet completed your membership, please do so online by clicking [here](#).

Jahnavi, Shreya, Suravi and Subhashini enjoying the day



Rosalind, Marzena, Sandhya, Helene, David and Marlene dig in for lunch!



Enjoying a healthy, wholesome lunch outside



Nathalie, Nicole and Ajaya work on their group activity



The group in discussion of an activity planned by Shreya



Day at the Wishing Well Animal Sanctuary

"We human beings are guardians of the planet. When will we open our eyes to bond with the animals of the earth in a different way?" Sri Vasudeva 40 Days 2018

On Sunday, June 10th, BSC members gathered for a tour of the Wishing Well Sanctuary for farmed animals. It presented an opportunity for us to interact with the Wishing Well family, our four-legged relations, and to have a direct experience of the joy and wonder of our interconnectedness with all of life. We all enjoyed the beautiful weather and meeting some new friends.



The group after a tour of the animal sanctuary



Subhashini, Nicole and Sandhya giving a rubdown to a sweet pig.



Friendly sheep getting a nice rub

Suravi makes a new friend



Remembering our friend, Dale Bowslaugh

On June 16th, a memorial service was held for Dale Bowslaugh, a long-time member of Blue Star Canada. Subhashini presented a speech honouring his memory, as follows:

Hello everyone, my name is Anjuli, or Subhashini as Dale knew me. Dale and I were both members of Blue Star – a non-profit, yoga-based organization dedicated to Self-transformation, community service and well-being.

Despite us both being Canadian, I first met Dale in Trinidad, which is where the Blue Star headquarters and ashram is located. Dale was quite inspired by the organization head, our meditation teacher – Sri Vasudeva. Dale spent as much of his vacation time as he could in

Trinidad, learning about meditation and spirituality.

I first remember Dale as a reserved, tall, imposing figure, always helping out in the ashram space. I can remember him working hard in the construction area, sometimes even squeezing in an hour of work before breakfast, during our scheduled yoga class.

Once Dale opened up a bit, he was very friendly and would joke around with us all. Back in Canada, he would regularly attend Blue Star Canada's yearly retreats, coming all the way from Chalk River to visit his meditation teacher and the group in Cobourg.

Last November, a group of us from Blue Star, including Dale, accompanied Sri Vasudeva on a



trip to India. Dale took on the role of “group shepherd”, ushering us on and off tour buses to keep us together and on time.

I remember him making an extraordinary effort to ask our meditation teacher many, many questions about life and his spiritual practice throughout the trip. Did he sense something was going to happen?

I can picture him clearly in his Hawaiian shirts with his extra-large rudraksh mala (a kind of rosary), his sunburned face, eyes closed in meditation, observing silence. He was meditating throughout the trip constantly, on the tour bus, during idle moments, and on the holy grounds of ancient India. This is what likely earned him his spiritual name, Yogeshwar, meaning “Master of Yoga”.

I remember being in Kanyakumari, the southernmost point in India. We had finished a tour on the Vivekananda Rock Memorial, which was a kilometre or so offshore. Our group was slowly assembling when our teacher headed off for the ferry which was about to depart.

Dale, not one to stand around aimlessly, accompanied him – and my mom, sister and I followed, leaving the rest of the group to catch the next ferry. After getting off, we sat by the shore to wait for the others to catch up.



BSC Honours Dale Bowslaugh

The five of us sat together, as the sun crept towards the horizon simply enjoying the warm breeze and beautiful Indian waters. I don't know why, but reflecting back on this ordinary moment, it reveals itself to be unique, unadorned in beauty, in its passing, in the infinite expanse of time.

I knew Dale was working on being more loving and open as a person. His arms would reach outwards in meditation, his chest opening himself up like his body knew exactly what needed to be done. He could sometimes come off as a bit gruff, but as I remember his being

now, I can only sense his presence here, in my heart.

From our human perspective it seems like Dale is gone. But Dale, in his truest essence, isn't gone, nor could he ever be. He always was, always is, and always will be.

Thank you Dale for our beautiful times together, as we tried to understand life and become better people! All our love and blessings go with you.

Thank you.

Friday Nights at Unity Church, Mississauga in June

We have a great time coming together to explore in greater detail the material from the Cultivating a Silent Mind series and this year's 40 Days.

Enjoying the start of summer



A great discussion amongst friends



Blue Star Montreal with a touch of Toronto

For our July meeting, it was with great joy that Sandhya joined the Blue Star Montreal group for a day of sharing, meditation and light yoga. We were blessed to have Sandhya guide us through yoga and breathing exercises. We then shared on the path of the Heart – Day 8 of the 40 Days 2018 and did some hands on healing.

Thank you Sandhya for inspiring us !



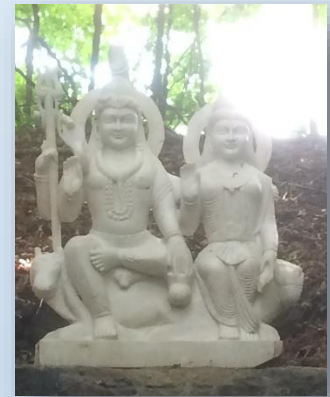
Spiritual Art in the Park in Ottawa

On Sunday, June 24th, both Blue Star Ottawa groups came together and visited the multi-religious, multi-cultural, and multi-generational Humanics Sanctuary and Sculpture Park in Cumberland which is located just east of Ottawa.

Sculptures representing themes on the human condition, philosophic concepts, and imagery representative of various faiths from around the world are integrated with nature in a nine-acre wooded ravine with walking trails and quaint bridges over a meandering creek. The park offers walking trails and areas for reflection and meditation.

The Sanctuary was established by Dr. Ranjit Perera, a former Fulbright Scholar and retired senior civil servant who worked in international development.

There are more than 60 sculptures lovingly placed throughout the beautiful ravine. Sculptures of the Buddha meditating, Hindu Gods and Jesus Christ's Sermon on the Mount, for example, can be found, along with sculptures depicting such human fundamentals as 'childhood wonder', 'evolution', 'friendship', 'the single mother' and 'music'. The sculptures are impressive; they are designed to be permanent fixtures and are made from granite or metal. Their creators are artists from as far away as India, Vietnam, Zambia and Zimbabwe.



It was a wonderful opportunity for us to experience both nature and art in one setting, and to appreciate the vision of Dr. Perera. We followed our walk by gathering together to share our thoughts on the experience. Everyone enjoyed the experience immensely!

Gift Item

With the beautiful summer heat already here, we need to remind ourselves to keep hydrated. What better way to do so than to drink your favorite H2O beverage from our Blue Star Canada bottle.

To purchase, please contact Brahmi at:
nandy-brahmi@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.