

Inform, Inspire and Integrate

Blue Star Canada Monthly Bulletin

Issue 3: March 2018



Blue Star Canada

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

In this issue:

We bring you some tools and guidance as an inspiration for Walking the Path with the Masters. This year the 40 Days retreat promises a practical approach that allows us to delve deeper into our own spiritual practice in an effort to make the Guru’s messages our own truth.

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Sri Vasudeva speaks – “The Unfolding of Grace”



When grace entered my life, the loveliest time in my life, it was like sunshine entering a dark and lonely world.

Grace can come into our lives in many ways. It can come from spiritual environments. It can enter our lives through the people we meet. And it can also enter our inner world, making us more aware of who we are, bringing us closer to our true Self, bringing us into our own seat of power and towards self-enlightenment.

The absence of grace brings limitation

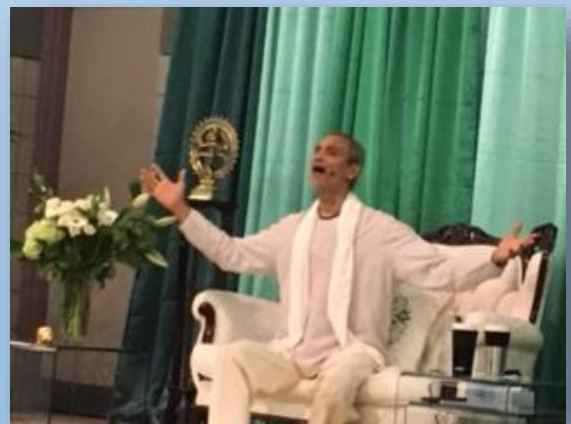
Without this grace, life is lonely and dark. The mind is restless; there is fear and loneliness within us. We feel contracted and limited and we feel a loss of power. Some people live in limitation and accept it as a part of the human condition. But there is so much more within us. We feel deep inside that there is more, and some of us are not happy with the limitation. We want to experience more and that becomes a driving force that leads us towards the grace.

The embodied Self seeks expression

The wonderful idea is that the Self within you, that which is limitless and infinite, is seeking expression! When it enters, the Self within you is under contraction. In coming into this human form it is in limitation and so it is seeking to release itself.

It is said that the journey of lifetimes is the seeking to express this infinite Self within you. It is the idea that when you walk towards God, He runs towards you. Or when you make one step towards God, He makes more towards you. As you begin to seek this Power inside, it also seeks to express Itself. At some point in your seeking you are going to feel contact with this Power, and then you will have the ability to make it come more and more into your world.

The joy of unfolding of grace



My greatest joy was looking at the unfolding of this grace in my life. The more I removed the obstacles, the more this Light began to express itself. Then it became so powerful that it helped me to remove the obstacles. The energy itself

began to open and I could feel the support helping to push the obstacles away.

During my days of uncovering, the Forty Days were the best, because that was like a final uncovering, a new birth. There was such great So, take responsibility for opening yourselves to grace. It is ever-flowing and all around you: in people, in the environment, in situations, and most of all, within yourself!

joy because I was supported by a great Power within me. From that moment of spiritual awakening in India in 1975, the journey has been a marvellous one, because of the help and guidance of this inner Power.

(Excerpt from Forty Days 2004 Talks on Grace)

Forty Days Livestream Schedule



Living the Way of the Enlightened

March 26 – May 5th

- Guru Gita – 5:15 a.m. - Daily
- Morning Talk – 6:15 a.m. Monday to Saturday
- Sacred Conversations – 3:00 p.m. Monday to Saturday
- Healing Circle – 6:00 p.m. Sundays
- Shiva Mahimnah – 8:00 p.m. Monday – Saturday

Click on image to view the video of Sri Vasudeva giving a brief talk on the role of the Masters in preparation:



Blue Star Ottawa HeART Card Making



During our regular bi-weekly Blue Star Ottawa gathering, Madhavi commented on how much she liked the card that I made for my Mom and was wondering if we could make one for our beloved Guruji. And so an idea formed and we decided to meet again and co-create a beautiful card filled with our love and our group energy for Madhavi to deliver to Guruji. The group met on a Sunday morning and I was excited to have them come to my place and share my new found like for arts and crafts and the many supplies I have gathered. The tables were prepared and a surprise awaited the group as each person received paper to make an individual card.

We started with a beautiful meditation guided by Guruji to open up the space for us to connect within and with each other. The worries of not being creative enough or not having any ideas disappeared, and we started to play in the amazing space we co-created. The room filled with joy and playfulness. The creative juices were flowing and soon everybody was smiling, enjoying themselves, and asking for more cards to create in order to pour in their love and energy for Guruji and the group. We ended up having a booklet of cards filled with beauty, love and energy. It was a magic morning! I am grateful for Guruji and the group, and for the opportunity I had to share connection, love, joy and playfulness in the heART card making process.

Cerasela Toba



Blue Star Meeting Weekly During the 40 Days

Ottawa

As has been our practice for the last two years, Blue Star Ottawa has decided to come together weekly during the Forty Day period.

We will meet every Sunday morning, alternating from our normal meeting time of 9:30 - 11:30 a.m. to 8:30 - 10:30 a.m. every other week. All are invited and welcome. If you have any questions, feel free to email: canningmariann@yahoo.ca

The rich messages, daily practices and heightened energy of this special time ignite our conversations. It is wonderful to share experiences in a supportive environment. These sessions include a group meditation guided by Sri Vasudeva's meditation and talk of the day, and sacred conversations around the messages of the week. The gatherings are made more special in the knowledge that our entire global Blue Star family is tuned in to this special time and travelling with us on this sacred journey.

We are eternally grateful and blessed to be guided so selflessly, compassionately and lovingly by Sri Vasudeva, sharing his story, his experience, his wisdom, and shining his bright light on the path to "Living the Way of the Enlightened".

Toronto

We invite you to get together to share our "Aha" moments, discuss our experiences and support each other in our spiritual discipline so that we can make the best use of the gift of these Forty Days. Let us open our hearts full of gratitude to receive, practice and become the messages. We encourage everyone to join us at these rotating venues in Toronto every Sunday afternoon at 3:00 p.m. for sacred conversations.

The schedule for hosting is:

- | | | |
|----------|----------|--|
| April 8 | - Nicole | 245 Lakeshore Drive, Apt #608, Etobicoke, ON M8V 2A8 |
| April 15 | - Atreyi | 61 Richview Rd. Unit 1912, Etobicoke, ON M9A 4M8 |
| April 22 | - Shreya | 145 Highview Avenue, Scarborough, ON M1N 2J2 |
| April 29 | - Becky | 7805 Bayview Avenue, Suite 1404, Markham, ON L3T 7N1 |

We'd like to wish you and your family a Happy Easter. Please note we will not meet on April 1st.

Healing

What I love about the healing circle meditation is that it is uplifting for me, like magic, but in an even better way because we co-create together. Through Grace, in a small way I am able to do something for others. I strongly believe that my purpose in life is to support people who are hurt, in pain, and lonely.

When I think of all the beings who suffer, my heart opens and compassion flows freely, my ego self takes a back seat, and my body is only an instrument of Love and well wishes. Even though I am not able to work as a nurse, this is my way of being able to do the nursing through the way of energy. Becoming an instrument is an amazing, uplifting and joyful experience. It benefits me in a way that nothing else is able to do.

The healing circle creates miracles in my family and it gives me the strength to go on with challenges. Even when I get angry, when the emotions subside there is always a part of me that is still loving, caring, and wishing for others to be well and happy.

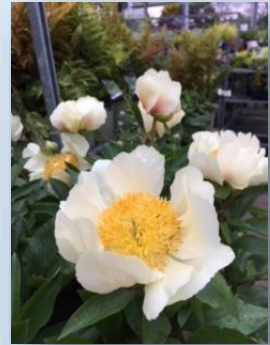
The healing circle brings out the best in me, it helps me to reach the deepest parts of me, and

it makes me feel like I am able to help others from a place of Love that can heal. All it takes is to be willing and to have no expectations of the outcome.

We take steps from Pranayama to Qi-gong, to mantras and prayers to help us to surrender, to align with HER, and therefore become an instrument of healing. And that is exactly what happens. Nicole ever so gently and lovingly guides us with the process and explains the deeper meaning of the prayers and mantras so wonderfully. I am very grateful for the healing circle.

Many times I will go to the healing circle feeling tired, miserable with worries, thinking life is just too challenging, and only seeking help for myself. Then 'She' takes over and the miracles are IN THE MAKING.

-----by Marzena Och



Meditation

The Evolutionary Power of Kundalini – Click on image to view the video



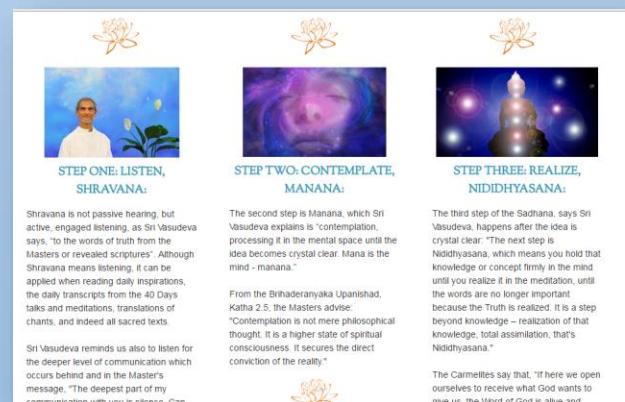
(Day 15 of the 21- Day Meditation Series)

Sri Vasudeva guides us to align to our inner power - Crown and Root have a deep relationship – infinite Consciousness at the crown, infinite Energy at the root. They are in a powerful relationship. And through this evolutionary drive this Energy begins to move up the column in order to unite with that infinite Consciousness. The goal is to look for that power in its evolutionary drive working within.

Have you visited our website lately?

We are delighted to share that we've updated the Bluestarcanada.org website to bring you all the current happenings in our community.

Check out the new page created just for this 40 Days! It gives you "The Story" and "How to Make the Most out of Your 40 Days". We encourage you to give it a read! Enjoy swiping and browsing!



Personal profile – Becky Metha



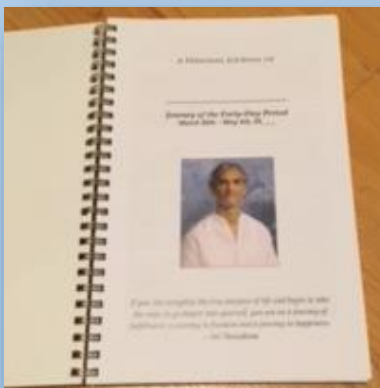
As an admired and much loved member of Blue Star Canada, Becky exemplifies the qualities of the Mother. Her warmth, open heart, and loving kindness is felt by all. Becky has served the Blue Star selflessly for many years. She served as a past President of Blue Star Canada. She has graciously welcomed all to her home in North York, which served also as a BSC centre. Becky hosted many memorable programs as well as out of town guests with the loving support of her husband, Dr. Dan. It is always a special treat for us to share in the delicious meals and chai tea that follows!!!

Becky believes in selfless service and is always ready and willing to join seva groups of various organizations. Currently, her seva is lovingly taking care of Dan who is a retired medical doctor. Both Dan and Becky have been a source of wisdom and strength for many who needed medical support. Thank you, Becky, for always being there for us as a Mom, and we wish you a very Happy Birthday and many more blessed years.



Blue Star Journals

Give yourself the gift of a special 40 Days Blue Star Journal which carries a quote of Sri Vasudeva on each page. E-mail us at info@bluestarcanada.org.



Thank You

We appreciate your continuous support and contributions throughout the year and are especially grateful for donations to Blue Star Trinidad which makes the Livestream possible during these 40 Days.



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.