



Blue Star Canada

# *In Touch*

With Nature

# SUMMARY

<u>SUMMARY .....</u>	<u>2</u>
<u>IN TOUCH... WITH THE EDITORS.....</u>	<u>3</u>
<u>IN TOUCH...WITH SRI VASUDEVA .....</u>	<u>4</u>
<u>IN TOUCH... WITH YOUR BLUE STAR CANADA BOARD.....</u>	<u>5</u>
<u>IN TOUCH...WITH BLUE STAR INTERNATIONAL.....</u>	<u>10</u>
<u>IN TOUCH...WITH BLUE STAR CANADA HEALING &amp; WELLNESS.....</u>	<u>11</u>
<u>IN TOUCH...WITH NEW PRODUCTS .....</u>	<u>12</u>
<u>IN TOUCH...WITH YOU .....</u>	<u>13</u>

# *In Touch...* With the Editors

By Govinda Das & Nathalie, Secretaries



Namaskar friends!

Welcome to the inaugural issue of *In Touch*, where we centred on the theme "*In Touch With Nature*".

Why choose to start with nature? What profound inspiration lies behind our choice? As your co-editors, our answer is simple: the co-creative process plucked it from the Akash, meaning that Marlene from Ottawa emailed it to the rest of the Board, we all said, "Wonderful!" And then came a flurry of emails as our excitement propelled us forward, each in a different direction, until one of us said, "Whoa! We're not even on the same page about what "nature" means! Who's right?" Then came the anguished hair-pulling, more emails, a Board meeting, and we opened ourselves to help, let go, and ride the freedom and creativity of non-doership, because, really, it's not our newsletter. After all, it's YOURS! YOU decide what you want to read, write, sing, paint, or video when you think of nature, whatever that word means to YOU! All we do is open a reflective space.

And so, after the play of the initial challenges, our first issue flowed from the very same spiritual process that Sri Vasudeva teaches: offering up our ego in service to the All; being the instrument, the non-doer, expressing the Divine; and expanding our awareness as we explore with YOU the excitement of being *In Touch, With Nature*.

As we launch *In Touch*, we felt compelled to reflect on the vision and mission of the newsletter. It is with great excitement and joy that we share them with you.

## **Our Vision:**

- For all members to learn and grow by partaking in each other's sharing of passion, experiences, practices and knowledge.
- To inspire all to go deeper in their awareness of spirit, mind and body.
- To unite all our Canadian members and build connections among the various international centres by keeping *In Touch*.

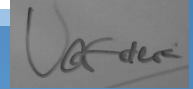
## **Our Mission:**

- To provide quarterly newsletters based on themes that are passionate, inspiring, and uplifting, and that empower members to deepen their spirituality in the sharing of experiences via text or video.
- To invite members to contribute poetry, interviews, personal stories, artwork, and all forms of self-expression that can be made available via the web format.
- To be a vehicle for the Board to share their vision, highlights of current events and reflections that have been stimulated by their service thus far; what they envision for the future and highlights from what manifested.
- To focus on Blue Star teachings of Health and Wellness, Elements of Nature, Energy Awareness, Meditation and Mahayoga.
- To align to and communicate Sri Vasudeva's vision.
- To ensure the widest representation of voices across Canada.

# *In Touch...with Sri Vasudeva*



*Wisdom is the weapon in life's battle.  
Arm yourself with wisdom every day.  
If you do, you will soon learn  
Wisdom turns battle into a play.*



## **In Touch With Nature...**

Congratulations to Blue Star Canada for giving its newsletter a new look! *In Touch* feels personal and inviting. I am sure that our readers will welcome the change. I extend best wishes for our new series.

I am so pleased that the theme of this first issue is "*In Touch With Nature.*" I believe that it is important to honour Nature. Our physical body is part of Nature and its well-being depends on the condition of our natural environment. We need a healthy environment that is sustained by an ecosystem that is active and working. Being in touch with Nature means that we become more conscious of our intimate relationship with Her, understand how She works, and participate in supporting a healthy and sustainable natural environment.

## **Our deep connection to Nature**

Let us look at our intimate connection to Nature. Of the seven chakras we have in the subtle body, or soul being, five are connected to the elements of Nature. These are the root, sacral, navel, heart and throat chakras. They are associated with the earth, water, fire, air and space elements, respectively. As we become more conscious of these chakras within our being, the more connected we feel to the elements in an intimate way. We begin to enjoy our relationship with them and value their importance to the body's survival and well-being. Our senses are also related to the chakras and elements and become sharper as our chakra awareness is heightened. Our senses of hearing, touching, seeing, tasting and smelling are associated with throat, heart, navel, sacral and root chakras, respectively. So we have a deep spiritual connection with the environment.

## **Creating a harmonious relationship with Nature**

Our brow chakra is associated with the mind, and the crown chakra to Infinite Being. The brow chakra is our Guru chakra, or the centre of the Inner Guide. With the awakening of this Inner Guide, we are able to mentally create a harmonious relationship with the elements through the five lower chakras, and also empower the senses associated with them. As we become more crown conscious, we feel a greater unity with all of life and begin to experience our sacred connection with all life forms. Nature is then experienced as divine.

So let us become a little more aware of our connection with the world around us.

Let's be *In Touch with Nature!*

# In Touch... with your Blue Star Canada Board

By Jahnavi Shobha, President



Wow, what a summer! It seems like Mother Earth's evolutionary turbulence has been extreme this year - from floods to forest fires, to hurricanes and eclipses.

We, your Blue Star Canada Board, have been doing some evolving of our own from the time of the election in the spring with the many events we have hosted, such as monthly fellowship programs (satsangs), the annual picnic in July, and the one-day workshop in Montreal entitled "Uncovering Infinite Self."

We also have regular ongoing programs in Montreal, Ottawa and Toronto. We are continuously striving to use lessons learned in order to improve for the next program and the next Board meeting.

With all of these activities I've realized the importance of cultivating inner balance for each of us on the Board, just as Mother Nature maintains her balance. To maintain our stability in times of change, we need to give attention to the ALL of us.

At our picnic in July, in the midst of all the elements of nature, we connected with intention and attention to the ALL of us:

- a walking meditation connected us to the root centre and grounded us to the earth element and with the smell of the grass;
- taking a sip of water and pouring the rest into the lake connected us with the sacral centre and the element of water and its life-giving properties, and to taste;
- by chanting surya mantras we connected to the sun, the solar plexus or navel centre, and to light and sight;
- holding hands and breathing fully into the chest area we connected to the heart centre and the element of air, and to feeling;
- we practised the bee breath as we focused on the throat centre and space, while listening to the sound of silence;

- finally, we focused on the eyebrow centre as we performed the orbit meditation using the Soham mantra (the Universe and I are One).

This leads me to reflect on the importance of taking care of our body and mind in order to be optimally well.

We all need a sense of purpose and we can get this by going within – through yoga, meditation, or even a walk in the woods, which can heighten our intuitive sense of the best direction to take in any moment.

We all need to rest and rejuvenate the body with restful sleep, and to hydrate with water throughout the day

The solar plexus, our power centre, is nourished and strengthened by eating healthy meals regularly for good digestion and elimination. We can activate the mind-body connection by taking a 15-minute walk, climbing the stairs, stretching and/or doing breathing exercises.

As we watch the leaves fall away from the trees, let us also let go of habits that are not helping us and welcome the winter solstice as a time for going within and reflecting on the next steps we need to take to fulfill our life's purpose.

## By Nicole, Vice-President



I share the following poem by Mary Oliver, as it speaks deeply to me of the sacredness of all of life.

An ant, a blade of grass, a red-winged blackbird, sunlight on the water, the gentle touch of an intimate partner, a friend, a child, a parent. Daily moments in a life which inspire awe and quiet reverence. The radiance and wisdom of the One so exquisitely present everywhere, in all things, deeply interconnected and yet also holding all things, containing all things and infinitely transcending all things.

### *At the River Clarion – By Mary Oliver*



I don't know who God is exactly.  
But I'll tell you this.

I was sitting in the river named Clarion, on a water splashed stone and all afternoon I listened to the voices of the river talking. Whenever the water struck a stone it had something to say, and the water itself, and even the mosses trailing under the water.

And slowly, very slowly, it became clear to me what they were saying.

Said the river "I am part of holiness."

"And I too," said the stone. "And I too," whispered the moss beneath the water. I'd been to the river before, a few times.

Don't blame the river that nothing happened quickly.

You don't hear such voices in an hour or a day.

You don't hear them at all if selfhood has stuffed your ears.

And it's difficult to hear anything anyway, through all the traffic, the ambition.



If God exists He isn't just butter and good luck.

He's also the tick that killed my wonderful dog Luke.

Said the river: "Imagine everything you can imagine, then keep on going."

Imagine how the lily (who may also be a part of God) would sing to you if it could sing,

if you would pause to hear it.

And how are you so certain anyway that it doesn't sing?

If God exists he isn't just churches and mathematics.

He's the forest. He's the desert.

He's the ice caps that are dying.

He's the ghetto and the Museum of Fine Arts.



He's van Gogh and Allen Ginsberg and Robert Motherwell.

He's the many desperate hands, cleaning and preparing their weapons.

He's every one of us, potentially.

The leaf of grass, the genius, the politician, the poet.

And if this is true, isn't it something very important? Yes, it could be that I am a tiny piece of God, and each of you too, or at least of his intention and his hope.



Which is a delight beyond measure.  
I don't know how you get to suspect such an idea.  
I only know that the river kept singing.  
It wasn't a persuasion, it was all the river's own constant joy,  
which was better by far than a lecture, which was comfortable,  
exciting, unforgettable.

Of course for each of us, there is the daily life.  
Let us live it, gesture by gesture.  
When we cut the ripe melon, should we not give it thanks?  
And should we not thank the knife also?  
We do not live in a simple world.



There was someone I loved who grew old and ill  
One by one I watched the fires go out.  
There was nothing I could do  
except to remember  
that we receive  
then we give back.

My dog Luke lies in a grave in the forest, she is given back.  
But the river Clarion still flows from wherever it comes from  
to where it has been told to go.  
I pray for the desperate earth.  
I pray for the desperate world.  
I do the little each person can do; it isn't much.  
Sometimes the river murmurs, sometimes it raves.



Along its shores were, may I say, very intense cardinal flowers.  
And trees, and birds that have wings to uphold them, for heaven's  
sakes—  
the lucky ones: they have such deep natures,  
they are so happily obedient.  
While I sit here in a house filled with books,  
ideas, doubts, hesitations.

And still, pressed deep into my mind, the river  
keeps coming, touching me, passing by on its  
long journey, its pale, infallible voice  
singing.

# In Touch...with Blue Star Canada Members

## I am all of that

By Vadini



I used to think of myself as a spirit living in a physical body. Then I started thinking of myself as a spirit or energy being that goes beyond my body;

that my body was in fact something within my being. My understanding continues to evolve, especially since I have been meditating on the concept of Kundalini and the chakras quite intensely these past few weeks. I have been contemplating concepts such as “coiling,” “condensing” and “sleeping” for quite a while, sensing that I was on the verge of finding greater understanding. It was just this morning, while I was listening to Guruji’s Mahayoga teachings, that this understanding suddenly came to me.

Guruji said, “The body is nothing but Kundalini Shakti. When we observe the body we should be seeing Kundalini, not the body.” What do you suppose this means? There is nothing other than Kundalini? Not even the body?

Consciousness is not in the body. The body IS consciousness. An ice cube is H<sub>2</sub>O. It is simply a condensed form of it. Water vapour first condenses to water and then to ice. But the ice cube is H<sub>2</sub>O and nothing but H<sub>2</sub>O. Kundalini, I now understand, is an energy that has condensed through levels of consciousness and physical matter.



The elements do not merely symbolize our chakras. We are the elements. We are space. We are the motion and interaction of molecules in that space (air). We are the fire, heat, passion and drive caused by these interactions (fire). We are the water that is formed by these interactions in order to cool and lubricate the entire process. We are the physical form resulting from this mass of elements working together in cohesion. But the illusion is that we are nothing but the mass; that we are the physical; that we are only a solid, unchanging form that interacts with other solid unchanging forms. We are being ushered into a new way of cognizing our world around us. By understanding that we are simultaneously all the elements, we understand that our consciousness exists at those levels or realms - the realm of consciousness, the realm of thought, the realm of space, the realm of air, the realm of fire, the realm of water, the realm of earth.



## What if I am not?

By Kevin



What would a fractal existence seem like to humans? What if that which can be perceived is a microcosm of a larger system?

What if the perception of solid matter represents the appreciation of ALL solid matter, including the heavy human body?

What if the perception of water, of liquid, is the appreciation of ALL forms of a particular density – that which is less dense than solid matter, including the near total liquid composition of the human body? This brings to mind the concept of “spiritual vibration,” to be explored in another article, hopefully).

What if there is an appreciation of space incorporated here, leading to the perception of density as a range?

What if the perception of fire represents an appreciation of that which is borne out of kinetic energy?

What if the perception of air represents Shakti in motion, an appreciation of ALL kinetic energy?

What if the perception of such movement is an appreciation of displacement in dualistic space – from here to there?

What if the perception of thought represents an appreciation of intent – universal intent; perhaps energy in its quantum form, tinged with intelligence (whatever that may be)?

And what if the experience of consciousness represents the state of ALL being – the peaceful is-ness that is sensed? Or an appreciation of existence itself?

And what of this “appreciation”? May this be the “identification” with the element of perception? And what of this “identification”? Am I this, or am I that?

What if I am neither this nor that... neither here nor there?

This short film explores identity moving through existence, represented in nature’s elements of varying densities.

Copy and paste this URL in your browser to view the short film:

[https://www.youtube.com/watch?v=\\_o7iGZwtgqA&feature=youtu.be](https://www.youtube.com/watch?v=_o7iGZwtgqA&feature=youtu.be)

## Experiencing the Elements during a Walking Meditation in Nature

By Marlene, Assistant Treasurer



This summer our Blue Star Ottawa Thursday Meditation Group did a walking meditation in nature at the Dominion Arboretum beside Dow's Lake and this gave us the opportunity

to explore the experience of the elements within us and the elements outside of us as we walked in silence.

The walking meditation allowed us to be more present in our bodies and in the present moment because time spent in nature can be a form of meditation when we put our full attention on what is around us and also helps to enliven it in our awareness and to be in rhythm with it. Whenever our mind wandered, our goal was to gently try to bring it back to the experience of nature. In order to maintain the silence throughout, I gave each participant handouts of the different things to contemplate at various points on the walk.

We attempted to experience everything with an open awareness, as if we had never experienced anything like it before, allowing ourselves to experience the sights, sounds and smells without labelling them or becoming mentally involved with them. It was an opportunity for us to be aware of the elements of earth, water, fire, air and space and to experience the many sensations we perceive, whether visual, auditory or tactile.

We paid attention to how the soles of our feet felt as they bore the weight of our bodies and the sensations we experienced in them as we walked along; how it felt as a foot lifted and moved forward, and what it felt like to walk on different



surfaces (i.e., grass versus pavement or gravel). We also focused on the position of our head and where our gaze was directed. We continued to maintain the state of the observer so that we could have awareness of both our inner world and outer world.

It was an opportunity for us to observe the heat of the sun and the heat of our bodies, to feel the earth beneath our feet, to experience the water from the moisture in the air and observe the water in Dow's Lake as we walked beside it, to notice the air coming in through our nostrils into our lungs and feeling the air and its temperature on our skin from the breeze, to feel the space that the body occupies and the vast space around us, to give attention to the sounds and their quality, and to experience the smells of nature. We all share the same elements of space, air, fire, water and earth in this human existence and so the goal was to feel our connection between body and nature and to hold the intention of being in harmonious co-existence with all of life. We ended the walk by sending love and healing energies to the entire planet.

Following our walking meditation, we took time to do a sitting meditation outdoors, journaled our experience (as shown in the photo), and then shared our observations with each other before heading home. I attempted to harmonize with the collective in appreciation of nature and its role in the human experience, and it brought me into a space of greater gratitude and appreciation for what nature provides to us all.

# Water

By Dalia



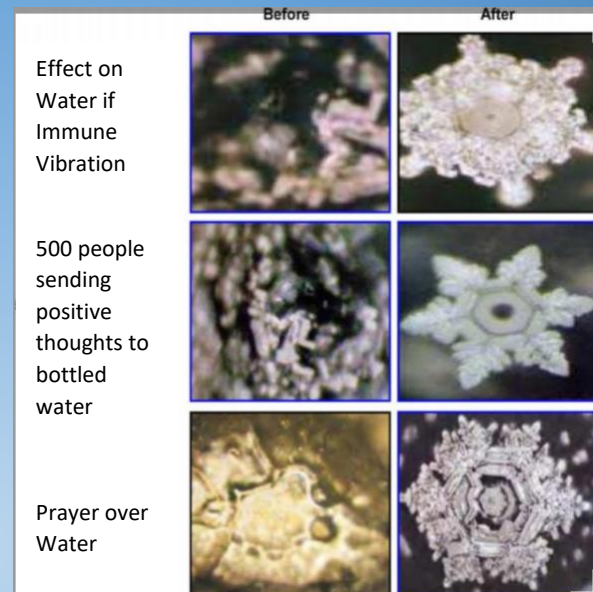
Water is associated with our second chakra and it is a very important element for this physical life. The human body consists of about 60% water. Every drop of water the body consumes eventually becomes part of the blood supply. Blood circulates through the body providing nourishment to the various tissues and cells, so wouldn't the quality of water determine the quality of the blood supply in the body? How do we then ensure we feed the body quality water? Should one consider pure, unprocessed, quality spring or deep well water in lieu of city water? Why use unprocessed spring or well water? What is the difference between this water and tap water? Isn't water just simply water? Isn't city water purified through the heat treatments and filtration processes?

Considering that deep well and spring waters pass through nature's filtration system of earth and rock in pristine environments, this is the water of choice...water blessed by Mother Earth. The second choice would be filtered tap water using quality filtration systems or remineralised distilled water. Why filtered or distilled when using tap water? Tap water is usually sourced from city water reserves. The city recycles waters that the local citizens use. The water processing and filtration of these recycled waters do not completely eliminate all the pollutants. Trace and even homeopathic doses of all the pollutants are still present in these waters.

Some considerations are:

Water is a liquid crystal. Crystals are transmitters and receivers. We are energy beings and one might even venture to consider the human body a crystal of sorts. So the environment that surrounds the body and the environment that develops with what feeds the body affect the health of the crystal body.

So the thoughts we generate, and the sounds we generate or expose the body to, may affect the body and the crystal component of the body. Dr. Masaru Emoto conducted experiments with water to demonstrate exactly this.



**Masaru Emoto's Experiments on Water Crystals**  
health-benefit-of-water.com

**Pollution and toxic wastes can completely change water's structure:**

<p>The <b>pure spring water</b> crystal has a beautiful hexagonal shape</p>	<p>This is how the crystal water from a <b>polluted river</b> in Japan looks like</p>
---	---

**Water also reacts to different frequency waves, like music - which we often use to relax, or feel good**

<p>This water sample has been exposed to a <b>Heavy Metal Music</b> filled with anger. The water had reacted negatively to it, the nice hexagonal structure has been broken in pieces..</p>	<p><b>Mozart's "Symphony No. 40 in G minor"</b>, a soulful music is a piece of a deep thought that seems almost like a prayer to beauty. The resulting crystal is beautiful and graceful</p>
---	--

<https://www.pinterest.ca/pin/156922368244960629/>

<https://www.pinterest.ca/pin/61431982392102135/>

Some cultures even use water for purification practices such as:

*Hinduism* considers all water to be sacred, especially rivers, and views water as a purifier, life giver and destroyer of darkness.

*Judaism*, mikvah consists of a closed pool of water containing water collected from the sky and often mixed with water from the earth. It is a full body purification practice. Hand purification practices using water before meals, upon waking and when leaving graveyards.

Many *Christian* sects practice baptism, a ritual performed for admission of a person into the church by sprinkling water on the forehead of the person or complete immersion in a body of water.

*Islam* uses water most notably as a form of purification before presenting oneself to God by washing hands, feet and face.

*Other religions* and cultures also use water in their practices, such as Buddhists, Native Americans, Zoroastrians, Celts, Ancient Egyptians, Incans, etc.

Healing modality practitioners may use water to clear residual energies they may have picked up during a session. Often this practice involves passing the arms and hands through water. Likewise, water is often used as part of crystal purification practices.



# In Touch...with Blue Star International

## Tapovan

By Aarti



You may have heard Sri Vasudeva speak about the Tapovan Project and plans for the creation of a retreat and eco-community in nature. I have been involved with this Project for almost as

long as I have been following Sri Vasudeva, and like the path to greater self-knowledge, it continues to be both a blessing and a challenge. But what is this Project really about? Is it only about the physical space or is it a vehicle for personal growth?

Physically, it is in the heart of Trinidad at Brasso Venado, in the fertile Central Range, and the Blue Star lands would have been part of the once vibrant cocoa industry. Whilst there are still productive cocoa trees, alongside bananas, citrus, coffee and other seasonal goodies like avocados and chataigne, the land is largely overgrown and access remains a challenge. So we need to clear paths, trees and overgrowth, and create an access route. When I see the dense trees and strangler vines which make some areas dark and gloomy, I realise that there are areas in my inner space which need pruning and weeding out, to create space for the things I want to nurture in myself. I want to walk the path to that space regularly so that it is easy and familiar, rather than slippery and daunting.

I find the name of this Project to be rich with meaning. The name “Tapovan” came to Sri Vasudeva at the end of the Forty Days of 2014. In that closing Satsang, he explained that “Tapo” refers to the brow centre, which is where we perform the spiritual practices necessary for making the final journey in the consciousness to the crown, and “vana” means the forest, the wilderness. How can we best use this Project to support our journey?



*Photo credit: Arya, Romania*

Sri Vasudeva has told me more than once that when he asks me to do something, I tend to focus on how to get to what I think is the end product, whilst he is more interested in how I engage with the process. This can be difficult for someone who is focused on outcomes and results! To start with, I was focused on the end product of Tapovan, whatever it is that I thought that was supposed to be. With time, I have come to appreciate more the tremendous value of the journey and the many opportunities it holds.

When facing challenges with the Project, I need to maintain my commitment and focus and not give in to the fear of not knowing the way forward, not having the answers, not getting it right. Rather than judging the adequacy or worth of my efforts, I need to let go of the belief that I am solely responsible for what happens. When the tendency to think that I am in control or that I should be in control arises, I need to see and accept the many forces at play in what happens. Instead of discounting the resources in the space because they are not what or how I think they should be, I need to be able to recognize their value and harness their potential.

Guru tells us about the importance of being in balance, of bringing all chakras into our every experience, and that is so relevant on the land. When we ground at the base, it helps us to be sure-footed and traverse the terrain with confidence. When we connect with the sacral chakra, we can bring passion to what we do and if needed, transmute the energy to give the body a boost. Guru has shown us how to tap into the third chakra and in this way, we can sustain our vitality for the duration of the trip. Breathing the wonderful prana-filled air while we trek keeps us vital and steady. As we look around, we appreciate the beauty of the environment and are inspired by that heart chakra energy to treat the land with reverence and respect. The silence

of the sixth chakra helps us to pick up guidance from the space and intuit the needs of others on the trip, which supports a more harmonious and fulfilling experience. The power of the brow brings focus and awareness, which is needed to stay safe and responsive to what may come up. And as Guru would say, crown consciousness allows us to grasp the underlying unity with each other and with everything around us.

This Project holds many possibilities and opportunities for personal growth for all of us. We would love you to visit the ashram in Trinidad and invite you to be part of Tapovan with us.



*Photo credit: Vashistha, Netherlands*

# In Touch...with Blue Star Canada Healing & Wellness

## Food Prana, Nutrition and Purification

By Dalia



This article was inspired as a result of having been invited to share my experiences and knowledge about nutrition for the fall season. This article will cover some general basics on living, food nutrition, and include recipe ideas.

We often hear about detoxes. So many different types are offered in stores, on-line and even at health centres. Detoxes could take the form of so many different practices and may not necessarily involve the use of pre-packaged programs where some may experience a sense of deprivation. They could be elaborate, short or long-term programs that could involve supplementation and possibly fasting, or detoxes could be as simple as replacing a food with a better choice or eliminating a certain food or foods from a diet. It all depends on the goal of the individual.

Detoxes or cleanses could be practised at any time through the year or they could follow the rhythm of the earth's change of seasons. Two good times to practice detoxes or cleanses are in the fall and in the spring. Springtime cleanses help clear the stagnation in the body built up through the winter and fall time cleanses prepare the body for the winter months.

In the spring, many young leafy plants, especially wild plants, even wild roots, are available that are very nutritious and cleansing for the body. And in the fall many root vegetables, as well as some leafy greens, wild greens and wild roots are also available. In the fall these cleansing foods are in season: carrots, beets, burdock root, apple, dandelion (leaf and root) and clover. All of these are especially cleansing for the liver and gallbladder.

Juicing these vegetables and drinking one juice per day is beneficial, and drinking one to two cups at least 2 to 3 times per day between meals could be even more beneficial (see recipes below). This is an example of adding a healthy practice to one's diet without experiencing a sense of deprivation from their favourite foods. Note that when drinking more than one juice per day, it may be advisable to limit oneself to one sweet juice and to make the rest green juices to minimize sugar intake during the day. For those with sugar sensitivities, avoiding sweet juices and only consuming green juices could be advisable.

Fall is the beginning of a time in northern climates of reduced local fresh food availability. Incorporating fresh sprouts (sunflower, alfalfa, clover, buckwheat, pea, fenugreek, etc.) into one's diet in the form of salad or juicing helps to maintain a high quality of nutrition for the body. Seaweeds can also be added to soups (arame, wakame, kelp, sea palm, hijiki, etc.) or salads (dulse, arame, hijiki, wakame, kelp, sea lettuce etc) to add trace minerals in the diet. Seaweeds also help regulate blood sugar balance.

Why consider juicing? Much can be said about the benefits of juicing but for now we will only mention that juices offer a large amount of nutrition in a more bioavailable way that would not be possible when eating the same amount of food in the whole form. Apart from the body absorbing and assimilating the liquid form more readily, one can ingest far more quantities of fruits and vegetables when they are in juice form.

Why consider raw fresh fruits, vegetables and sprouts? Raw fruits and vegetables contain, among other things, a high concentration of fresh sprouts contain much higher amounts than the fully grown vegetable, grain or seed.

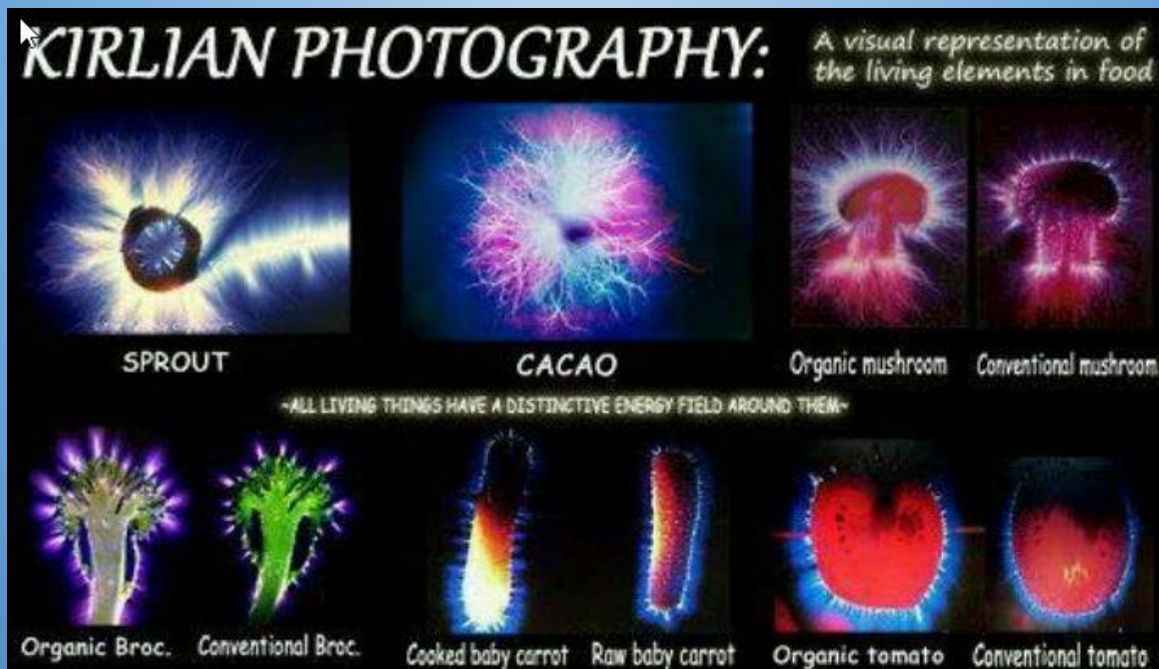
Having a clean healthy body makes our spiritual journey more enjoyable and less challenging than it would be otherwise. So could one use a clean prana rich diet as a tool to enhance one's experience on the spiritual path? Could a cleansing diet help enhance the flow of prana in

enzymes, vitamins, predigested protein (amino acids) and prana than do the cooked form. And

the body by helping to free the toxins that may be blocking the subtle energy channels from flowing more freely?

Below are recipes and Kirlian photographs providing examples of the differences in prana of foods. Kirlian photography is a form of photography that captures the life force of an object.

*For those with special health conditions, or on any medications, it is strongly recommended that they consult with their health practitioner before trying anything suggested or offered in this article.*





## Recipes



### *Carrot/Apple/Beet Juice*

2 Apples (MacIntosh or Granny Smith)  
2 lbs Carrots  
1/4c Beet  
Slice Lemon with peel  
½ inch Ginger  
¼ inch Turmeric

### *Relaxing Green Juice*

1 English Cucumber  
4 Celery Stalks  
½ bunch Parsley  
½ Bunch Cilantro  
½ Lemon with peel  
1 inch Ginger  
½ inch Turmeric  
Optional Ingredients  
Zucchini  
Collard Greens  
Sprouts  
Kale (for those with thyroid challenges, best to minimize or avoid)  
Extra Cleansing Optional Ingredients:  
Clover Sprouts  
Dandelion Leaves  
Dandelion Root  
3 inches Burdock Root

### *Dandelion Salad*

Bunch Dandelion Leaves  
1c Avocado  
1/2c Orange juiced  
1/8c Dulse  
Optional: Black Kalamata Olives, chopped  
Mix or blend Avocado with Juice until creamy.  
Gradually add the juice Use less or more juice depending on desired consistency.  
Mix in dulse and olives  
Serve on top of or mix well with chopped dandelion

### *Refreshing Salad*

English Cucumber (Cut into 1/8 thin strips or spiralized into noodles)  
Avocado mashed to smooth texture  
1/8c Dulse  
Black Kalamata Olives (optional)  
Mix well and serve.

### *Liver Cleansing Root Salad*

2-3 parts Grated Carrot  
1 part Grated Beet  
Lemon to taste  
Optional:  
Salt to taste  
Olive oil to taste.

### *Seaweed Soup*

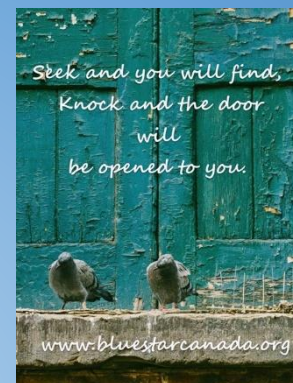
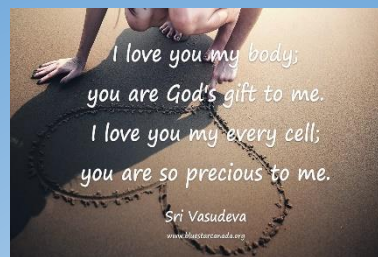
Boiled Water  
1T Coconut Oil  
1T Chickpea Miso  
1t fresh ginger microplaned  
1/8t fresh turmeric microplaned  
1/8c each  
Bok Choy (1/4 to ½ inch slices)  
Zucchini (1/8 inch thick strips)  
Green Onion (diced)  
Shitaki Mushroom (1/4 in strips)  
Onion (1/8 inch thick slices)  
Wakame  
In a small container, mix miso with enough water to obtain liquid consistency.  
Place all ingredients in a ceramic pot except water.  
Pour boiled water until about 1 inch of water covers ingredients.  
Cover for 10 or so minutes.  
Mix and serve.



# In Touch...with new products

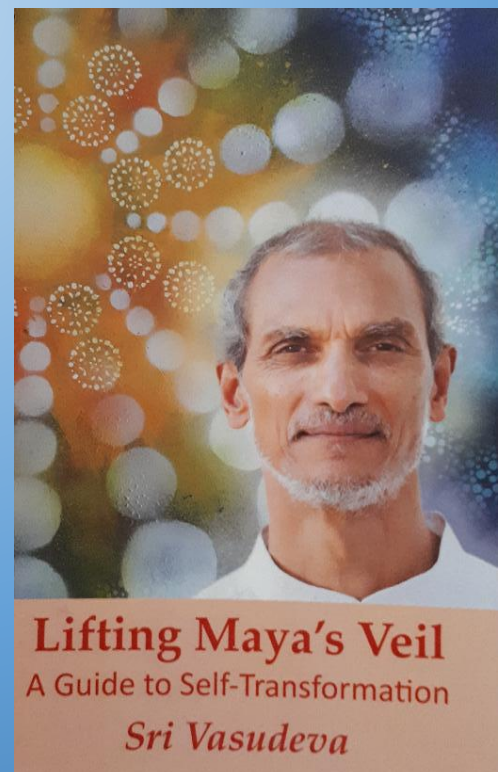
## Goodies to Grab!

Our merchandise line now includes a Blue Star Canada exclusive co-creation: a selection of 4 fridge magnets themed on popular Daily Inspirations by Sri Vasudeva.



And we've secured a limited supply of bound copies of Guruji's Daily Talks and Meditations from the Forty Days, 2017.

Please contact Brahmi at [nandy-brahmi@bluestarcanada.org](mailto:nandy-brahmi@bluestarcanada.org) or Marlene at [marlene@bluestarcanada.org](mailto:marlene@bluestarcanada.org) for prices and selling events.



# *In Touch...with you*

Want to get involved with Blue Star Canada?

## *For In Touch*

YOU could become In Touch!

We are gathering a team of excited, motivated, committed and disciplined photographers, proofreaders, interviewers, and editors to co-create future issues of *In Touch*, under the guidance of the Board's co-editors, Nathalie and Govinda Das. If this wonderful seva inspires you, contact Nathalie at [nathalie@bluestarcanada.org](mailto:nathalie@bluestarcanada.org).



## *For Outreach*

Volunteers Needed!

Namaskar friends,

We have several outreach events coming up in the next few months and we would love to have you join us.

If you are interested in joining our outreach team, please contact our outreach coordinator, Nicole, at [nicole@bluestarcanada.org](mailto:nicole@bluestarcanada.org). Let's come together and join with other communities as we work for the common good of all. Let us stand for peace, justice and solidarity, as we affirm our interconnection and oneness with all of life.



Your Blue Star Outreach Team

*We would love to hear from you!*

We are very excited to launch *In Touch*! This has been a wonderful co-creation and a blessing to work on. We hope you have enjoyed the articles and contribution of Sri Vasudeva, our members throughout Canada and our international centre of Trinidad and Tobago, as we did!

As this is our first edition of *In Touch*, with love and joy, we united our efforts so this vehicle of communication continues to unite us all and to inspire us to go deeper in awareness of body, mind and soul.

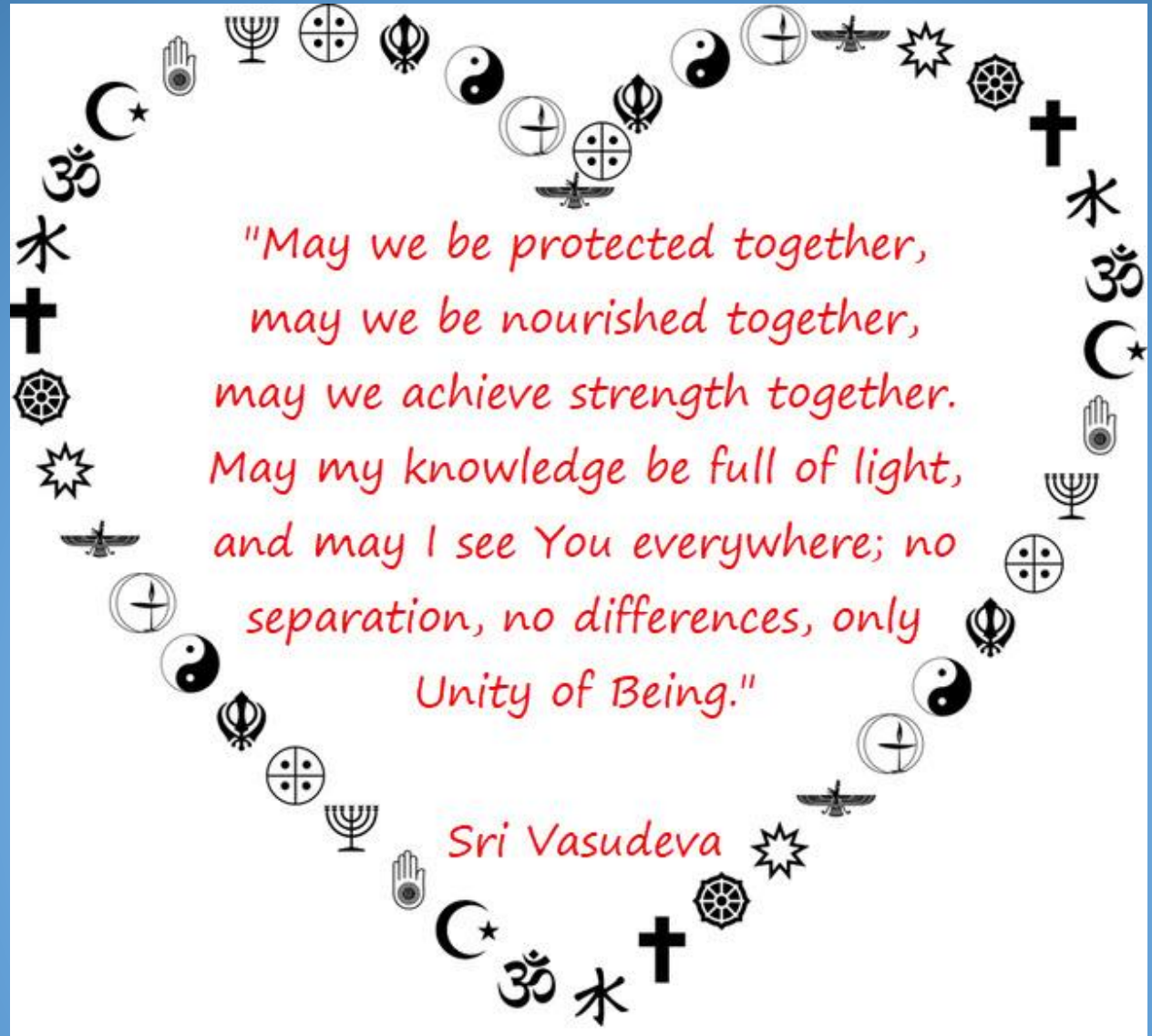
And we would love to hear from you. Please feel free to share your thoughts on *In Touch* and how we can improve to better serve you.

Or if you wish to submit an article for our next *In Touch*, let us know. We will contact you with details about the next *In Touch*, as

this is for you, members, and by you! You contact us by sending an e-mail to [info@bluestarcanada.org](mailto:info@bluestarcanada.org).



Nathalie and Govinda Das



*"May we be protected together,  
may we be nourished together,  
may we achieve strength together.  
May my knowledge be full of light,  
and may I see You everywhere; no  
separation, no differences, only  
Unity of Being."*

*Sri Vasudeva*