



*Inform, Inspire and Integrate*

*Blue Star Canada  
Bulletin  
The Power of Love*

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*Blue Star  
Canada*

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## Sri Vasudeva speaks – “The Power of Love”

The most powerful key to the door of the heart is unconditional loving. Are we up to the challenge? The heart space and the way of the heart is one of the most powerful ways. You see the Saint who is hugging everybody without saying a word and the lines to hug her are so long. Why? The way of the heart. It silences the mind, renders the intellect question-less, dumbfounds the intellect with its power - the power of the heart. Love conquers all. Love is God. Love is divine. Love is a joyous way to the Self.

The goal is to learn how to love without condition, and to all those who have the temperament of the heart, it is their balm, elixir, tonic, the purifier. As the Master Jesus said, “Blessed are the pure in heart for they shall see God.” “Blessed are the pure in heart for they shall see God.” **The Divine will manifest in all its glory to the one who is the supreme lover, who can love beyond condition. The one who can love beyond judgment, the one who can love purely, will go to the very space of beingness.** That is the way of love.

The challenger in the space to loving is the ego. “Why should I love when nobody loves me? Why should I be loving when nobody is giving me love?” The selfishness of the ego wanting to possess love, wanting to buy love, bargain with love, wanting to display the traits of love without surrendering to it, without understanding it fully. The one who wants to use the façade of love without truly loving. The ego; the supreme challenger in the space is the selfish ego. But if we

perchance can experience just a glimpse of that pure love, our lives will never be the same.

Sometimes we look for that pure love from a person, but it is not easy to come from a person because love can be so disguised. We need to be able to see what pure love is. It does not ask you for anything; it does not want to possess you. It wants to liberate you; it wants to nourish you. In that search for pure love, you need to have an open mind and not look at those who show the traits of love but those who are selflessly loving. In the company of those, you can catch it. You cannot intellectualize it, you cannot fake it, but you can catch it. Are you willing to catch love?

That is where the presence of truly loving people can become very impactful. That is the space that I experienced in Ganeshpuri. I did not even meet the Master, but there was a group of souls there that were so sincere in their devotion. They loved the Master dearly and stayed with the practice and it provided such a powerful field of the Master. The field impacted me; it opened my heart. And for the first time I could feel a love that was beyond human and beyond conditionality, but coming first from within myself. Before I could feel it in another, I needed to feel it within my own being.

That is why I am such a follower of love. No matter how wise my mind makes me, love draws me into its fold. It nourishes me. I go to bed in the consciousness of love, simply because my body is nourished by it. I meet

people in the field of love because love can lift any space, can heal any sorrow. Love is magical. I am a servant of love. I wish we could all understand the secret of love.

*Excerpt from 40 Days 2018, April 4<sup>th</sup>*





## Unity Church Christmas Event

Warm thanks to each of you who participated in our Christmas event in Mississauga this past December 7<sup>th</sup>, 2018. Your presence made a difference in co-creating a special evening of festivity in the spirit of Christ Consciousness.

The evening raised \$805 for the Blue Star Trinidad Temple construction and an estimated 60 pounds of food items for those in need.

The program included a message by Guruji Sri Vasudeva, carol singing and kirtan, Guru Vandana Kathak Dance Invocation, and a wonderful array of food items for dinner.

Special thanks to Guruji Sri Vasudeva for his on-going and tremendous inspiration and to all the organizers who planned the well-attended event.



## Community Outreach Events in January and February

To start off the new year, Blue Star members gathered together to lend a hand at two major food banks located in Toronto and Ottawa.

### Toronto

On Saturday, January 19th, a group of 10 of our Toronto members turned out to help at the Daily Bread Food Bank situated in the Etobicoke area. The Daily Bread charity is one of the largest food banks in the country, helping to feed many thousands of low-income people every year.

All of us worked together to sort donated foods into categories and boxes so that they could then be shipped to more than 200 programs for people across the City. Upon arriving, all of us were quick to roll up our sleeves, assume a role and work efficiently to accomplish the task at hand.

Those participating seemed to enjoy working as part of the team to help address, in some way, a significant and growing need. It was good to get together and share some fun while supporting a valuable cause and furthering Blue Star's outreach work in the broader community. The consensus seemed to be that this was a volunteer activity definitely worth repeating in years to come.





## Ottawa

On February 8<sup>th</sup>, a few of us from Blue Star Ottawa volunteered at the Ottawa Food Bank warehouse, a volunteer opportunity that was organized by the Blue Star Canada Board. There we met a wonderful young lady named Anne who briefed us before we started because it was the first time that Donelda, Judy and I had volunteered there. Our role was to unpack and check donated food received in the warehouse for best before dates/expiry dates on each item as well as for the condition of the food packages and cans, and then to sort the items into roughly 30 different categories by placing them in the appropriately labeled bins. This process ensures that at the Food Bank Headquarters they always know exactly what they have on their shelves, and what they may still need, so that it can be distributed to the 114 local agencies who help feed 38,400 people per month. Surprisingly, 36% of the clients are children.

The Ottawa Food Bank not only works with local farmers and accepts fresh produce donations

but it also grows food in season on their own plot of land that was donated to them, resulting in 43% of the food they deliver being fresh. In addition, it spends roughly \$1.6 million a year on food to ensure they are able to keep up with demand and make certain they are providing a variety of nutritious and balanced options. This is made possible by cash donations.

We all agreed that we learned something, that we enjoyed the experience, and that we would definitely consider volunteering there again. I found that we worked really well as a team and that the time flew by really fast!

It was a great way to spend time together, and I was pleased that we, as Blue Star members, were able to give back to our community in some small measure through this volunteer activity.



## A Gift of Love for Jura

By Nicole Bates

One of the great joys of my life was meeting and getting to know Jura, and also meeting her family.

Jura and I were spiritual seekers together. Raised in the wisdom and grace of our Christian faith, we were seeking to know the deeper meaning of life, to have a direct inner experience of God, and to understand what Love really is...this Love that Jesus and Mary spoke of, and are – the “I AM”.



This search also led us to our teacher, Sri Vasudeva, and to the Blue Star – a holistic, not-for-profit spiritual organization founded and led by Sri Vasudeva and dedicated to the development of human potential on all levels. It is an organization which embraces all the great faith traditions.

As Paul says in 1st Corinthians 12: “We were all given the one same spirit to drink” and “the parts are many but the body is one.” And in the wisdom tradition of Hinduism it is said: “Vasudhaiva Kutumbukum; we are all One family.”

What we learned together also from the teachings was that we are not just the physical body. We are so much more. To give an analogy from our teacher: Just as the atoms of the elements form the cells of the baby's body as it is held in the mother's womb, so too, when it is time for us to let go of this life and pass on, the cells of the body return to the elements - earth, air, fire, water and space.

Nothing is lost, it only changes form.

And the essence of who we are, our soul, lives on.

We are stardust, science tells us; travellers in an ever-expanding, evolving Cosmos.

Therefore, dearest Jura, we see and meet you once again  
in the rainbow,

in the reeds gently swaying in the wind,

in the flight of the seagull,

in the stillness of the lake,

in the sunlight dancing on the water,

in the flowers of the garden,

in the voices of your grandchildren

and in the eyes of your children.

In the majesty of the white snowy owl  
and the warmth of the hearth and home.

You remain, beloved Jura, as you always were, and are –  
the angel that walks among us.

We love you Jura, beautiful, wise and loving soul. Jura,  
whose name means sea and ocean.





In the words of one of our favourite poets, Rumi:  
"Plunge, plunge into the vast ocean of Consciousness.  
Let the drop of water that is you become a hundred mighty seas.  
But do not think that the drop alone becomes the ocean;  
The ocean, too, becomes the drop."





This image was captured by Jura's daughter, Emilija as the family were leaving the cemetery. I share it with the family's gracious permission as Jura's gift to us all.

How blessed we were to have known her.

## Ordinary Love vs. Divine Love

by Prema Devi Cardell

Identifying mostly with the emotional part of my ego, I have been looking for love, joy and peace my whole life. Even though I have loved my family, partners and friends and felt their love for me as well, the duality of the happiness and suffering that my limited self perceived from these relationships and the world around me made me feel anxious, empty and vulnerable in a disempowering way.

I was fortunate to have grandmas that taught me the importance of devotion, prayer and faith since I was little. The search for true love and meaning in my life guided me finally to our beloved Gurudev, Sri Vasudeva. My life has transformed thanks to him. As a pure instrument of Divine Love, he has taught us what unconditional love is through his kindness, patience, compassion, understanding, devotion and acceptance towards all.



Through Gurudev's blessings and Grace, I have experienced glimpses of our divine Self where everything feels perfect. It is so fulfilling that there seems to be no need for anything else. It is from this space that we can channel true love and where oneness can be realized.

May we all receive the Grace to live in this awareness and consciousness at all times and be of service and a blessing to our world.

Namaskar



## An Excerpt from *The Prophet*

—Kahlil Gibran

“When love beckons to you, follow him, though his ways are hard and steep.

And when his wings enfold you, yield to him, though the sword hidden among his pinions may wound you.

And when he speaks to you, believe in him, though his voice may shatter your dreams as the north wind lays waste the garden.

For even as love crowns you, so shall he crucify you.

Even as he is for your growth, so is he for your pruning.

Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging to the earth.

Love possesses not nor would it be possessed, for love is sufficient unto love. And think not you can direct the course of love. For love, if it finds you worthy, directs your course. Love has no other desire but to fulfill itself.”

But if you love and must needs have desires, let these be your desires: To melt and be like a running brook that sings its melody to the night. To know the pain of too much tenderness. To be wounded by your own understanding of love, and to bleed willingly and joyfully.”

