

Oneness with Nature

APRIL BULLETIN



A SYMBOL OF
TRANSFORMATION
SUBHASHINI



UNCOVER AND
MANIFEST
PREMA DEVI



ENVIRONMENTAL
AWARENESS
KEVIN

BLUE STAR CANADA



Oneness with Nature

If you consider harmonious co-existence with nature, you can feel the bonding between you and a tree or plant. When you are in touch with your own energies, when you understand the subtle nature of being and you can feel the energies of the inner space and you put your hand on a tree, you will begin to feel

the life energy of the tree. You will feel its growing potential, the peace of the tree, the stability of the tree and the consciousness of the tree. There will not be you and the tree; there will be the Universe in you and the tree, bonding. You can see that in every plant life and every animal life.

We human beings are the guardians of the planet. We have the highest brain, the brain of greatest potential on the planet. The animals (the lower animals) do not, but we have been destroying them because of that brain. We have developed technology to destroy other species completely, not appreciating the ecology of life that everything is needed for the balance of life.

We continue to destroy the ecology of life, the web of life, in ignorance. When we begin to appreciate nature, when we begin to appreciate plant and animal life at every level, we will begin to see how destructive we are, and the need to change the way we think and act towards nature.

-An excerpt from Sri Vasudeva's 40 Days 2018 - Day 39

**"There will not be
you and the tree;
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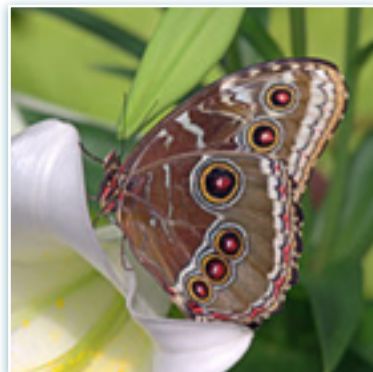
A symbol of Transformation, Renewal and Rebirth: *Morpho peleides*

By *Subhashini*

For those lucky enough to live in the country of the Blue Star ashram headquarters and for those fortunate “foreigners” (as the Trinis will call you), who have had the privilege to visit, you may have been to a magical place known as Tapovan. Tapovan is the future site of Blue Star’s eco-community, situated on 51 acres of land in the heart of Trinidad.

Located in Brasso Venado, the property provides a secret, rejuvenating getaway from a not-so-secret getaway (the ashram). Here on your visit, amongst the dense canopy and overgrown brush, you may see flashes of a brilliant blue. This is none other than the special little creature *Morpho peleides* – a large, bright blue butterfly.

Blue morphos are one of the largest butterflies in the world. It should be noted, however, only the males are blue! The underside of their wings are brown with ocelli (eyespot), providing camouflage against predators. This also allows for their “flashing” defence – a flashing of their wings from blue to brown making them difficult to track in the rainforest. When threatened, the butterfly emits a strong odour from a gland on their front legs. Blue morphos have a fleeting lifespan, from egg to adult, of only 115 days. They drink the juice from rotting fruit, apparently showing a preference for mango, kiwi and lychee.



Join us for our May Retreat:

Uncover and Manifest Your True Self

with Sri Vasudeva



May 17-19th 2019

Isaiah Tubbs

642 County Rd 12, Prince Edward, ON KoK 2To

Prince Edward, Ontario

Register Now!



Blue St'arts

Do you enjoy arts and crafts, and would you like to consciously align your creativity with the Creator?

We are holding a fundraiser during Guruji Sri Vasudeva's Canadian retreat in May and we need your arts and crafts that are imbued with peace, love and healing for the purchaser.

Together we will hold some online sessions to co-create a powerful field where we set and hold the intention to manifest the Divine through our creations.

Truly these gift items that result will bring the blessing of expansive awareness in the lives of others while deepening our own practise of Conscious connection.

If you wish to co-create with us, please reach out to Nathalie at nathalie@bluestarcanada.org.

Symbolically, blue butterflies represent many positive qualities. It is considered auspicious to see one. They represent honour, positive change and transformation, renewal, rebirth and fulfillment of purpose in life.

Similarly, Tapovan itself presents the opportunity for positive change and transformation in our relationship with nature. Fundamental to this is a deep respect and honouring of the energy that underlies all. The journey, in fulfilling the vision of Tapovan, will encompass a consciousness shift: finding a new approach to live closer to nature, in wellness, consciously, co-creatively and responsibly with all of life.

So the next time you find yourself in Tapovan, keep an eye out for a little Morpho – and if you do see one, consider yourself blessed and make a wish!

Unity Church 7 Week Series: Uncover and Manifest your True Self

Overseen by Guruji Sri Vasudeva, the workshop was presented by Blue Star Canada facilitators to the public live and via Zoom February 1st - March 15th. The weeks themes were as follows: Know Yourself Beyond the Body, Tap into the Incredible Power of your Mind, Learn how to Experience Limitless Love, Beyond Aging: Revitalization, Restoration & Healing, Develop a Healthy Lifestyle, Conscious Co-Creation: Finding Joy on the Journey, and Learn to Live Harmoniously with All of Life.

7 Week Series Reflection

by Prema Devi



It was a wonderful series and initiative!

I was really grateful to be part of it via zoom. The themes were beautifully crafted focusing at each chakra level.

The sessions were very dynamic and insightful

providing a practical, scientific and spiritual approach to help balance our energetic centers in order to enjoy well being.

I valued every aspect of it: the exercises, the informative videos, the presentations, meditations and sacred conversations.

It is very humbling to see how much we can learn from each other when we come together as spiritual seekers. As we align more and more to our Higher Self, we can see the Divine in each one of us and truly appreciate the guidance coming at any given time from within and our external world.

I am always impressed with the enthusiasm and growth of the facilitators as they become perfect instruments during their presentations. Our beloved Gurudev's Grace and blessings were strongly felt in each session and it was a great joy to have him join some of them via zoom as well!



Environmental Awareness

By Kevin

In this article and in the ones to come, my intention is to inspire your relationship with nature. There should be excitement surrounding topics like health, gardening, technology-and architecture, to stimulate the greener parts of you. Here I share my lessons from simply being outdoors.

How do you remember your growing relationship with nature? We seek time in greener places; there is a great reason why it is comfortable there. Personally, I will always be attracted to more and more pristine forests. My friends are passionate about water and will forever attempt to guard the waterways against pollution so they may continue to enjoy and worship there.

Our activities are borne out of inner expression – activities that carry our best lessons for our evolution. We can be inspired by the activities we observe. My inspiration to live greener happened naturally. There was a relationship brewing between me and the outside world, fed by an intention to realize more of this very relationship. I suspected that there was inherent value in the non-human “world” of thriving plants, of water, of wild animals, of the land itself; such a suspicion was felt, and my response manifested in me looking on with greater and greater appreciation for these forms.

“Plants spend their entire lives in meditation,” writes Mary Reynolds, in *The Garden Awakening* (highly recommended reading). If you're attracted to stillness, you'll find yourself

enjoying walks, perhaps like me, in greener places, forests, fields of wildflowers, near water...just do what you can to stop for a while. Maybe you'll feel that you *need* these experiences. Perhaps the experience during one conscious breath, and during the peace that follows, will match up with your "Wow" feeling when you look up at the stars, or when you lean against an old tree, or when you smile with a flower, or when you trail your fingers across the tops of the vegetation while walking. Like will attract like.

When you find your spirit within nature, you may have found the breakdown of your conventional understanding of "resource"; no longer a free thing to be used dispassionately. There is existential value there. You may become lovingly appreciative and reverent toward the still life with which you share your space. You may change your occupation to something more suitable to your expansion and inclusiveness. Maybe such progressiveness growing within you will be better and better guided. It seems quite obvious to many what is good treatment of nature and what is abusive. Adjusting yourself accordingly should not be difficult as I believe that there is powerful guidance towards environmental awareness once you decide that you're going to listen.

The Earth Speaks... are you listening?

Yes, the Earth speaks, but only to those who can hear it within their hearts. It speaks in thousands of ways, but like our loved ones, it does not do so with words. It speaks to us through the rustle of leaves, in rocks warmed by sunshine or ripples in a pond created by raindrops. It speaks through the lapping of the waves as our feet squish into the sand or through a snowflake landing on our nose.

May we truly experience unity consciousness.

May we be in touch with all of life and honour that connection.

May we feel that the thread which connects all of nature also connects us.

"But ask the beasts, and they will teach you;

the birds of the heavens, and they will tell you;

or the bushes of the earth, and they will teach you;

and the fish of the sea will declare to you." – JOB 12 : 7-8

