

BLUE STAR CANADA

"IT BEGINS WITH US"

JULY BULLETIN

PERCEIVING THAT WHICH IS BEYOND THE SENSES

You need to have that third eye vision. You need to be able to see, to perceive the rest of you. That is what made excitement for my journey. We may need to retreat and make the time to look carefully, to perceive that which cannot be seen by the senses. A large part of my work with you is getting you to perceive what the senses cannot perceive, and I am very patient with it and compassionate because I know it is difficult to perceive if your eyes and your gaze are turned outwards - very difficult to perceive. Have great compassion for those who cannot see it and great patience to work with you. "Look, look carefully. It is right there. Your thinking faculty - if you follow it, it will take you inside to the very root of thought. Your emotions - if you follow them, you will get to the root of a chakra. If you follow the fire power within you, the vitality, you will get to the root of a chakra. If you follow the sexuality, you will get to the power behind it. If you follow the physicality, you will get to a chakra. If you follow the sounds that you are hearing, you will get to a chakra. Look, look!" That is how you will make the inner journey.

But you need a Master on the journey. You need someone who can really tell you where it is. "It is here. Focus at the top of the head. Focus at the back of the chest. Focus at the root. Focus, focus, focus, it is there! Do not let your eyes fool you, your physical eyes." And when you really catch it, a whole new adventure begins! That of self-transformation, that of understanding Self. It is worth everything to understand what spiritual awakening is and to understand the importance of Masters. Masters are the ones who can help us to understand Self, not the ones who exploit us, who try to take our monies away and our power away. No, those are not Masters; those are imposters. The ones who are Masters will allow you to grow in their Grace, in their love. They will make you Masters of yourselves. They will never take your power away. They will give you power. They will be humble, unconditionally loving, sweet towards you if you are a true seeker, and they will move away from you if you are not a true seeker.



WITHIN THESE
PAGES:

- 01** *BEYOND THE SENSES*
- 02** *SPRING RETREAT*
- 04** *SOUND HEALING*
- 05** *INTERNATIONAL YOGA DAY*
- 06** *GURU GITA BY THE WATER*

SPRING RETREAT REFLECTIONS

*Blue Star Canada hosted a weekend retreat in Picton, Ontario over the May Long Weekend (May 17-19th) at **isaiah tubbs** Resort and Conference Centre. The retreat lead by Sri Vasudeva was a mini-recap of this year's 40 Days Retreat. Over 70 people were in attendance from the United States and various parts of Canada (Alberta, Ontario, Quebec, New Brunswick). In addition to the inspiring workshops, the weekend included pranayama, yoga, qigong by the water, kirtan, and balanced delicious vegetarian food. What a memorable weekend!*

"The weekend was a welcoming and uplifting experience with Sri Vasudeva's blessed presence in our midst. There was the camaraderie and enjoyment of catching up with old friends and making new ones, especially at meal time and personal time. The "Uncover and Manifest Our True Selves" workshop sessions, led by our beloved Guruji, were both inspirational and educational. Pleasure could be found in participating in meditation, yoga, qigong, or simply connecting with nature during a stroll on the grounds. On a personal level, I found the experience to be introspective and reflective. I spent a significant amount of time journaling, a passion of mine. The meditation took on various levels of consciousness but I found I could always find some peace of mind in the process by silencing my thoughts even if ever so briefly. My "a-ha" moment occurred during the workshop phase when our beloved Guruji was talking about "seeing". I have a poster I have been drawn to that hangs in my workstation that says: "Don't look with the eyes, see with the heart". The photo is of a 3-year-old child with eyes closed and left hand on his heart while his right hand is touching a tree trunk. Guru said at one point in the workshop: "The power to see in the subtle senses is in the body, not just the eyes". I felt a connection at this point and everything seemed to come full circle.

We participated in some thought-provoking discussions during the question and answer portion of our workshop. We all felt enlightened by Guruji's presence and grace. I am looking forward to the next encounter with Blue Star Canada."

CARMELA, OTTAWA

"Having only attended Blue Star retreats in Trinidad, we were very much anticipating our first retreat with Guruji in Canada.

The retreat itself was well-coordinated from check-in to check-out. The venue was certainly well-suited as it facilitated indoor/outdoor morning yoga and qigong sessions along the lakeshore and walks through the grounds in between scheduled events. As Guru reiterates, spending most of the time outdoors certainly encouraged mind, body and spirit prana recharge.

And as always, in the presence of Guruji, all activities became even more magical. Kirtan took on a life of its own, the food seemed more delicious, the discussions more sacred and the company more divine. No matter what the topic for discussion, the theme of Uncovering and Manifesting your True Self was never out of sight. The presence of the Guru never ceases to inspire us to go deeper within. All participants were fervently drinking in the words from this divine embodiment and locked in rapture holding on to his every word and savouring his presence.

It was an amazing experience from start to finish to be a part of this community with a higher purpose. Everyone pitched in where they could – leading chanting, overseeing the gift table, administrative follow-up, and of course looking after Guruji. This was perhaps the greatest takeaway for us – witnessing the camaraderie and selflessness of the participants from all corners of Canada coming together to join in spirit and heart for this retreat."

TRACY, CALGARY

My experience at the retreat was wonderful. This year was extra special because Guruji was able to attend in person. I really benefited from participating in the entire program and from the opportunities to ask Guruji questions and learn from his responses. A warm and welcoming atmosphere was created by the company of this wonderful group, the serenity of the resort grounds and lakeside views, and the uplifting energy in the space. It was a memorable experience!

KAM, OTTAWA



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Subhashini Photo



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Suravi Photo



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SOUND HEALING IN MISSISSAUGA



On the evening of June 14th, at the final Friday meeting at Unity Church before the summer break, Blue Star Canada hosted an event led by Stephanie Heartsong Scheid. Stephanie is an experienced yoga teacher and sound meditation facilitator who works out of the Hamilton area.

During the session, Stephanie offered an explanation of sound healing, and then guided the group in an intensive one hour sound meditation.

The group experienced the healing power of:

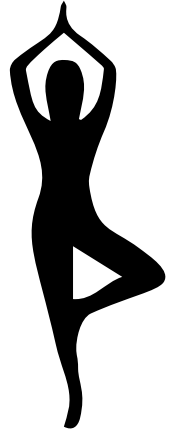
- the vocalist's chanting, wind breathing, and toning,
- sounds and vibrations emitted from the quartz crystal 'chakra' bowls and metal singing bowls, and
- sounds from other world instruments such as ocean and buffalo drums, a shruti box, tingshas, bells, rattles and chimes.

Those feeling tired from a long workweek left energized and peaceful. Given the strong interest expressed in Stephanie's performance, another similar event may possibly be held within the coming year.

A big thank you to David for organizing the amazing event, Stephanie for guiding the evening and all those in attendance (in person and on Zoom)!



INTERNATIONAL YOGA DAY



On June 21st, 2019 the Blue Star Canada Board decided to commemorate the International Yoga Day by offering a live yoga class with Certified Yoga Instructor Ramaa Devi.

In this first ever yoga online class via Zoom, participants were encouraged to share their practice with Blue Star Canada.

It was a very inclusive session addressed for all levels of comfort. The instructor created such a beautiful and inviting atmosphere where the asanas (postures) were guided by offering modifications to adjust to each persons practice.

We all finished the session feeling healed and revitalized after a well-deserved and nourishing Savasana (relaxation and integration).



GURU GITA BY THE WATER



David Spence Photo

A small but powerful group of Blue Stars gathered on Sunday, July 7th in Humber Bay Park West. In the early morning the park was quiet and the weather was beautiful. How fortunate we were to chant these sacred words amongst the elements: the river, the earth, the wind, the sun. Afterwards a potluck brunch (the best meal of the day) followed. A simple, sweet Sunday among friends.



David Spence Photo



David Spence Photo



Suravi Photo



Suravi Photo