

Embracing the All in 2020



Sri Vasudeva Speaks About Entering the New Year 2020

I spoke about maintaining a discipline of meditation as we go into the New Year and how important that is. It is a challenging world; I am sure you would agree. We are still in a dark Yuga, the Dvapara Yuga. It is a challenging Yuga or cosmic period, but there is more light in it than the previous Kali Yuga. What is good for us is that this light will grow in intensity as we approach the next Yuga, Treta. The spiritual fire across the world, the collective fire, will grow in this Yuga, so it is a Yuga of hope.

The way to align yourself to the growing light is to learn to centre our consciousness in our Source Being and live in Source awareness or God Consciousness. It is extremely important, because in a challenging Yuga the qualities of rajas (with its ego tendencies) and Tamas (ignorance) prevail. Our light becomes challenged. We can wish for only light in the space, but that is not the Play of Life! The Play of Life is of light and darkness. In one part of the Play darkness takes over, just like when night comes, and then in another part of the Play light takes over. We surrender to the darkness of night and look forward to waking up to a new day. That is the eternal cycle of light to darkness and darkness to light.

So, in a challenging period like what we have now, it is extremely important to stay in the light, respecting darkness, because darkness is a divine power. Do not curse the darkness; respect it. It is divine. How many of us curse the darkness wishing it would disappear? It would not! You need to rise beyond it; you cannot push it away. When the positive is weak and the negative is strong, it is better to go beyond thought to no thought. Take a different look, and when you do, you identify with the very source of life from where thoughts spring. That is a magnificent space to be in, because is not about positive and negative now. It is the space of all possibilities.

The experience of true silence is unimaginable. It is the space of all wisdom, nourishment, strength, and the space of true unity with the Divine. It is in the silence of being that you will resonate with God Consciousness, not in the constructs of the mind. Silence gives power to the form. It is the formless that gives power to the form, so identify with the formless. What does that mean? It means you need to feel your existence in the Divine and that you are part of that infinite Source.

One day you will resonate with the feeling that I am Divine! The body is human. You are wearing a human form but you are beyond human! You are Divine at your very core! Meditation with a Master is a powerful way to get there. We need evolved beings with higher consciousness to remind us of who we are. That is a great blessing in the Play. We need to associate with them and learn from them if we really want to wake up in the Play to who we really are!

Make 2020 special, as it should be. Wake up to your divine nature! Let 2020 be a year of possibility, a year of transformation, a year of a deeper walk with the Divine, a year of uncovering our true nature. Give reality a chance to enter your consciousness that the darkness of ignorance may be driven away. Asato maa sadgamaya! Lead me from the unreal to the real!

ॐ असतो मा सद् गमय
तमसो मा ज्योतिर् गमय
मृत्योर् मामृतं गमय

*om asato mā sad gamaya
tamaso mā jyotir gamaya
mrtyor mā amṛtam gamaya*

A Guru Purnima Sharing

“Inspiration Around Information”

Rama Devi

The summer of 2019 marks twenty years since this Master teacher, this beacon of light, Sri Vasudeva entered my life to chase away the darkness and fan the little spark inside me encouraging it to grow into a burning flame. Twenty years since I first felt the magical transformative energy of his voice as he spoke, as he chanted the Guru Gita, while the mind understood not a word, touching the depths of the soul. The unconditional love flowing through his eyes as they looked upon us creating and holding a space in which our best selves could emerge and grow.

In those first days, I knew my prayers and questions had been answered. Those qualities, behaviours, thoughts, actions that I most admired and strived for existed in this being walking the earth plane, and every day since I sit in awe and gratitude for having this bright light, this model, this teacher, this energy Master guide my journey. In a session on facilitation this past year, Sri Vasudeva spoke about wrapping information with inspiration. The words stuck with me capturing my experience of all the ways in which the Guru communicates information. The enthusiasm he conveys each time he shares a message. His willingness to speak of the experiences of his journey. How he recounts scientific findings with glee and how he connects them to the wisdom of the sages. The way he expresses with fascination our ability to positively influence the health of the body through exercise, nutrition, spiritual practice and treating it with loving compassion.

In reflecting on this I realized how, as his student, this allows me to experience the message on many levels of both the gross and subtle bodies creating greater possibility for internalization, understanding and growth.

Yes, twenty years in linear time, but this amazing mentor has taught me about quantum time, life without death, our oneness and our ability to be together across physical distance.

Sri Vasudeva is inspiration around information, a true teacher, model, guide and a miracle in my life for which I am eternally grateful.



August Satsang at Ajaya's

An evening of togetherness, an extra-long period of chanting, a divine meditation and birthday celebrations!



Tree Planting in Canada

This past September our Blue Star friends volunteered to plant trees in 3 different areas across Canada - Sherway Trail Restoration Site in Mississauga, Bebhhan Park Urban Forest in Nanaimo BC, and New Brunswick. We think it's fair to say that we were involved in planting trees from coast to coast!





Again, this year we took part in the TD Tree Day program. Toronto Dominion Bank has set a target of planting 1 million trees in communities across Canada by 2030. Since the program began in 2010, over 431,000 trees have already been planted.

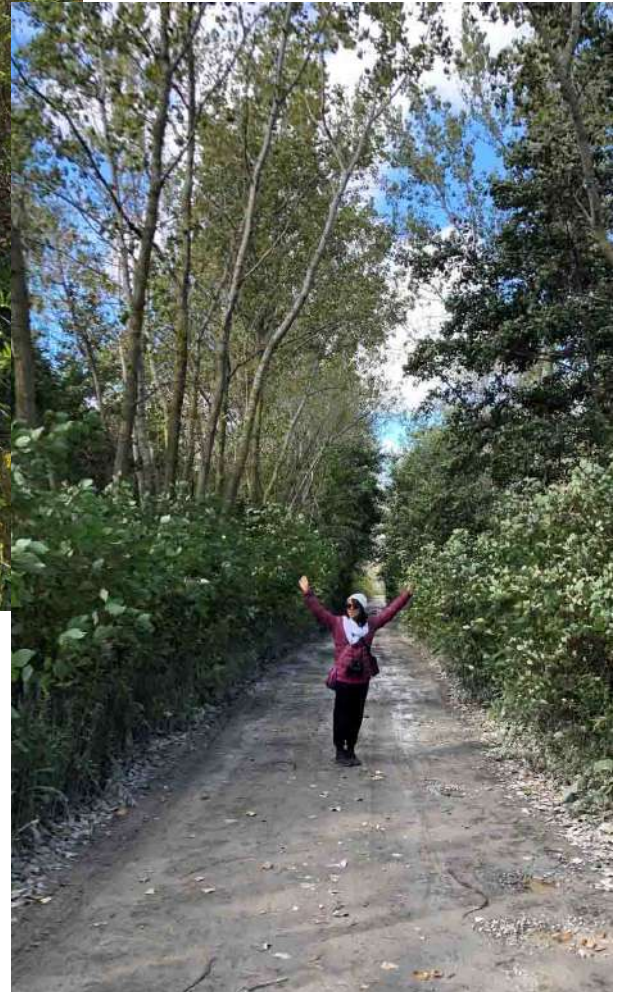
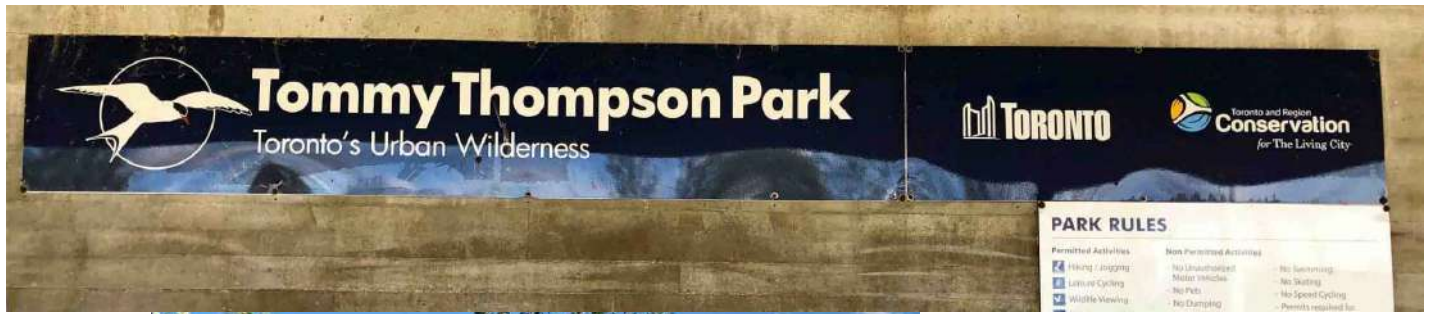
We estimate that in our 3 areas alone this year, people participating planted a total of about 600 trees

Among the trees and shrubs planted were: Cedar, White Spruce, Red Maple, Elderberry, Ninebark, Aspen, Dogwood, Tamarack, Nannyberry, and Cottonwood.

We are very pleased to have been part of this initiative. It was a personally enriching and satisfying event that allowed us to help pursue Blue Star's interests in support and nurturing the environment, an issue that is of major importance in this era of climate change.



Nature Walks at the Leslie Street Spit





In early October, we continued our efforts to promote greater environmental awareness by holding a Nature Walk in Toronto. Our Blue Star family members in other areas were also encouraged to join us in Spirit by walking in nature in their respective communities.



The Toronto event took place at Tommy Thompson Park, a protected wildlife sanctuary located on the Leslie Street Spit which extends 5 kilometres into Lake Ontario, and is just minutes from the bustling downtown core.

The Park is home to many rare plants and unique wildlife species and serves as a stopover for a great number of migrating birds and butterflies.

As one participant said, the walk “was really a lovely morning spent in the company of soul friends”. It gave us an opportunity as a group to directly experience and appreciate the very important role that the natural environment and wildlife play in this interconnected web of life, and as such reminded us of what Blue Star is all about.

For those of you that were unable to join in on that day, we strongly recommend you visit this picturesque setting at your leisure. It certainly is one of the City’s best kept secrets. More information on the park can be found at: <https://tommythompsonpark.ca/>



Ottawa Discussion and Meditation Groups

Held at Rama Devi's home and at the Ottawa Public Library facilitated by Marlene, each gathering is full of excitement and sharing!



Blue Star Canada GTA Christmas Program

An evening of togetherness, laughter, love and good company!





A year of Changes at Blue Star Trinidad and Tobago

See how many changes happened at the Blue Star headquarters in Claxton Bay Trinidad and Tobago this past year...











