

BLUE STAR CANADA



We are all One



President's End of Term Message

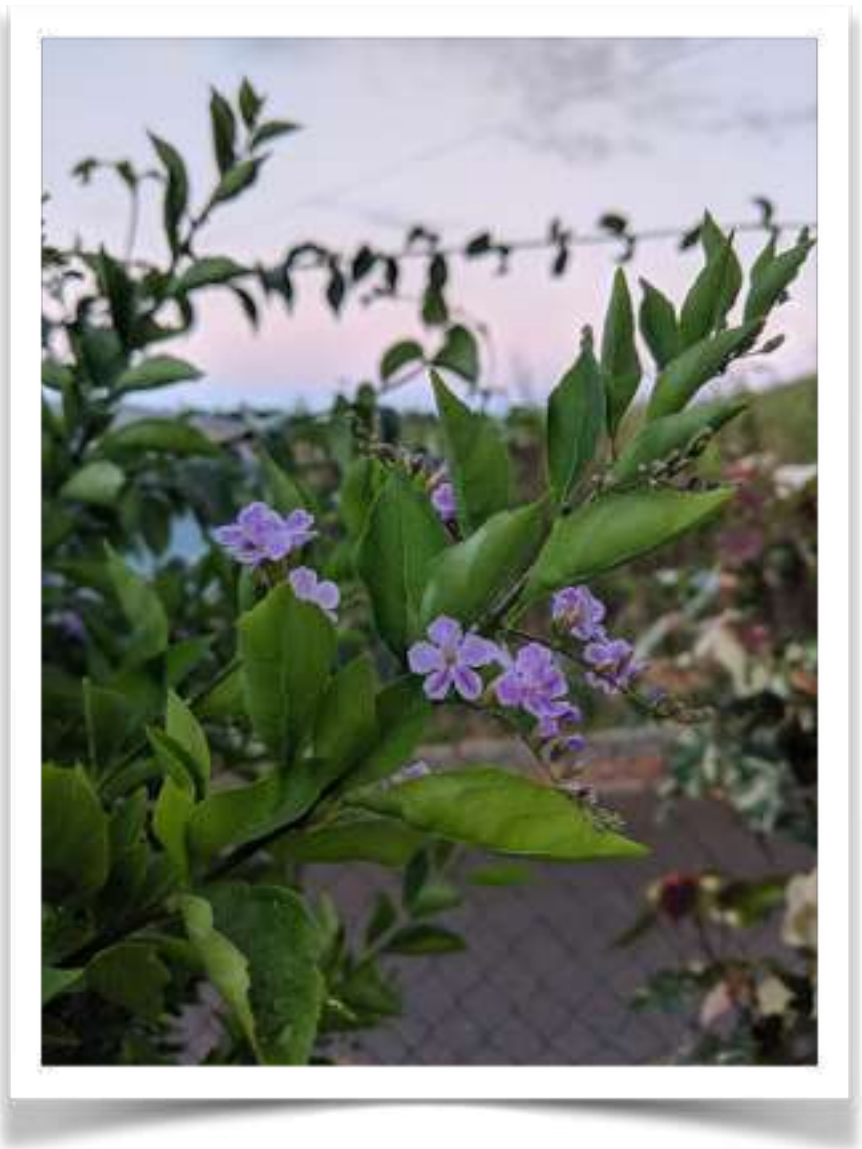
Namaskar dearest soul friends,

This year has been a milestone year of perfect 2020 vision.

Blue Star Canada's 23rd year has been a contemplative but perfect one. While our year began well with community outreach activities and local gatherings, the COVID-19 virus has put a halt to all but virtual activities.

Our perspectives have come so clearly into focus when threatened by a virus. Our busy lifestyles have been compromised and we are reminded of what is truly important. Of course, it is all in the way you look. This is a wonderful opportunity for us to go deeper within, as many of us have chosen to do, by focusing on the 40 days with the bit of extra time we have now.

This year we have the opportunity to "Be a Conscious Co-Creator with the Universe, Meeting the Global Health Challenge Together". But what does that really mean? We are constantly co-creating with our universe in our very existence as a form. Every thought, emotion and action is a co-creation using our Shaktis or powers with the universe, our Higher Self. But are we thinking, emoting and acting consciously? Are we taking responsibility for our powers, to use them in a way which brings the most light to a given situation? It is solely up to us, not anything outside of us. That is our excitement, our challenge in each of our individual yet interconnected and interwoven plays of life! So, do we take up the challenge to be a conscious co-creator in our world of quarantine and self-isolation? How do we express in our highest form, given our global health challenge of today? The way we do this is unique to each and every one of us. Only you can answer this for yourself. Take a look inside and observe.



In loving service,
Subhashini



An Excerpt from 40 Days 2020: Be a Conscious Co- creator with the Universe

Co-creativity requires understanding the complexity of the Universe

How can you understand this Universe that is highly complex? There is so much mathematics in the Universe, so much sacred geometry, and in the midst of all the chaos there is structure. How can we begin to understand that? When we look at the black hole in the Universe we think nothing is there, but everything comes out of that.



In ignorance of what the Universe really is, we have been highly destructive. It is like a bull in a china shop; the bull cannot appreciate all the china in the shop. Everything that attracts its eye it goes after, and it begins to do what it normally does; battle and destroy. When you look at our world today, you think it is a civilized world, but it is highly uncivilized. Civilization means peace, unity, charity, goodness, harmony with nature, harmony with life. That is what civilization means.

How can we call our world civilized?

We are Pure Consciousness, just like the Universe

In this world, there are two major principles at work; consciousness and energy. It is extremely important to internalize that, because you are not going to understand the Universe until you understand you. You are not going to understand the Universe until and unless you understand you.

So, the goal in these days is to go deeper within your own being so that you can understand you a little more. You are the centre of your universe; you are observing your universe from your centre. What is at the centre of your being? Pure Consciousness. What is manifesting from that? A subtle being inside of you; a subtle body of light that is coming from the Consciousness. That is not a simple body, because it carries all information and all energy patterns of your past. What is coming out of this centre is also the gross body that is a part of nature around you.

You need to understand the consciousness aspect of your being, and you need to understand the energy aspect of your being, subtle and gross. If you can begin to understand what you are, you will begin to understand the Universe around you. It begins with us. So, the emphasis of these days is on self-awareness, self-knowledge, and self-experience or self-realization; knowing what is inside of you. The experience of Self transformed my world completely, and that is what I want for all of you.

- Sri Vasudeva, Day 1, 40 Days 2020



Story Corner: The Unhappy Caterpillar

There is a story about a caterpillar that lived much of its life believing that it was alive only to eat and sleep and be a caterpillar. However, she was unhappy. In a small way, she knew that there was something she was missing.

Driven by this longing, this searching, she stopped doing and just became still. In order to keep herself still, she weaved a cocoon around herself, wrapping over and over until all she could feel was her Self. Inside the cocoon it was constrained, but she waited, open and aware. She was held and supported.

The stillness filled her space until she could feel no end to her. She felt immersed in it. Eventually she began to push on her cocoon; she wanted to push free, she wanted out of this space. She wanted this silence even as she lived her life.

She started to tire but she continued to push, her muscles strengthening and flexed. When the cocoon burst open, she was astonished to see she was no longer a caterpillar but a beautiful butterfly which soared in the sky. She was no longer constrained to her caterpillar existence but free and unbounded. The caterpillar had been transformed.

No longer limited, she is free to express as an instrument of limitless consciousness.



Ottawa Thursday Meditation and Discussion Group

For many years now our Blue Star Ottawa Meditation and Sacred Conversation Group has continued to meet bi-weekly on Thursdays at a local Ottawa library where we gather together in the divine company of each other for spiritual fellowship.

At each gathering we view one of Guruji's 40-Day talks in order to reinforce the teachings within us, to share our thoughts about what we have heard or experienced, to gain greater understanding, and to consider how we can actually put the teachings into practice in our daily lives. It has been an opportunity for us to also meditate together, pray together, to share our struggles and our triumphs, to gain new insights and to support one another on our spiritual journey in a non-judgmental and respectful atmosphere. Guruji tells us that staying connected with spiritual company is of significant value and benefit and I do believe that we are stronger for it.

We are grateful to have the recordings of Guruji's videos, talks and meditations to guide us and to remind us of the teachings on an ongoing basis, thereby giving us the continued opportunity to learn and grow together on the path. However, due to Covid-19, the library has been closed in recent weeks and we have been unable to meet as usual. Thankfully, we have had Guruji's 40-Day Meditation Retreat to focus on as a source of inspiration during this period.

In recently surveying our group, interest was expressed to attempt to meet virtually until we can meet again in person because we are all missing our spiritual gatherings. I am pleased to say that with the technical help I received from Kam Tello and her husband, Dan, we had our first two virtual meditation group gatherings on April 23rd and May 7th using the Cisco Webex app, and it was a success! There were nine of us at each meeting and everyone agreed that we should continue to meet virtually until the library re-opens. We are using the teachings and meditations from the current 40 Days for study and practice.

The Universe supported our desire to find a way to continue to meet! It was wonderful to see the familiar faces once again and to come together for spiritual growth and upliftment.

-Marlene





Central Toronto Meditation and Discussion Group

Our Central Toronto program was in response to members new to Blue Star who wanted a program to support their practice.

Debra's residence in North York also provided space for all members in Central Toronto to come together on a regular basis. We met every other Thursday for the 6 sessions which began with an exploration of, "*What is meditation?*" This was followed by sessions on mental, emotional and vital aspects of being.

At one of the last sessions on vital being, we were privileged to have Sri Devi from Trinidad to guide us on breathing exercises and yoga stretches in an effortless way. These sessions have been intimate and very impactful for all who attended.

We look forward to Blue Star members from near and far joining us to co-create a healing space of love and trust.

- Jahnavi

Ottawa Sunday Meditation and Discussion Group

Hosted by Ramaa Devi, the group has been meeting bi-weekly for meditation and spiritual discussion until the arrival of Covid-19 which has temporarily halted our gatherings. It is such a joy to be in each other's company and to inspire one another, so we look forward to resuming as soon as possible.



Mississauga Meditation and Discussion Group at Unity Church

This past year, a few special events were held at Mississauga's Unity Church:

- Sound Healing with Stephanie (June 2019)
- Holiday Christmas program (December 2019)
- New Year Intention Setting & Healing Circle (January 2020)





Virtual Programming with Blue Star Canada

Our first **virtual satang** on **April 25th** was hosted and organized by Suravi and was attended by 28 members. The program featured chanting, an inspiration talk and meditation, and community sharing. Those in attendance hailed from Calgary, Toronto, Oakville, Ottawa and even Trinidad!



Our first **virtual healing circle** (attended by 19 members) on **May 17th** was hosted and organized by Subhashini and featured a guided meditation, some simple energizing exercises and a digital healing box. In these uncertain times, it is such a blessing to have the support of the Blue Star Canada Community. Our next virtual healing circle will be held May 24th.



Blue Star Canada Community Outreach



Following up on our environmental initiatives in the Fall (Tree Planting and Nature Walks), the Board promoted a few activities during the Winter to help encourage the donation and distribution of food for those in need. At our Christmas party held at Unity Church in Mississauga, food donations were received from those who attended. All donations were then made available to the Heart Lake Community Food Cupboard in Brampton, a non-profit group that has been serving the needs of marginalized families and individuals for almost ten years. Also, in February, a group of Blue Star friends volunteered at the Daily Bread Food Bank in Toronto. There they took on a variety of tasks, including sorting and restocking foods, and helping to fill client orders.

As we moved into March and April, COVID-19 became more prevalent and the need for distancing curbed our ability to hold certain social events. Still, we attempted to adapt and modify our approach where possible. To celebrate the 50th anniversary of Earth Day, the Board looked into some of the activities that could be done to support our planet from our homes and neighbourhoods. And on April 16th the Board distributed an email which

outlined some of the main ideas and also provided links to more environmental tips.

We heard from a number of you about the kinds of activities you participated in on Earth Day. The list ranged from taking part in an Earth Day meditation, composting/recycling at the Ashram, picking up litter along a public ravine and church yard, switching one's diet to more plant-based products, planting trees in the yard, and taking long walks with the family (and particularly our beloved family dogs).

If you'd like to explore more conservation ideas that can be done at home or in your area, click on the link below that leads to our email and the related links.

- David





The (Global) Earth Day Network

<https://earthday.org/earth-day-at-home/>

<https://earthday.org/earth-day-tips/>

<https://earthday.org/earth-day-live/>

Earth Day Canada Site – creative and fun ideas about actions we can do at home

<https://earthday.ca/april-22/campaign/earthdayathome/>

Other: 50 Fun Things for Families with Kids to Do for Earth Day

<https://funlovingfamilies.com/things-to-do-for-earth-day/>



