



Inform, Inspire and Integrate

Blue Star Canada Monthly Bulletin

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Blue Star Canada

self discipline ★ self transformation ★ selfless service ★ self as leader

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Sri Vasudeva speaks – “Navigation Tool of the Wisdom Seeker”

**How do we use the intellect more consciously?
How do we do anything more consciously?**



You are conscious of what you are doing, and you are also conscious of how you are processing it. You are conscious of how your “I” is responding (how your ego is responding) to a situation. You are conscious of how your Self is engaged as well. You need to not be only conscious of whatever you are doing. You need to be conscious of how you are doing it as well, and at what level you are doing it. So it really requires more consciousness.

And it requires not living in the old conditioned ways of thinking. So you are doing something by habit, or using the intellect in a habituated way, but it is really observing in the moment. You have to be in the moment, fully with what is,

moving away from past thinking if it takes you away from the moment and from clear thinking.

It requires consciousness at every level: “How is my body affected? How are my emotions affected? How is my mind affected? How is my ego affected?” When you do something consciously, covering all bases, that is real “conscious”...including how the Self in you, how the ego in you, is also processing.

The intellect is not a tool that operates on its own. It is operating in a space of all possibilities. When you think, “I need to intellectualize this”, in what space are you doing it, what support are you allowing yourself to get from the space while you are doing it? In what space is the “I” operating in that wants to use the intellect? And what support can you get from that space?

That is what you need to think. Because then it opens up the space to a connection to the Source and to using the intellect cautiously, with intuition, so that you don't get caught up in your limited or habituated ways of thinking, but you are opening up the space, at the same time using the intellect, to allow more possibilities of seeing as you intellectualize or do something. You need to open up the inner space even as you use the intellect. Intellect has to open up in an expansive space of all possibilities.

Adapted from Day 3, Forty Days 2018, Sacred Conversations



Retreat and the Annual General Meeting

We will be having a day retreat on June 2nd celebrating the 40th Anniversary of Sri Vasudeva's Enlightenment and our Annual General Meeting. Guruji will be joining us by Skype.

This will be a day of togetherness, reflecting on what we have learned and experienced during the 40 Day retreat, and reflecting on Blue Star Canada and how we will continue to share and practice the teachings of Blue Star. This is our chance to come together, inspire each other and look towards the future.

We hope you will join us! Lunch will be served, suggested donation: \$10

When: June 2nd 2018, From: 9:30 a.m. to 4:00 p.m.

Where: 4180 Hwy 2, Newcastle, Clarington L1B 1L9

Before, During and After the 40 Days

by Prema Devi

Wow! The most amazing and transformative 40 days for me so far! Our beloved Gurudev, through his divinely orchestrated weekly themes, took me on a beautiful inner journey of self-exploration with my seven chakras and their strengths and weaknesses through their connection with my ten senses, the elements within, and my perception and expectations about life and others.

It all started while at the Ashram last year when Mother Kundalini got awakened within me with the Grace of our beloved Gurudev. It completely changed my life forever! When I came back to Ottawa I was a different person. My life had meaning and purpose far beyond myself. Mother Kundalini would physically express Herself by taking over my breath and movements while in sitting meditation. I was meditating daily, eating healthy, doing either yoga, tai chi or Qigong exercises every day, following all the ashram events via live stream, attending our bi-monthly Blue Star meditation group, chanting mantras, and praying for guidance and support all along. Gurudev's guidance, Grace and a STRONG desire

to stay in the light to evolve, carried me constantly.

When the 40 Days started I felt guided to retreat from the outer world for a week. It allowed me to stay focused on my sadhana while following the Ashram's daily schedule and then integrating it with my work life a week later. Even though I



was sleeping only five hours a day, I felt energized, excited and eager to practice the teachings in real life! Mother Kundalini's presence became very obvious even when I was not engaged in sitting meditation, which I found fascinating! She would guide me to call



someone, listen to a specific meditation, give a “message” to a co-worker in despair, etc.

I had ups and downs as well. Many issues came up that needed to be cleansed. I observed frustration and irritation for not being able to manage the mind and emotions as much as my ego wanted to, and I noticed how this discouragement led me to feel disconnected somehow. And then one day Gurudev talked about how all these negative thoughts and emotions push Mother Kundalini away. That was a big shift in the way I was looking at my own growth. I cried. I suddenly saw myself as a one-year-old child trying to walk and run while falling

many times along the way, realizing that it is practice that makes you a Master. I felt so much compassion, love, understanding, patience and acceptance for myself, and for the learning process itself, that it helped me to feel it for others as well. Yes, mine is “The Way of the Heart”.

Now that the 40 Days are over the sadhana continues strongly in my life. I am reviewing the 40 Days once more to fully integrate the teachings in my being, I am guided to meditate at least twice daily, and the awareness in my every moment has greatly increased. The observer is more at play now, literally. :-)

A Gift That Keeps Me Going

by Kam Tello



This is my 4th year participating in the 40 Days Meditation Retreat. It is an enjoyable and energizing experience and I am so grateful to be able to participate. It is quite an intensive period where I have the opportunity to learn so much with the guidance and blessing of Guruji. I also enjoy sharing this experience with the Blue Star Ottawa group.

I find it quite interesting when I experience synchronicities where Guruji’s talks will offer answers and insights to questions that I have been pondering silently. I feel that the talks and meditations validate the spiritual pathway that I am following.

The sacred conversations are another valuable part of the 40 Day Retreat. I learn from the insightful conversations between Guruji and the other participants. Sometimes the questions will be exactly what I have been pondering, and it is so nice to receive the guidance.

The 40 Days Meditation Retreat is a gift that keeps on giving all year round. I continue to listen to the talks and meditations throughout the year and gain deeper awareness.

Thank you!

Being an Instrument



by Daya Selita Nandlal

One thing that really stayed with me during these 40 Days is that “your sadhana is not controlled by you; you are only an instrument of the process. If you really give attention to the evolutionary power within you, it is going to control your sadhana.” Throughout the meditation on that particular day I felt that “I’m nothing, You are everything”, so it was a really good meditation and I was able to feel my chakra power in each one of the chakras.



I feel so blessed, I feel honoured, I feel thankful, and I feel chosen to be at the ashram for about four months. Everyone I have met I fell in love with, every seva I have done I fell in love with, and I really love every moment being here. I am thankful for being here, and meeting each and every person. I’m here for another month so my sadhana continues and I’m looking forward to it.

Sadhana as a Joy



By Jahnvi Shobha Roopchan

Every year I look forward to the 40 Days sadhana, (spiritual discipline). For me, it is the most magical time of the year. I do believe and have experienced the wish fulfilling 'tree' as mentioned in the Guru Gita and in the Arati chant we sing every morning.



This year was especially important as it marked the 40th anniversary of our beloved Sri Vasudeva's enlightenment. I felt blessed to be able to be at the ashram in Claxton Bay, Trinidad & Tobago for both the beginning of this auspicious event as well as the magnificent ending. I have attended each year since 2011, and each year I have experienced spiritual cleansing and growth and seen small shifts in my awareness.

This year, once again, my belief system was challenged where I believed that sadhana had to be a strict and serious discipline of the senses. I now experience sadhana as enjoyable and relaxing, not having to put the physical body through any kind of stress, but to become more loving towards my body while observing the thoughts in my mind and my posturing to my world.

40 Days Sacred Conversation Takeaways



Since the beginning, I was blessed with an immersion experience in the Ashram space during the 40 Days Retreat 2018. I believe that, in the same way we need to live a new language to fully integrate it, we need to test out and experience the Blue Star teachings in a contained space to become strong and grounded in these teachings. The added benefit is that Guruji was physically available to provide immediate feedback on our experiences and questions.

The following are some of the teachings that stayed with me:

1. Nature, when untouched by humans, is pure and full of prana. Each living form (e.g., plants, insects and animals) carries an energy. We can connect with that energy when we are open because we are part of the same consciousness field. Even inanimate forms (e.g., earth and water) carry this energy. Animals, like pet dogs, often channel that pure energy in the form of unconditional love which we can experience if we are open to it. Interactions with these animals can help open our heart chakra.
2. The space from which we work is more important than the work itself, for any career or job. Passion and excitement can come from co-creation with Kundalini. So if there are times when we don't feel excited about our work, excitement can be cultivated through an expansion of our awareness.
3. Body can be triggered based on its vulnerability to conditioning or karmic issues. The mind, understanding and deconstructing triggers, can keep the mental field clear, but one must be patient with the body as it takes time for the conditioning to be neutralized, and the body can react sometimes suddenly and unexpectedly.
4. The rituals of Hinduism are more than just about the external offerings. What is important is what they awaken or bring out in us. All the qualities of the deities exist in us. These subtle qualities are always in us and these practices can be used to enhance the connection until we don't need external rituals to connect with our own divinity.
5. When our mind is open in an expansive state, we can tune in to the emotions and thoughts of those around us. But we can also be vulnerable to the emotions in the space, so it is important to strengthen the mind with a mantra and pranayama. A strong, managed mind allows us to use our intuitive awareness more effectively.

Bringing Mindfulness into Ottawa Schools

by Marlene Stallabrass



Since the beginning of the current school year I have had the privilege to create and deliver two 10-week “Mindfulness for Children” programs as a school volunteer; one for a Grade 4 class of 28 students and another for a Grade 6 class of 30 students. The sessions were offered during class time for 30 minutes per week. I am pleased to say I received positive feedback from the school's social worker, the teachers, and the children themselves. The Grade 6 teacher said he sees happier kids and that he is benefiting from using the mindfulness practices himself.

The social worker told me we are 'planting seeds' for the future.

In April, I had the privilege to deliver a mindfulness workshop for some Ottawa Board of Education school volunteers, and I followed it with another workshop a week later to instruct the volunteers on how they might teach mindfulness to children.

I really enjoyed sharing Guruji's teachings and bringing more mindfulness and meditation practices into the community!



Earth Day Gathering

by Nicole Bates

Our Healing Circle Earth Day gathering met on a cool, sunny Sunday in May in Colonel Sam Samuel Conservation area in Etobicoke in celebration and in support of our common home, planet Earth. Among clear blue skies, green grass and yellow dandelions, with a deepening sense of belonging and responsibility and with an intention to restore right relationship with the One who nourishes and sustains us all, we engaged in pranayama, Qi-Gong, sacred dance and poetry reading. Waking up to our primary relationship with the Earth, we shared sacred conversation with the wind, the earth, the trees and the water, and with each person sharing their message of gratitude and good will for the Earth. Standing at the water's edge, we connected soul to soul with the elements within and without, as Sri Vasudeva has so nobly taught us. Our celebration ended with a walking meditation during which we extended our love and peace as we walked mindfully and with reverence upon the earth.



We remember, as citizens of our emerging planetary community, these words of our brother Black Elk:

*"And while I stood there
I saw more than I can tell.
And I understood more than I saw,
for I was seeing in a sacred manner
the shapes of all things in the spirit,
and the shape of all shapes, as
they must all live together
as one being."*

Meditation – Embracing Our Day at Every Level of Being

Click [here](#) to view the video



Message from Outgoing Board



We began our term in office by holding on to the theme of Self as Leader and Self Mastery, and so in keeping with this theme, our Blue Star Canada Board over this term has grown both at an individual level and a group level.

Each role was respected and valued; every contribution to our meetings was considered. We kept a strong commitment to attending meetings which were held with the highest integrity. For each meeting there was a quote from our

beloved guide and leader, Sri Vasudeva, to inspire and provide insights into practicing the teachings in this forum.

After each meeting there were lessons learned and an opportunity for us to reflect upon our strengths and weaknesses as we continued to learn and grow as one team with one goal. We were blessed to have Guruji join us for a few of our meetings which excited us and fired us up to serve the Blue Star mission to the best of our ability.

Now that our term has come to an end we can look back at our achievements and know that we are not the same as when we came on board, that we have grown and benefited immensely from selflessly serving our beloved Blue Star Canada and our community.

We'd like to thank you, the members, for your ongoing support, contributions, and times of togetherness that we've shared this year.

Jahnavi

Online Meditation Now Available on Website

Based on Sri Vasudeva's 21-Day Meditation Series of 2017, we are now able to offer you an online series focused on Meditation Practices for Total Well-Being. You will find all the YouTube video links and the supporting material to download. It can be found on our web site under Gatherings / Programs. Click [here](#) to access.

Programs

Meditation Practices for Total Well-Being

Based on Sri Vasudeva's 21-Day Meditation Series of 2017, we are now able to offer you a new online series focused on Meditation Practices for Total Well-Being.

Through Sri Vasudeva's masterful guidance, you are taken through the steps to shift the consciousness where you transcend body, mind and emotion to experience the consciousness of true Self.

The benefits are more peace, contentment, inner joy, more harmony in daily living and a deeper experience of total well-being.

This program includes study materials and link to the YouTube video. You may access the study materials and links by clicking on the below buttons.

SM: Study Material link **YT: YouTube Link**

Day 1 to 7		Day 8 to 14		Day 9 to 21	
Day 1 SM	Day 1 YT	Day 8 SM	Day 8 YT	Day 15 SM	Day 15 YT
Day 2 SM	Day 2 YT	Day 9 SM	Day 9 YT	Day 16 SM	Day 16 YT

A Divine Gift



We have limited quantities of Nityananda statues (brass) from Ganeshpuri available. This is a rare one time opportunity, so contact Brahma if you'd like to have one at nandy.naraine@gmail.com

Feedback

We appreciate you taking the time to share with us and would love to continue to hear from you. Please write to us via email at info@bluestarcanada.org