



Lake Shrine Temple Four-Hour Meditation Guidelines

“When you meditate long...the glory of the Divine shines forth. You realize then that all along there was something tremendous within you, and you did not know it.”

~Paramahansa Yogananda

Several times a year Lake Shrine offers 4 hour guided group meditations, providing everyone a chance to immerse themselves in the peace and love of God. The four-hour meditations begin at 10:00am and end at approximately 2:00pm. All are welcome to attend. Whether new or seasoned meditators, please join us.

The following guidelines help create a peaceful environment for group meditation.

Guidelines for Four Hour Meditations

Before Meditation

- Gates will open at 9:30am
- Arrive in silence
- Practice EEs individually before the meditation
- Please turn off all electronic devices.
- Please wear clothes that are made of soft fabrics that don't make noise.
- Please don't wear perfumes of strong scents.
- Please leave food and drink in your vehicle. Bottled water is okay.

During Meditation

- There will be several periods of chanting during the 4 hour meditation
- If needed standing, stretching, and restroom visits are permissible during chanting periods.
- Practice the meditation techniques silently.
- Stay quietly seated during periods of silence.

Departure

- Please work towards the goal of staying for the entire meditation.

- Otherwise, leave at the beginning of a chanting period, maintaining silence until off the Temple grounds. Thank you for your cooperation!

“Group meditation is a castle that protects the new spiritual aspirants as well as the veteran meditators. Meditating together increases the degree of Self-realization of each member of the group by the law of invisible vibratory exchange of group magnetism.”

~ Paramahansa Yogananda

