

# MEDITATION SERVICES SCHEDULE

Self-Realization Fellowship Temple  
LAKE SHRINE



## Wednesday Beginners Meditation

(held in the Windmill Chapel)

Class and Meditation 12:00 pm

## Friday Evening\*

Energization Exercises 7:10 pm

Meditation 7:30 - 9:30 pm

## Sunday Evening

Energization Exercises 6:10 pm

Meditation 6:30 - 9:30 pm

\*First hour of the first Friday Meditation of every month is a guided meditation.

*“Through the gateway of meditation  
I will enter God’s temple of peace  
everlasting.*

*There I will worship Him as the altar  
of new contentment.*

*I will kindle the fire of happiness to  
illuminate His temple within.”*

*~ Paramahansa Yogananda*



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*“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*

# MEDITATION SERVICE FORMAT

## Energization Exercises

The Energization Exercises are a series of standing exercises developed by Paramahansa Yogananda to help prepare one for meditation. They are practiced in a group before the Friday and Sunday meditations in the Temple Courtyard.

## Meditation Service

A meditation leader guides the group through periods of silent meditation and prayer (about 50 minutes in length), and periods of devotional chanting.

## Chanting

Chanting with deep concentration and devotion draws the devotee inward to the altar of God's presence. Paramahansa Yogananda's *Cosmic Chants\** is an excellent introduction to devotional chanting and gives the words and music for the chants used in services.

## Prayer

During the last portion of the meditation, time is spent in praying for those who are in need of healing, and for world peace.

## Learning More About Meditation

The techniques of meditation as taught by Paramahansa Yogananda may be learned through the *SRF Lessons*, which are sent by mail for personal study from the Mother Center in Los Angeles. Applications for the Lessons can be found on the free literature tables in the foyer, in the Bookroom, or by calling Mother Center at 323-225-2471.

[www.yogananda-srf.org](http://www.yogananda-srf.org)

\*available for purchase in the bookroom after the service

# PREPARING FOR MEDITATION

Paramahansa Yogananda said, "Meditation is the ability to take the mind away from every object of distraction and put it on God alone." A few key points to achieve this state:

**CORRECT POSTURE:** Sit relaxed with spine straight, feet flat on the floor, shoulders slightly back, chest out, abdomen in, and hands with palms turned upward resting at the juncture of thighs and abdomen. It is important that there be no tension.

**FOCUS EYES GENTLY UPWARD:** With eyes closed, or half open, focus the gaze gently at the Christ Consciousness Center (the point between the eyebrows).

**FOCUS THOUGHTS ON GOD:** If no techniques are known, silently call on God in the language of your heart. Make constant efforts to stay focused in your meditation.

## Meditating in a Group

In group meditation devotees come together in silent fellowship to reinforce each other's efforts toward Self-realization. You can do your part by asking, "What else can I do to keep from distracting others?" Effective group meditation is possible only if each person shares responsibility for creating an atmosphere of peaceful stillness. The following guidelines list some positive action you can take to help create a peaceful environment for group meditation.



# MEDITATION ETIQUETTE

## Arrival

Please try to arrive on time. Once the meditation begins entrance into the temple will be available only during periods of chanting. Please refer to the schedule on the back of this leaflet for meditation times.

## Before Meditation

Turn off all electronic devices.

If you have a cough, cold, or any condition that creates noise or restlessness that may affect others, please leave the temple.

You are welcome to meditate in the Special Events Room if you are unable to sit in silence for periods of approximately 50 minutes.

Wear clothes that are made of soft fabrics that do not make noise.

Please do not wear perfumes or strong scents.

No food or drink. Bottled water is permitted.

## During Meditation

Please use the restroom only during periods of chanting.

Please do not exit through the courtyard doors.

Practice the meditation techniques so that they are inaudible to others in the group.

Stay quietly seated during periods of silence.

If needed, you may stand and do gentle stretching during periods of chanting.

## Departure

Please work toward the goal of staying for the entire meditation. Otherwise, leave at the beginning of the chanting period, keeping silent until well away from the building. Please do not exit through the courtyard doors.