Meditation Services Schedule

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

Group Meditation Guidelines

“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
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

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

*available for purchase in the bookroom after the service