

LAKE SHRINE
ALL-DAY CHRISTMAS MEDITATION
December 14, 2024

I am giving this special blessing to you all, that if you will meditate deeply during the Christmas period, you will feel the presence of Christ.
- Paramahansa Yogananda

- Objective for the Day** To create a sacred space for the experience and worship of Christ Consciousness present in each one of us and in all of creation.
- All are Welcome** If this is your first experience in longer meditation with us, please pay special attention to our meditation protocols detailed below.
- What to Expect** The day will include segments of guided meditation, longer periods of private meditation and prayer, group devotional chanting, and inspirational readings. Schedule below. On this sacred day, Lake Shrine is a silent environment.

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- Arrival Time** **9:00am** – Gates open and parking is available in both Temple and Lake lots. Late arrivals may be asked to park off-site.
- Meditation Start Time** **10:00am** - This year our event is internationally livestreamed. Please be on time, in place and ready to go. Late arrivals will be seated in the Special Events Room and later given an opportunity to join in the Sanctuary.
- Schedule** **Morning Session: 10:00am to 2:00pm** - Meditation periods interspersed with chanting, a recorded message of Paramahansa Yogananda, and singing of hymns.
- Mid-Day Break: 2:00pm to 2:45pm** - Meditation Gardens are open to be enjoyed in silence.
- Afternoon Session: 2:45pm to approx. 6:00pm** - Longer meditation periods interspersed with chanting and inspirational readings.
- Devotional Offerings** Bring an offering of whole fruit and a monetary donation in an envelope.

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- Meditation Protocols** Sitting in quiet stillness for extended periods of time is a requirement for this contemplative event. Standing or exiting the Sanctuary during periods of chanting is permitted. Warm wraps and soft fabrics are quiet and comfortable. No use of strong fragrances, please. People with personal health issues which may cause a disturbance in a silent sanctuary are advised to either meditate in the Special Events Room or consider joining the meditation online at home.
<https://yogananda.org/streaming-events-2024-christmas-events>
- Restrooms** Public facilities off the foyer, with handicap access, are available throughout the day. Please exit the Sanctuary and return only during periods of chanting.
- Energization Exercises** Perform this practice on your own prior to 10:00am in the Temple Courtyard.
- Food** Food and eating in the Temple Sanctuary is not permitted. Only water is allowed in the group meditation areas.
- Meditation Gardens** The gardens will be open only during the mid-day break.
- Departure** Recommended departure times are 2:00pm and 6:00pm. Please come with the intention of departing only during these times. When leaving, please do so in silence.
- Clean-up** Participants are invited to help with vacuuming and take-down at the end of the meditation to prepare for Sunday services. An announcement will be made at the close of the event. Your support is appreciated.

**Cooperation with these guidelines will help create and preserve a sacred day for all who come!
Thank you for your kind attention.**