



2017 WEEKLY MEDITATIONS

JANUARY

- 1 New Year and New Beginnings**
Plant the seeds of illumination in your life. This is your inheritance! – *Norman Paulsen*
- 8 Temperance: the Middle Path**
Moderation, the middle path, is the way of compassion, wisdom and insight. – *Buddha*
- 15 Practicing Contentment**
Contentment invites us to open our hearts into acceptance and gratitude, to find peace in the moment, no matter what it looks like.
- 22 Harnessing the Power of Mind**
You are what your deep, driving desire is. As your desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny. – *Upanishads*
- 29 Why Meditate?**
Open up your body, mind and spirit to receive that great force, that Light, into you. – *Norman Paulsen*

FEBRUARY

- 5 Practicing Charity and Kindness**
Kindness, I've discovered, is everything in life. – *Isaac Singer*
- 12 Cultivating Divine Love**
Constant contact with the infinite in meditation fills you with divine love, which alone enables you to love your enemies. – *Paramahansa Yogananda*
- 19 Conscious Association: Spiritual Camaraderie**
When trying to change for the better spiritual company is essential. – *P. Yogananda*
- 26 Faith: Inner Knowing**
If two make peace with one another in the same house, they will say to the mountain "Be moved!" and it will be moved. – *Jesus, Gospel of Thomas*

MARCH

- 5 Visualization and Projection**
Planting positive seeds in the Field of Power is an act of Faith, that what you plant will grow. – *Norman Paulsen*
- 12 Being an Instrument of Peace**
Lord, make me an instrument of thy peace. – *St. Francis*
- 19 Who Am I?**
What a fantastic thing to discover, I AM THAT I AM, the divine Being that is each one of us! – *Norman Paulsen*
- 26 Magnetism: the Inherent Power of the Soul**
Cultivate spiritual magnetism by letting God flow through you continuously, and by expressing unselfish love for all. – *Paramahansa Yogananda*

APRIL

- 2 Loyalty: the Pledge of the Soul**
Loyalty is unfailing devotion to the pure Self, the image of God within you. – *N. Paulsen*
- 9 Developing Dynamic Willpower**
The greater the will, the greater the flow of energy. – *Paramahansa Yogananda*
- 16 Awakening In Christ Consciousness**
I have cast fire upon the world, and look, I am guarding it until it blazes. – *Jesus, Gospel of Thomas*
- 23 Creating Heaven on Earth**
Realize God is the true farmer of minerals, plants, animals and people. Your love will over-flow at the sight of our earth-garden, God in action. – *N. Paulsen*
- 30 Cultivating Patience**
Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it. – *Eknath Easwaran*

MAY

- 7 Conscious Nourishment**
In this food I see clearly the presence of the entire Universe supporting my existence. – *Thich Nhat Hanh*
- 14 God as Divine Mother**
The flowers, birds, and the beauties of nature all speak of the Mother aspect of God—the creative motherly instinct of God. – *Paramahansa Yogananda*
- 21 Stilling the Mind**
A mind that is fast is unhealthy. A mind that is peaceful is sound. A mind that is still is divine. – *Eknath Easwaran*
- 28 Honoring Our Spiritual Forebears**
These things that I do, you can do also, and greater. – *Jesus, Gospel of Thomas*

JUNE

- 4 Practicing Truthfulness**
Before speaking, ask yourself: Are these words true? Are they necessary? Are they kind? – *Sufi teaching*
- 11 Conscious Speech: Compassionate Communication**
Speak in a way that brings lasting happiness to others. – *Paramahansa Yogananda*
- 18 God As Divine Father**
God reveals Himself, mainly through the heart, as love and light. – *Archmandrite Sophrony*
- 25 Practicing Perseverance**
Forget the past. Everything will improve in the future if you are making a spiritual effort now. – *Sri Yukteswar*



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JULY

- 2 What Is Soul Freedom?**
If you know the truth, the truth shall set you free – *Jesus*
- 9 AUM: the Cosmic Song**
The one who knows OM knows God. Realizing it, one finds fulfillment of all one's longings. – *Upanishads*
- 16 Conscious Re-Creation: Co-creating with Spirit**
Let the beauty you love be what you do. There are hundreds of ways to kneel in prayer. – *Rumi*
- 23 Developing Devotion and Desire for Spirit**
When the heart's love wants God alone, above and beyond all things, then the way to liberation is revealed. – *Norman Paulsen*
- 30 23 The Science of Yoga: Divine Union**
Lead me from the unreal to the real; lead me from darkness to light; lead me from death to immortality. – *Upanishads*

AUGUST

- 6 Developing Understanding and Compassion**
Grant that I may seek not so much to be understood, as to understand. – *St. Francis*
- 13 Receiving Divine Guidance**
Meditation prepares you for true prayer, direct conversation with God. – *N. Paulsen*
- 20 Creating Healthy Habits**
Your worst enemy cannot harm you as much as your own thoughts, unguarded. But once mastered, no one can help you as much. – *Buddha*
- 27 The Power of Healing Affirmations**
Affirmations uttered with soul-force will shatter the rocks of difficulties and bring the change desired. – *Paramahansa Yogananda*

SEPTEMBER

- 3 Conscious Work: Love-in-Action**
Selfless service creates spiritual evolution. – *Norman Paulsen*
- 10 Self-Control: Key to Lasting Happiness**
The teaching is simple: *Do what is right. Be pure.*
At the end of the way is freedom. – *Buddha*
- 17 Seeing God in One Another**
Judge not, lest you be judged, for what pains you in another, in yourself may well be. – *Norman Paulsen*
- 24 Balancing the Inner and Outer Path of Self-Realization**
Meditation alone will not take you home. Without practicing virtue and conscious living, you may see the goal, but you will not be able to hold onto it. – *Norman Paulsen*

OCTOBER

- 1 Equanimity: the Calm Eye of the Storm**
Stand unshaken amidst the crash of breaking worlds. – *Paramahansa Yogananda*
- 8 Forgiveness: A Healing Practice**
Loose the ties of karmas that bind us, as we let go the karmas of others. – *Jesus, Aramaic Lord's Prayer*
- 15 Conscious Conduct: Living Mindfully**
Every morning we have twenty-four brand-new hours to live, to bring peace, joy, and happiness to ourselves and others. What a precious gift! – *Thich Nhat Hanh*
- 22 Navigating Challenges Successfully**
Karma is best worked out by meeting pleasantly, each test that comes and accepting courageously any hardships that your tests impose. – *Paramahansa Yogananda*
- 29 Developing Courage and Trust**
Love bestows courage. – *Norman Paulsen*

NOVEMBER

- 5 Let Go of Ego and Enjoy Life!**
Seeing the Divine in all creatures, the wise forget themselves in service to all. – *Upanishads*
- 12 Intuition: the Still, Small Voice**
True intuition is the voice of Christ consciousness within you. – *Norman Paulsen*
- 19 Conscious Study & Self-Inquiry**
Nature, the Mother of life-forms, in her infinite variety, is the Supreme Teacher. Study her, for she springs forth from the imagination of our Creator. – *Norman Paulsen*
- 26 Living In Thankfulness**
If the only prayer you say in your entire life is "Thank you," it will be enough. – *Meister Eckhart*

DECEMBER

- 3 Practicing Humility**
How can I not express humility, observing the awesome vastness that surrounds me?. – *Norman Paulsen*
- 10 The Inner Teachings of Jesus**
Love God with all your heart, mind, soul and strength, and your neighbor as yourself. – *Yogi-Christ Jesus*
- 17 The Light That Shines Behind the Darkness**
What is behind the darkness of closed eyes? – *Paramahansa Yogananda*
- 24 Celebrating Christmas In the Temple of the Soul**
The conception and birth of a new being, a Christ child and its consciousness, will take place within your heart. This is the immaculate conception! – *Norman Paulsen*
- 31 New Year & New Beginnings**
Plant the seeds of illumination in your life. This is your inheritance! – *Norman Paulsen*