



2018 WEEKLY MEDITATIONS

JANUARY

- 7 Temperance: the Middle Path**
Moderation, the middle path, is the way of compassion, wisdom and insight. - *Buddha*
- 14 Practicing Contentment**
Let go of the past, for it is gone! Let go of the future, for it is beyond your domain. Live supremely well now! This is the way of the wise. - *P. Yogananda*
- 21 Harnessing the Power of Mind**
Each of us is a designer, equipped by Spirit with the gift of thought, will, and imagination. - *Norman Paulsen*
- 28 Conscious Association: the Power of Community**
When trying to change for the better, spiritual company is essential. - *P. Yogananda*

FEBRUARY

- 4 Practicing Charity and Kindness**
Kindness, I've discovered, is everything in life. - *Isaac Singer*
- 11 Cultivating Divine Love**
Constant contact with the Infinite in meditation fills you with divine love, which alone enables you to love your enemies. - *P. Yogananda*
- 18 Finding Inner Peace**
Live quietly in the moment and see the beauty of all before you. Practice the presence of peace. The future will take care of itself. - *P. Yogananda*
- 25 Faith: Inner Knowing**
Faith is realization itself. Belief can be swayed by contrary evidence and doubt; but faith is ever secure, because it is direct perception of truth. - *P. Yogananda*

MARCH

- 4 Who am I?**
What a fantastic thing to discover, I AM THAT I AM, the Divine Consciousness that is each one of us! - *Norman Paulsen*
- 11 The Power of Visualization**
Planting positive seeds in the field of power is an act of faith, that what you plant will grow. - *Norman Paulsen*
- 18 Magnetism, the Inherent Power of the Soul**
Cultivate spiritual magnetism by letting God flow through you continuously, and by expressing unselfish love for all. - *P. Yogananda*
- 25 Why Meditate?**
Open up your body, mind and spirit to receive that great force, that Light, into you. - *Norman Paulsen*

APRIL

- 1 Awakening in Christ Consciousness**
The real Second Coming will be the birthing of Christ consciousness in millions of beings who open the path of divine love-in-action. - *Andrew Harvey*
- 8 Loyalty: the First Law of Spiritual Success**
To thine own pure Self be true. - *Norman Paulsen*
- 15 Developing Dynamic Willpower**
The greater the will, the greater the flow of energy. - *P. Yogananda*
- 22 Creating Heaven on Earth**
Realize God is the true farmer of minerals, plants, animals and people. Your love will overflow at the sight of our earth-garden, God in action. - *Norman Paulsen*
- 29 Cultivating Patience**
Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it. - *Ekhnath Easwaran*

MAY

- 6 Conscious Nourishment**
In this food I see clearly the presence of the entire universe supporting my existence. - *Thich Nhat Hanh*
- 13 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. - *P. Yogananda*
- 20 Conscious Speech: Compassionate Communication**
Speak in a way that brings lasting happiness to others. - *P. Yogananda*
- 27 Honoring Illumined Souls**
These things that I do, you can do also, and greater.... - *Jesus*

JUNE

- 3 Practicing Honesty & Truthfulness**
Be truthful, gentle, and fearless. - *Gandhi*
- 10 Stilling the Mind**
A mind that is peaceful is sound. A mind that is still is divine. - *Ekhnath Easwaran*
- 17 God as Divine Father**
God reveals Himself, mainly through the heart, as love and light. - *Archmandrite Sophrony*
- 24 The Science of Kriya Yoga: Regain Your Divine Birthright**
Remember, you are equipped atomically, molecularly, cellularly, right now at this very moment, to experience oneness with God. How can you see it? Meditate on it. - *Norman Paulsen*

JULY

- 1 Change Your Thoughts, Change Your Life**
Your worst enemy cannot harm you as much as your own thoughts, unguarded.
But once mastered, no one can help you as much. - *Buddha*
- 8 Practicing Perseverance**
Everything will improve in the future if you are making
a spiritual effort now. - *Sri Yukteswar*
- 15 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*
- 22 The Power of Healing Affirmations [Healing Weekend]**
Affirmations uttered with soul-force will shatter the rocks of difficulties
and bring the change desired. - *P. Yogananda*
- 29 Receiving Divine Guidance**
Meditation prepares you for true prayer—direct conversation with God.
- *Norman Paulsen*

AUGUST

- 5 Compassion & Understanding**
Grant that I may seek not so much to be understood, as to understand. - *St. Francis*
- 12 Developing Devotion & 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*
- 19 AUM - Listening for Spirit's Voice**
In the beginning was Brahman, with whom was the Word (OM),
and the Word was truly the supreme Brahman. - *The Rig Veda*
- 26 Controlling the Power of Habit**
It is not your passing inspirations or brilliant ideas so much as your everyday
mental habits that control your life. - *P. Yogananda*

SEPTEMBER

- 2 Conscious Work: Service, the Power of love-in-action**
Selfless service creates spiritual evolution. - *Norman Paulsen*
- 9 Self-Control: the Key to Lasting Happiness**
The teaching is simple: do what is right. Be pure.
At the end of the way is freedom. - *Buddha*
- 16 Seeing God in Every Face**
I form new habits of thinking by seeing the good everywhere,
and by beholding all things as God made manifest. - *P. Yogananda*
- 23 The Healing Practice of Forgiveness**
Forgiveness doesn't change the past, but it sure does change the future. - *Anon*
- 30 Balancing the Inner & 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

- 7 Equanimity: the calm eye of the storm**
Stand unshaken amidst the crash of breaking worlds. - *P. Yogananda*
- 14 Intuition: the Still, Small Voice**
True intuition is the voice of Christ consciousness within you. - *Norman Paulsen*
- 21 Navigating Karmas Successfully**
Karma is best worked out by meeting pleasantly each test that comes,
and accepting courageously any hardships that your tests impose. - *P. Yogananda*
- 28 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 P.*

NOVEMBER

- 4 Developing Courage & Trust**
Love bestows courage. - *Norman Paulsen*
- 11 Ego: Friend or Foe?**
Freedom is the power to act by soul guidance,
not the compulsions of desires and habits. - *P. Yogananda*
- 18 Conscious Conduct: Living Mindfully**
Every morning we have 24 brand-new hours to live; to bring peace, joy,
and happiness to ourselves and others. What a precious gift! - *Thich Nhat Hanh*
- 25 Living in Gratitude**
If the only prayer you say in your entire life is thank you,
it will be enough. - *Meister Eckhart*

DECEMBER

- 2 Practicing Humility**
How can I not express humility, observing the awesome vastness
that surrounds me? - *Norman Paulsen*
- 9 Finding Lasting Joy**
The eye is for seeing, the ear for hearing. The soul is here for its own joy. - *Rumi*
- 16 The Light that Shines Behind the Darkness**
What is behind the darkness of closed eyes? - *P. Yogananda*
- 23 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 P.*
- 30 Stepping into the New Year with Clarity and Inspiration**
Celebrating 12th anniversary of mahasamadhi