



2019 WEEKLY MEDITATIONS

JANUARY

- 6 New Year • New Beginnings** / *The path of illumination awaits each one. Behold, the gate is open. Enter!* – Norman Paulsen
- 13 The Path of Moderation • Temperance** / *Moderation is the silken string running through the pearl chain of all virtues.* – Joseph Hall
- 20 Feeling Secure in an Uncertain World** / *Your soul—that inner quiet space—is yours to consult. It will always guide you in the right direction.* – Dr. Wayne W. Dyer
- 27 Developing Your Spiritual Practice** / *Take God, not life, seriously.* – Paramahansa Yogananda

FEBRUARY

- 3 Visualization and Projection** / *Yes, there is salvation for our planet, through God's children.* – Norman Paulsen
- 10 Divine Love and Charity** / *Life's most persistent and urgent question is: What are you doing for others?* – Martin Luther King, Jr.
- 17 Creating Positive Habits** / *This is the real glory of the human being—that we can choose to remake ourselves completely.* – Eknath Easwaran
- 24 The Power of Prayer** / *The prayer of the heart is the source of all good, refreshing the soul as if it were a garden.* – St. Gregory of Sinai

MARCH

- 3 Spiritual Relationships • Conscious Association** / *Those of like mind will be attracted to you, and you to them. Frequent the company of those who embody that persuasion you wish to obtain* – Norman Paulsen
- 10 Keys to Inner Peace** / *Let the footsteps of silence enter the temple of all your activities. Behind the throb of your heart, you shall feel the throb of God's peace.* – Paramahansa Yogananda
- 17 How to Find Joy Within** / *This joy is not an abstract quality of mind, it is the conscious, self-born, self-expressing quality of Spirit. Seek it and be comforted forever.* – Paramahansa Yogananda
- 24 The Value of Spiritual Goals** / *If you don't know where you are going, then how will you get there?* – Bryce Courtenay
- 31 Developing Intuition** / *Meditation opens the inner eye, the "crystal ball." Yes, deep meditation is the gateway to heaven.* – Norman Paulsen

APRIL

- 7 The Rewards of Commitment** / *Loyalty is unfailing devotion to the pure Self, the image of God within you.* – Norman Paulsen
- 14 Service, The Power of Love in Action** / *Not my will, but Thy will be done. Through Divine direction you understand how to help our suffering world.* – Norman Paulsen
- 21 Jesus and Christ Consciousness** / *Join the community of Christ-conscious beings, the way God intended you to be. You become a servant of all, as Jesus demonstrated.* – Norman Paulsen
- 28 Creating Heaven on Earth** / *You do not have to die and go searching for heaven—it is within you now!* – Norman Paulsen

MAY

- 5 Patience Has Its Rewards** / *Do you have the patience to wait till your mud settles and the water is clear? Can you remain unmoving till the right action arises by itself?* – Lao Tzu
- 12 Divine Mother Loves All Her Children** / *Divine Mother is the force of compassion and caring, we so need to give.* – Swami Radhananda
- 19 Moving Through Grief** / *We would not be human if we did not miss loved ones; but we don't want selfish attachment to be the cause of keeping them earthbound. God knows what is best for them.* – Paramahansa Yogananda
- 26 Honoring Great Saints and Sages, Messengers of Truth** / *Yogananda was able to come back [after physical death] and show me that each of us can make this journey.* – Norman Paulsen

JUNE

- 2 Stilling the Nervous System** / *When there is no restlessness, no nervous striving, one is truly home.* – Paramahansa Yogananda
- 9 Honesty Within & Without Creates Positive Karma** / *Above all else, to thine own self be true!* – Norman Paulsen
- 16 Discovering Divine Father** / *When I feel the gravity of wisdom, I speak of God as the Father.* – Paramahansa Yogananda
- 23 The Cosmic Song** / *The yogi becomes one with God; having found the Lord through Aum and Its bliss.* – Paramahansa Yogananda
- 30 The Power of Healing Affirmations** / *Affirmations uttered with soul-force will shatter the rocks of difficulties and bring the change desired.* – Paramahansa Yogananda