



## 2019 WEEKLY MEDITATIONS

### JULY

- 7 Be Happy at Will.** / *Their thoughts fully on me...my devotees are contented and joyful.* – Bhagavad Gita
- 14 Never Give Up!** / *Regular meditations twice a day will give you the strength and determination to walk the pathways of virtue.* – Norman Paulsen
- 21 Steps to God Communion** / *Each gust of my prayer opens a new entrance to the vast temple of Thy presence.* – Paramahansa Yogananda
- 28 Fan the Fire of 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

### AUGUST

- 4 Developing Compassion** / *In the eyes of Great Compassion, there is no separation between subject and object, no separate self.* – Thich Nhat Hanh
- 11 Open Yourself to Divine Guidance!** / *"I will instruct you and teach you in the way you should go; I will counsel you and watch over you."* – Psalm 32:8
- 18 Ego, Friend or Foe?** / *The ego is your self-image; it is your social mask; it is the role you are playing.* – Deepak Chopra
- 25 Find Spirit in Nature.** / *The pure Self within you will come forward through your senses to commune with you in nature.* – Norman Paulsen

### SEPTEMBER

- 1 Conscious Thoughts Are Key** / *Thought cannot exist without consciousness, but consciousness does not need thought.* – Eckhart Tolle
- 8 The "Action" Yoga • Karma Yoga** / *Whatever you do, you must do cheerfully for the service of all, and be very ambitious in well-doing.* – Paramahansa Yogananda
- 15 Spiritual Continenence** / *The power of self-control is one of the fruits of Spirit.* – Billy Graham
- 22 Co-creating with the Divine** / *Living upon the earth as Spirit intended humankind to live, God fully conscious in human beings, brings heaven on earth again!* – Norman Paulsen
- 29 Inner Peace, The Altar of Heaven** / *The Self-realized yogi is a prince of peace sitting on the throne of poise directing his kingdom of activity, wholly devoted to God in heart and mind, sacrificing to Him the fruits of all his actions.* – Paramahansa Yogananda

### OCTOBER

- 6 Your Dearest Friend** / *When you think of God as your Friend, that relationship expresses the grandest form of love and devotion.* – Paramahansa Yogananda
- 13 The Mystery of Life and Death** / *Never have I died, though many times I dreamed the death of my body in this dream world.* – Paramahansa Yogananda
- 20 Living Mindfully • Conscious Conduct** / *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
- 27 Honoring Illumined Souls** / *Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.* – Voltaire

### NOVEMBER

- 3 The Universe: God's Cosmic Dream** / *When you see everything that happens in the world of science and in the working of the universe, you cannot deny that there is a Captain on the bridge.* – Thomas A. Edison
- 10 Courage Conquers Fear** / *Courage calls all the twelve knights of virtue to battle.* – Norman Paulsen
- 17 The Power of Forgiveness** / *True forgiveness is when you can say, "Thank you for that experience."* – Oprah Winfrey
- 24 Expressing Gratitude** / *"Thank you" is the best prayer that anyone could say. I say that one a lot. "Thank you" expresses extreme gratitude, humility, understanding.* – Alice Walker

### DECEMBER

- 1 Awakening in Humility** / *As you put on your true spiritual nature, the pure Self, you will recognize the knowledge which has always been there and you have seen it not.* – Norman Paulsen
- 8 Balancing Material & Spiritual Life** / *The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.* – Seneca
- 15 Divine Guidance** / *Whether you turn to the right or to the left, your ears will hear the voice behind you saying, "This is the way; walk in it!"* – Isaiah 30:21
- 22 Remembering Christ at Christmas** / *Once you realize, as Jesus did, that there is essentially nothing in the universe but mind or consciousness, you can do anything!* – Paramahansa Yogananda
- 29 Meditation • The Divine Science** / *When your mind is withdrawn, centered in God, the world is forgotten and you find in that silence a happiness greater than any worldly pleasure.* – Paramahansa Yogananda

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