

DECEMBER 2019

- 01 Awakening in Humility
- 08 Balancing Material & Spiritual Life
- 15 Divine Guidance
- 22 Remembering Christ at Christmas
- 29 Meditation • The Divine Science



WEEKLY MEDITATIONS 2020

JANUARY

5 New Year • New Beginnings

Plant the seeds of illumination in your life. This is your inheritance! – Norman Paulsen

12 The Path of Moderation/Temperance

Moderation is the silken string running through the pearl chain of all virtues. – Joseph Hall

19 Divine Love and Charity

The meaning of life is to find your gift. The purpose of life is to give it away. – William Shakespeare

26 Developing Your Spiritual Practice

This is the real glory of the human being—that we can choose to remake ourselves completely. – Eknath Easwaran

FEBRUARY

2 Visualization and Projection

Plant positive seeds in the field of power, not just for yourself, but for all beings. – Norman Paulsen

9 Spiritual Camaraderie • Conscious Association

Live among the wise, who are understanding, patient, responsible, and noble. Keep their company like the Moon moving among the stars. – Buddha

16 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

23 Keys to Inner Peace

Somewhere within us all, there does exist a supreme Self who is eternally at peace. – Elizabeth Gilbert

MARCH

1 Faith's Many Facets

Meditation brings proof of the existence of God, revealing Him in all creatures, and in all creation. – Paramahansa Yogananda

8 The Value of Spiritual Goals

If you don't know where you are going, then how will you get there? – Bryce Courtenay

15 Creating Positive Habits

I can change. I have the will to change. I will change! – Paramahansa Yogananda

22 Becoming a Divine Instrument

Care of the Earth is our most ancient, most worthy and, after all, most pleasing responsibility. – Wendell Berry

29 Developing Intuition

Meditation opens the inner eye, the "crystal ball." Yes, deep meditation is the gateway to heaven. – Norman Paulsen

APRIL

5 Commitment's Rewards • Loyalty

Whatever we want and expect to be in the hereafter, we must be now. We must do it today! – Paramahansa Yogananda

12 Is There Life After Death?

Seeming as real and solid as the walls of my room, Paramahansa Yogananda was now fulfilling his promised return [after death]. – Norman Paulsen

19 Plain Living & High Thinking

Good and bad karmic conditions created by man determine and influence the climate. Cut out luxuries; supply yourself with things you really need; grow your own food. – P. Yogananda

26 Heaven on Earth

Dance like nobody's watching; love like you'll never be hurt; sing like nobody's listening; live like it's heaven on earth. – William W. Purkey

MAY

3 Feed Your Soul! • Conscious Nourishment

Nourish your body, mind and spirit so that you will have the life force to do the work you came here to do. – Norman Paulsen

10 Divine Mother Loves All Her Children

Divine Mother is the force of compassion and caring, we so need to give. – Swami Radhananda

17 On God's Time • Patience

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

24 Honoring Spiritual Masters

The real greatness of spiritual masters is that some of their greatness can rub off on us. – Timothy Conway

31 Appreciating Contentment

The neutral position on the mood spectrum—what I call "emotional sea level"—is not happiness but rather contentment. – Andrew Weil

JUNE

7 Stilling the Nervous System

When there is no restlessness, no nervous striving, one is truly home. – Paramahansa Yogananda

14 Honesty Within & Without Creates Positive Karma

Above all else, to thine own self be true! – Norman Paulsen

21 Discovering Divine Father

When I feel the gravity of wisdom, I speak of God as the Father. – Paramahansa Yogananda

28 You Are God's Hands

Humankind, full of all creative possibilities, is God's work. With Nature's help, humankind can set into creation all that is necessary and life-sustaining. – Hildegard of Bingen