



WEEKLY MEDITATIONS

July–December 2020

JULY

5 Freedom of the Soul

The Self-realized yogi is a prince of peace sitting on the throne of poise. – Paramahansa Yogananda

12 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 Divine Guidance in the Face of Adversity

Meditate until you are calm. Then ask God to direct your intuition so that you may know what you should do about your problems. – Paramahansa Yogananda

26 Never Give Up • Develop Willpower

Forget the past. Everything will improve in the future if you are making a spiritual effort now. – Sri Yukteswar

AUGUST

2 A Gem to Treasure & to Give: Compassion

Compassion is the gift we need from ourselves, as well as the gift we should give freely to others. – Anonymous

9 Co-Create with Spirit

Live intentionally with higher purpose. When you do, you will discover an invincible, grace-bestowing Power within you that will draw to you whatever is needed for fulfillment of your divine purpose. – Paramahansa Yogananda

16 Ego: Friend or Foe?

The ego is your self-image; it is your social mask; it is the role you are playing. – Deepak Chopra

23 Finding Spirit in Nature

Nature, in her infinite variety, is the supreme teacher for she springs forth from the imagination of our Creator. – Norman Paulsen

30 The Cosmic Song

AUM or OM is the initiating sound of creation, but also embodies preservation and liberation. When we chant AUM, we connect with the source, and the complete spectrum of life. – Anonymous

SEPTEMBER

6 Healthy Habits • Spiritual Continenence

Your worst enemy cannot harm you as much as your own thoughts, unguarded. But once mastered, no one can help you as much. – Buddha

13 Karma Yoga • Conscious Work

Become a divine instrument, letting your own pure Self come forth to do works with no thought of reward. – Norman Paulsen

20 Lasting Happiness • Self-Control

Your highest happiness lies in your being ever ready in desiring to learn, and to behave properly....to be self-improving is to become increasingly happy. – Paramahansa Yogananda

27 Healing Affirmations

Affirmations rid you of limiting beliefs. If you take on the challenge and use affirmations regularly and with full conviction, you'll also find that they change the way you think. – Sahail Ashraf

OCTOBER

4 Equanimity: the Calm Eye of the Storm

I stand unshaken amidst the crash of breaking worlds. – Paramahansa Yogananda

11 Stay in the Moment

The practice of staying present will heal you. Obsessing about the future creates anxiety. Replaying the past causes anger or sadness. Stay here, in this moment. – S. McNutt

18 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

25 Live 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

NOVEMBER

1 The Power of Forgiveness

Forgiveness is the attribute of the strong. – Mahatma Gandhi

8 Trust Life; It is Divine Intelligence • Courage

Tell me, what is it you plan to do with your one wild and precious life? – Mary Oliver

15 Seeing God in Every Face

With the soul united to Spirit by yoga, with a vision of equality for all things, the yogi beholds his Self (Spirit-united) in all creatures and all creatures in the Spirit. – Bhagavad Gita VI:29

22 Expressing Gratitude • Conscious Speech

"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

29 Overcoming Worry

If you have fear of some pain or suffering, you should examine whether there is anything you can do about it. If you can, there is no need to worry about it; if you cannot do anything, then there is also no need to worry. – Dalai Lama

DECEMBER

6 The Gift of Humility

Humankind has not woven the web of life. We are but one thread within it.... All things connect. – Chief Seattle

13 Finding Guidance Within

The only way in which anyone can lead us is to restore to us the belief in our own guidance. – Henry Miller

20 Contentment is Achievable

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

27 Embrace Life!

Love the Creator Spirit with all your heart, mind, soul, and strength, and your neighbor as yourself. – Christ Jesus