



WEEKLY MEDITATIONS

January – June 2021

JANUARY

3 Developing Your Divine Connection

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

10 Become a Divine Caretaker/Temperance

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

17 Visualization & Projection

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

24 Practicing Nonattachment • Contentment

Peace emanates from the soul, and is the sacred inner environment in which true happiness unfolds. – P. Yogananda

31 Practicing Kindness

Whatever you do for the least of my brethren, you do for me. – Jesus

FEBRUARY

7 Listening for the Still, Small Voice

True intuition is the voice of Christ consciousness within you.
– Norman Paulsen

14 Divine Love & Charity

The easiest way to God is through love and devotion.
– Anandamayi Ma

21 Appreciating Everyday Miracles

Look at that sun shining out there. Look at that blue sky, and the waters upon the earth. What a miracle! – Norman Paulsen

28 Meditation: the Science of Self Realization

Everything else can wait, but your search for God cannot wait.
– Paramahansa Yogananda

MARCH

7 Faith: Inner Knowing

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

14 Who Am I? Self Inquiry

Self-realization is God-realization and God-realization is Self-realization. – Anandamayi Ma

21 Loyalty: The First Law of Spiritual Success

Loyalty is unfailing devotion to the pure Self, the image of God within you. – Norman Paulsen

28 Forgiveness • A Healing Practice

Forgiveness is more powerful than revenge.
– Paramahansa Yogananda

APRIL

4 Resurrection & Rebirth

This is what Easter brings to us: hope, liberation, freedom to move into our true Self. This is where we bring heaven onto earth, and we can be love. – Patricia Paulsen

11 Developing Dynamic Willpower

The greater the will, the greater the flow of energy.
– Parmahansa Yogananda

18 Living in Harmony with Nature

We were created to be caretakers of this garden world.
– Norman Paulsen

25 Nourishment: for Body, Mind & Soul

Open up your body, mind and spirit to receive that great force, that Light, into you. – Norman Paulsen

MAY

2 On God's Time • Cultivating Patience

Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it. – Eknath Easwaran

9 God as Divine Mother

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

16 Compassionate Communication

Before you speak, attempt to focus your consciousness upon the divine center of your soul. Make a choice of words that are kind and truthful. – Norman Paulsen

23 Stilling the Mind • Finding Peace Within

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

30 Honoring Great Saints & Sages

These things that I do, you can do also, and greater....
– Jesus

JUNE

6 Honesty • Practicing Truthfulness

I vow to learn to speak truthfully, with words that inspire self-confidence, joy and hope. – Thich Nhat Hanh

13 Recreation • Co-Creating with the Divine

Joy is the most infallible sign of the presence of God.
– Pierre Teilhard de Chardin

20 God as Divine Father

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

27 Developing Devotion & Desire for Spirit

If love is the gateway to heaven, then devotion to God is the pathway beyond. – Norman Paulsen



WEEKLY MEDITATIONS

July – December 2021

JULY

4 Freedom of the Soul

Not my will, but thy will be done in me.
– Jesus

11 Perseverance • The Whole Magic of Spiritual Success

Difficult things take a long time, impossible things a little longer.
– André A. Jackson

18 Receiving Divine Guidance

*Meditation prepares you for true prayer,
direct conversation with God.* – Norman Paulsen

25 Developing Your Spiritual Practice

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

AUGUST

1 The Power of Conscious Association

*Spiritual athletes traveling on the rainbow path homeward
would choose the right environment in which to live and work.*
– Norman Paulsen

8 Develop Understanding • Compassion in Action

May I seek not so much to be understood, as to understand.
– St. Francis

15 Practicing the Presence • God as Best Friend

*God can and will become our best friend, our cosmic playmate
when we offer our love and devotion, and set our feet firmly on
the path homeward.* – Norman Paulsen

22 Healing Affirmations

*Healing affirmations reach into the Heart of God. The universe
hears us when we speak. God's power is in us and in those
words. That power can heal and change us for the good.*
– Sandy Anderson

29 Self Discipline • Creating Healthy Habits

True discipline is never a restriction; it is a liberation!
– Norman Paulsen

SEPTEMBER

5 Karma Yoga • The Path of Selfless Service

Make every act an offering to Me, and you shall come to Me.
– Bhagavad Gita

12 Find Lasting Happiness

Self control is the key to happiness.
– Parmahansa Yogananada

19 Creating Heaven on Earth

*By riding the Breath of Life up and down the spine every day in
meditation, you can assist in bringing heaven on earth again,
as it was originally intended.* – Norman Paulsen

26 Equanimity • The Calm Eye of the Storm

Stand unshaken amidst the crash of breaking worlds.
– Parmahansa Yogananada

OCTOBER

3 Becoming a Divine Instrument of God's Peace

Lord make me an instrument of thy peace. – St. Francis

10 God is Personal

God is moved by our deep love for him. – Norman Paulsen

17 Conscious Conduct • Mindfulness

Be calmly active and actively calm. – Parmahansa Yogananda

24 Transforming Karmas

*By constantly dwelling on the thought of God, all the knots that
make up the ego are unraveled, and thereby that which has
to be realized will be realized.* – Anandamayi Ma

31 Keys to Inner Peace

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

NOVEMBER

7 Overcoming Fear; Developing Trust

Love bestows courage. – Norman Paulsen

14 Plain Living & High Thinking

*Spiritual practice is not just sitting and meditating. Practice is
looking, thinking, touching, drinking, eating, and talking. Every
act, every breath, and every step can be practice and can help
us to become more ourselves.* – Thich Nhat Hanh

21 Living in Gratitude

*When we give cheerfully and accept gratefully,
everyone is blessed.* – Maya Angelou

28 Soulful Study & Contemplation

*Study Nature for she springs forth from the imagination
of the Creator.* – Norman Paulsen

DECEMBER

5 Cultivating Humility

*How can I not express humility, observing the awesome vastness
that surrounds me?* – Norman Paulsen

12 God Wants to Experience Life with Us.

*I Am That I Am, who projected all creation, wants to live
and move in it all.* – Norman Paulsen

19 The Light that Shines Behind the Darkness

What is behind the darkness of closed eyes?
– Parmahansa Yogananada

26 The Birth of Christ Within

*Every day, let me be reminded of the twelve cosmic virtues,
That I diligently apply them to my life.
Through you, my Creator, Mother and Father,
I shall truly become a son, a daughter,
In the body of Christ, the eternal Light.*
– Norman Paulsen