



## WEEKLY MEDITATIONS

January – June 2021

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### 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.*  
– Paramahansa 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

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### 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 Yogananda

#### 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 Yogananda

### 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 Yogananda

#### 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