



WEEKLY MEDITATIONS

January – June 2023

JANUARY

- 1 From the Unmanifest to the Manifest**
Plant the seeds of illumination in your life. This is your inheritance! – Norman Paulsen
- 8 Temperance: the Strength of Moderation**
Moderation, the middle path, is the way of compassion, wisdom and insight. – Buddha
- 15 Harnessing the Power of Mind**
It is not your passing inspirations or brilliant ideas so much as your everyday mental habits that control your life. – Paramahansa Yogananda
- 22 True Charity**
Desire salvation so that you may give it to everyone else. Desire to drink God's nectar of bliss so that you may share it with all. That is true charity. – Paramahansa Yogananda
- 29 Conscious Association**
Those of like mind will be attracted to you, and you to them. Frequent the company of those who embody that persuasion you wish to obtain. – Norman Paulsen

FEBRUARY

- 5 The Power of a Meditation Practice**
Open up your body, mind and spirit to receive that great force, that Light, into you. – Norman Paulsen
- 12 Cultivating Divine Love in Action**
Constant contact with the infinite in meditation fills you with divine love, which alone enables you to love your enemies. – Paramahansa Yogananda
- 19 Prioritizing Kindness**
Kindness, I've discovered, is everything in life. – Isaac B. Singer
- 26 Cultivating Faith**
Faith is realization itself. Belief can be swayed by contrary evidence and doubt; but faith is ever secure because it is direct perception of truth. – Paramahansa Yogananda

MARCH

- 5 The Road to Inner Peace**
When you release your expectations that the world should fulfill you, your disappointments vanish. – Dan Millman
- 12 Inner Awakening: Who Am I?**
What a fantastic thing to discover, I Am That I Am, the divine Being that is each one of us! – Norman Paulsen
- 19 Living in the Present**
Every day we are engaged in a miracle: a blue sky, white clouds, green leaves, the curious eyes of a child—our own two eyes. All is a miracle. – Thich Nhat Hanh
- 26 How to Forgive**
Your past mistakes guide you, not define you. Forgive yourself; then forgive others! – Anonymous

APRIL

- 2 The Value of Loyalty**
Loyalty is the unfailing devotion to the pure Self, the image of God within you. – Norman Paulsen
- 9 Spiritual Rebirth**
It is only when we wake from dreams that we know we have been dreaming. Similarly, this life may be realized as a dream only when we awake in Cosmic Consciousness. – Paramahansa Yogananda
- 16 Cultivating Spirit In Relationships**
Through perfected Divine Friendship, mutually seeking Spiritual perfection, you will find the one Great Friend. – Paramahansa Yogananda
- 23 Honoring Our Mother Earth**
We were created to be caretakers of this garden Earth. – Norman Paulsen
- 30 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

MAY

- 7 Nourishing Body, Mind and Spirit**
Live from the inside out. Your mind, body and spirit are interconnected. Nourish your soul with mental and physical wellness. – Janet Taylor Spence
- 14 God's Nature as Mother**
The flowers, birds, and the beauties of nature all speak of the Mother aspect of God—the creative motherly instinct of God. – P. Yogananda
- 21 Stilling the Mind**
A mind that is fast is unhealthy. A mind that is peaceful is sound. A mind that is still is divine. – Eknath Easwaran
- 28 Honoring Great Saints, Sages & Messengers of Truth**
These things that I do, you can do also, and greater. – Jesus, Gospel of Thomas

JUNE

- 4 Compassionate Communication**
Compassion is passion for all. It is an active state, a combination of love and the desire to help. – Rebecca McClen Novick
- 11 Practicing Truthfulness**
I vow to learn to speak truthfully, with words that inspire self-confidence, joy and hope. – Thich Nhat Hanh
- 18 God's Nature as Father**
God reveals Himself, mainly through the heart, as love and light. – Archmandrite Sophrony
- 25 Recreation/Co-Creating with Spirit**
Nature, in her infinite variety, is the supreme teacher for she springs forth from the imagination of our Creator. – Norman Paulsen



WEEKLY MEDITATIONS

July – December 2023

JULY

2 What is Soul Freedom?

A total sense of freedom and the immortality of one's soul dawns within as the Pure Self steps forth. – Norman Paulsen

9 Keys to Inner Joy

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

16 Perseverance: the Magic of Spiritual Fulfillment

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

23 Conscious Conduct: Creating Healthy Habits

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

30 Cultivating 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

6 Embracing Compassion

Grant that I may seek not so much to be understood, as to understand. – St. Francis

13 Realizing God's Presence in Your Daily Life

Lead me from the unreal to the real; lead me from darkness to light; lead me from death to immortality. – Upanishads

20 AUM: the Bridge Uniting Spirit & Nature

The one who knows AUM knows God. Realizing it, one finds fulfillment of all one's longings. – Upanishads

27 Receiving Divine Guidance

The devotee receives all knowledge through the direct perception of the intuition of his soul. – Paramahansa Yogananda

SEPTEMBER

3 Self-Control: Key to Soul Freedom

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

10 Karma Yoga: The Path of Action

Selfless service creates spiritual evolution. – Norman Paulsen

17 The Power of Affirmations

Affirmations uttered with soul-force will shatter the rocks of difficulties and bring the change desired. – Paramahansa Yogananda

24 Calm Eye of the Storm: Equanimity

To find perfect composure in the midst of change is to find nirvana. – Shunryu Suzuki

OCTOBER

1 Living A Balanced Life: Soulful Study

Live as if you were to die tomorrow. Learn as if you were to live forever. – Mohandas Gandhi

8 Becoming an Instrument of Peace

Happiness lies in making other happy, in forsaking self-interest to bring joy to others. – Paramahansa Yogananda

15 A Personal Relationship with the Divine

Talk to God constantly and inwardly. Then he cannot remain away from you. – Paramahansa Yogananda

22 Balancing Inner & Outer Paths of Self-Realization

Meditation alone will not take you home. Without practicing virtue and conscious living you may see the goal but you will not be able to hold onto it. – Norman Paulsen

29 Navigating Challenges Successfully

Karma is best worked out by meeting pleasantly each test that comes, and accepting courageously any hardships that your tests impose. – Paramahansa Yogananda

NOVEMBER

5 Developing Spiritual Courage

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear. – Rosa Parks

12 Recharge Your Life with the Practice of Silence

Live quietly in the moment and see the beauty of all before you. – Paramahansa Yogananda

19 Living in Gratitude

If the only prayer you ever say in your entire life is "Thank you," it will be enough. – Meister Eckhart

26 Developing Intuition

The goal of yoga science is to calm the mind, that without distortion it may hear the infallible counsel of the inner Voice. – Paramahansa Yogananda

DECEMBER

3 Practicing Humility

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

10 Finding Contentment in Today's World

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

17 The Light that Shines Behind the Darkness

God is not "out there" for us to pursue; God is in our hearts to be discovered. – Timber Hawkeye

24 Open Your Heart to the Cosmic Christ

A total sense of freedom, and the immortality of one's soul dawns within as the pure Self steps forth. – Norman Paulsen

31 Change Your Thoughts—Change Your Life -

Will is the instrument of the image of God within you. In will lies His limitless power, the power that controls all the forces of nature. – Paramahansa Yogananda