



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