



SUNDAY MEDITATIONS

January – June 2024

JANUARY

7 Visualization & Projection

Planting positive seeds in the field of power is an act of faith, that what you plant will grow. – Norman Paulsen

14 Temperance: the Strength of Moderation

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

21 Practicing Charity & Kindness

Charity is a supreme virtue and the great channel through which the mercy of God is passed on to humankind. – Conrad Hilton

28 Spiritual Camaraderie • Conscious Association

The greatest influence in your life, stronger even than your willpower, is your environment. When trying to change for the better spiritual company is essential. - Paramahansa Yogananda

FEBRUARY

4 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

11 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

18 The Power of Prayer

The prayer of the heart is the source of all good, refreshing the soul as if it were a garden. - St. Gregory of Sinai

25 Faith: Inner Knowing

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

3 Becoming a Divine Instrument

Empty yourself and allow life, love, God to flow through you. - P.A.

10 Forgiveness, a Healing Practice

Loose the ties of karma that bind us, as we let go the karmas of others. - Jesus, Aramaic Lord's Prayer

17 Recharge Your Life with the Practice of Silence

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

24 Magnetism, the Inherent Power of the Soul

Cultivate spiritual magnetism by letting God flow through you continuously, and by expressing unselfish love for all. – Paramahansa Yogananda

31 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

APRIL

7 Loyalty: the Pledge of the Soul

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

14 Developing Dynamic Willpower

The greater the will, the greater the flow of energy. - Paramahansa Yogananda

21 Caretaking Our Garden World

Earth provides enough to satisfy every man's needs, but not every man's greed. - Mahatma Gandhi

28 Nourishing Body, Mind & Spirit

Live from the inside out. Your mind, body and spirit are interconnected. Nourish your soul with mental and physical wellness. - Janet Taylor Spence

MAY

5 Patience Has Its Rewards

Do you have the patience to wait until your mud settles and the water is clear? Can you remain unmoving until the right action arises by itself? - Lao Tzu

12 Celebrating the Mother Aspect of God

Love is the Divine Mother's arms; when those arms are spread, every Soul falls into them. - Hazrat Inayat Khan

19 Conscious Speech: Compassionate Communication

Speak in a way that brings lasting happiness to others. - Paramahansa Yogananda

26 Honoring Saints, Sages, and Messengers of Truth

Do not seek to follow in the footsteps of the wise. Seek what they sought. – Matsuo Basho

JUNE

2 Soulful Study & Contemplation

What we plant in the soil of contemplation, we shall reap in the harvest of action. - Meister Eckhart

9 Practicing Truthfulness

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

16 Celebrating the Father Aspect of God

My sweet Father-Lord, I forgot the taste of fears when I sat at Your feet. - Sri Chinmoy

23 The Path of Meditation: Raja Yoga

Yoga is the journey of the self, through the self, to the self. - Bhagavad Gita ;

30 Perseverance: the Path to True Freedom

Mental discipline arises from commitment to the vision you seek: knowing what you want and dedicating your life to bringing it forth into being. - Norman Paulsen