



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



SUNDAY MEDITATIONS July – December 2024

JULY

7 Fan the Fire of Devotion

Love is the fuel that ignites the fire of devotion, propelling us towards spiritual growth. - Bhagavad Gita

14 Realizing God's Presence in Your Daily Life

One who perceives Me everywhere and beholds everything in Me never loses sight of Me, nor do I ever lose sight of them. - Bhagavad Gita VI 6:30

21 Your Dearest Friend

When you think of God as your Friend, that relationship expresses the grandest form of love and devotion. - Paramahansa Yogananda

28 The Gem of Compassion

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. - Dalai Lama

AUGUST

4 Stilling the Mind

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

11 Receiving Divine Guidance

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

18 The Power of Affirmations

Words saturated with sincerity, conviction, faith, and intuition are like highly explosive vibration bombs, which, when set off, shatter the rocks of difficulties and create the change desired. - Paramahansa Yogananda

25 Harnessing the Power of Habit

A nail is driven out by another nail. Habit is overcome by habit. – Desiderius Erasmus

SEPTEMBER

1 Recreation/Co-Creating with the Divine

Living upon the earth as Spirit intended humankind to live, God fully conscious in human beings, brings heaven on earth again! - Norman Paulsen

8 Self-Control: Key to Soul Freedom

Freedom is the power to act by soul guidance, not by the compulsions of desires and habits. - Paramahansa Yogananda

15 Karma Yoga, the Path of Selfless Service

The best way to find yourself is to lose yourself in the service of others. - Mahatma Gandhi

22 Finding Spirit in Nature

Nature, the Mother of life-forms, in her infinite variety, is the Supreme Teacher. Study her, for she springs forth from the imagination of our Creator. - Norman Paulsen

29 Equanimity: the Calm Eye of the Storm

With equanimity, you can deal with situations with calm and reason while keeping your inner happiness. - The Dalai Lama

OCTOBER

6 Self-Inquiry: Who Am I?

We learn more by looking for the answer to a question and not finding it than we do from learning the answer itself. - Lloyd Alexander

13 Navigating Tests and Challenges

You have the power over your mind - not outside events. Realize this, and you will find strength. - Marcus Aurelius

20 Bringing Your Life into Balance

Balance is the perfect state of still water. Let that be our model. It remains quiet within and is not disturbed on the surface. - Confucius

27 What Is Life After Death?

Seeming as real and solid as the walls of my room, Paramahansa Yogananda was now fulfilling his promised return [after death]. - Norman Paulsen

NOVEMBER

3 Developing Courage

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. - Lao Tzu

10 Living Mindfully: Conscious Conduct

Spiritual practice is not just sitting and meditating. Practice 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

17 Ego: Friend or Foe?

Dedicate this transient ego "I-ness" to the eternal "I." - Anandamayi Ma

24 Living in Gratitude

When we focus on our gratitude, the tide of disappointment goes out, and the tide of love rushes in. - Kristin Armstrong

DECEMBER

1 Awakening in Humility

Be humble in your confidence yet courageous in your character. - Melanie Koulouris

8 The Freedom of Non-Attachment

Your commitment is to action alone, not the fruits of action. - Bhagavad Gita

15 The Light That Shines Behind the Darkness

For long enough you have given your thought to worldly matters; now turn your mind towards the Eternal. - Anandamayi Ma

22 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

29 The Art of Contentment

God help us to live slowly; to move simply; to look softly; to allow emptiness; to let the heart create for us. Amen - Michael Leunig