



JANUARY

5 Living Your New Year's Resolutions

If your will is yoked to wisdom, you can achieve anything.
– Paramahansa Yogananda

12 The Meaning of Self-Realization

Self-realization is the knowing in all parts of body, mind, and soul...that God's omnipresence is your omnipresence.
– Paramahansa Yogananda

19 Temperance: The Middle Path

Temperance is the virtue of the right measure in what one does and what one says. – Pope Francis

26 Feeling Secure in an Uncertain World

Your soul—that inner quiet space—is yours to consult. It will always guide you in the right direction. – Dr. Wayne W. Dyer

FEBRUARY

2 Charity: Kindness of the Heart

Life's most persistent and urgent question is: What are you doing for others? – Martin Luther King, Jr.

9 Meditation: the Art & Science of Contacting God

God has not to be earned. He has only to be sought. Meditation brings proof of the existence of God.
– Paramahansa Yogananda

16 You Are Not Alone

The first peace, which is the most important, is that which comes within the souls of people when they realize their oneness with the universe, and when they realize at the center of the universe dwells the Great Spirit, and that [this] center is really everywhere; it is within each of us. – Black Elk

23 Faith: Trusting Beyond What We Can See

Embrace uncertainty. Some of the most beautiful chapters in our lives won't have a title until much later. – Bob Goff

MARCH

2 Becoming a Divine Channel

Empty yourself and allow Life, Love, God to flow through you. – Patricia Paulsen

9 Practice Non-Attachment for a Fulfilled Life

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

16 Fan the Fire of 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

23 Stilling the Mind

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

30 The Rewards of Commitment

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

APRIL

6 Cultivating Divine Friendship

Through perfected Divine Friendship, mutually seeking Spiritual perfection, you will find the one Great Friend.
– Paramahansa Yogananda

13 Living in Harmony with Nature

We were created to be caretakers of this garden world.
– Norman Paulsen

20 Experiencing 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

27 Nourishing Body, Mind & Spirit

Open up your body, mind and spirit to receive that great force, that Light, into you. – Norman Paulsen

MAY

4 Recognizing 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 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

18 Cultivating Patience: Trusting in the Divine Mystery

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

25 The Path of Selfless Service

Selfless service creates spiritual evolution. – Norman Paulsen

JUNE

1 Benevolent Truthfulness

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

8 Exploring Divine Creativity

When you do things from your soul, you feel a river moving in you, a joy. – Rumi

15 Celebrating the Father Aspect of God

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

22 Perseverance: Staying Inspired on the Spiritual Path

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

29 Opening Your Heart to Divine Presence

Every star of heaven, every pure thought, every good act shall be a window through which to behold Thee.
– Paramahansa Yogananda