



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

JULY

6 Divinely Inspired Willpower

Willpower is neutral; it can be used constructively or destructively. Seed the future not only for yourself, but for the benefit of all beings. – Norman Paulsen

13 The Power of Positive Affirmations

Only one thing registers on the subconscious mind: repetitive application, practice. What you practice is what you manifest. – Grace Speare

20 Experiencing God's Ever New Joy

A human being who is able to live in virtue every day and walk a conscious path of living would surely entertain God in a constant state of joy. – Norman Paulsen

27 Compassion In Thought, Word, and Deed

We underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. – Leo Buscaglia

AUGUST

3 The Expansive Nature of the Soul

With the awakening of consciousness comes the awareness of moral exaltation, a state of ever new joy and ecstasy, accompanied by the feeling of expansion and freedom from bodily confines. – Norman Paulsen

10 Living Mindfully: Bringing Spirit Into Everyday Life

Every morning we have twenty-four brand-new hours to live; to bring peace, joy, and happiness to ourselves and others. What a precious gift! – Thich Nhat Hanh

17 Co-Create with Spirit

The Lord is the Mother of all mothers, the Father of all fathers, the One Friend behind all friends. If you always think of Him as the nearest of the near, you will witness many wonders in your life. – Paramahansa Yogananda

24 Find Lasting Happiness

Self control is the key to happiness. – Paramahansa Yogananda

31 Seeing God in One Another

Something revolutionary happens in the heart when you recognize that every single person you will ever meet is made in the image of God. – Jackie Hill Perry

SEPTEMBER

7 At the Heart of Silence, the Eternal Word

The one who knows AUM knows God. – Patanjali

14 Harnessing the Power of Habit

Your daily habits are the threads that weave the tapestry of your divine purpose. – Anonymous

21 How to Forgive

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness. – Robert Muller

28 Equanimity: Finding Calm in the Center of the Storm

Stand unshaken amidst the crash of breaking worlds. – Paramahansa Yogananda

OCTOBER

5 Harmonizing Inner and Outer Worlds

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

12 Navigating Tests and Challenges

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

19 Self-Inquiry: Who Am I?

Dedicate this transient “I-ness” to the eternal “I.” – Anandamayi Ma

26 Developing Spiritual Courage

Love bestows courage. – Norman Paulsen

NOVEMBER

2 Honoring Illumined Souls

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

9 Drawing on Inner Guidance

True intuition is the voice of Christ consciousness within you. – Norman Paulsen

16 Overcoming Fear; Developing Trust

Teach me to think of Thee until Thou dost become my only thought. – Paramahansa Yogananda

23 Living in Gratitude

When we give cheerfully and accept gratefully, everyone is blessed. – Maya Angelou

30 The Universe: God's Cosmic Dream

I Am That I Am, who projected all creation, wants to live and move in it all. – Norman Paulsen

DECEMBER

7 Awakening in Humility

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

14 The Light That Shines Behind the Darkness

O blazing Light! awaken my heart, awaken my soul, ignite my darkness, tear the veil of silence, and fill my temple with Thy glory. – Paramahansa Yogananda

21 Open Your Heart to the Consciousness of Christ

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

29 Transforming Intentions into Action

You are what your deep, driving desire is. As your desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny. – Upanishads