

Meditation Service Format

"Meditation is the ability to take the mind away from every object of distraction and put it on God alone." *

Meditation services are conducted by a leader. The service includes periods of chanting followed by periods of silence and stillness, and conclude with a short healing service.

About Chanting

Chanting is the art of devotionally calling on God with the language of your heart. It awakens the soul memory of joy and peace. By Deeply and devotionally concentrating on the meaning of the words, the chanter is drawn within to the meditative state. Paramahansa Yogananda says, "One who sings these spiritualized songs, Cosmic Chants, with true devotion will find God-Communion and ecstatic joy, and through them healing of body, mind, and soul." ** To learn more about chanting, please refer to "Chanting as a Form of Meditation" from *Finding The Joy Within You*, by Sri Dayā Mātā.

About Silence and Stillness

Periods of silence and stillness produce a beneficial environment in which to practice the art of meditation of communion with God.

Learning to Meditate

The Energization Exercises and meditation techniques can be learned by subscribing to the Self-Realization Fellowship lessons which are sent by mail for personal study from the Mother Center in Los Angeles. www.yogananda-srf.org
323-225-2471

* from "Is Meditation on God Compatible with Modern Life?" in *Only Love* by Sri Dayā Mātā

** from the Prelude to *Cosmic Chants* by Paramahansa Yogananda.

More About Meditation

Posture is important! While seated in a chair, the feet are flat on the floor. The spine is kept straight, shoulders back, chest up, and the abdomen in. The hands are upturned, resting at the juncture of the thighs and abdomen. The gaze of the closed eyes is gently lifted to the point between the eyebrows (centre of spiritual consciousness). The body is kept relaxed and motionless. If no SRF techniques are known, talk to God silently in the language of your heart, such as repeating, "Reveal thyself, I love Thee Lord." Paramahansa Yogananda tells us "There is a personal element in the search for God that is more important than mastery over the whole science of Yoga."

Meditating in a Group

In group meditation we come together in silent fellowship to reinforce each others' efforts toward Self-Realization. Effective group meditation is possible when each person shares responsibility for creating an atmosphere of peaceful stillness. Even a new meditator makes a tremendous contribution to the depth of each group meditation by consciously asking themselves, "What can I do to create and preserve the silence and stillness?" "Sincere spiritual effort (regardless of inner struggle) sends forth positive spiritual vibrations" (God Talks With Arjuna 6:603).



Help Create the Stillness!

1. Arrive early...so you can find a seat and prepare yourself before the meditation begins.
2. Stay for the entire meditation if possible. If arriving late, please try to observe a period of silence before entering the chapel, being respectful of the peace and stillness. Please enter and exit quietly during chanting periods only, or as directed by the usher. If you know you will leave early, between periods of meditation, or if you are struggling with coughing or bodily restlessness, you are welcome to sit in the chairs arranged in the hall by the chapel door.
3. Keep noise to a minimum by:
 - Turning off all electronic devices (phone, watch alarms, etc.)
 - Wearing clothing materials which are made of softer fabrics, e.g. cotton or wool or soft synthetics (nylon, leather, etc., make noise when the wearer moves slightly).
 - Bringing a shawl (chudder) or sweater for warmth as the room may be vented or kept slightly cool to be conducive to meditation.
 - Making an effort to sit as still as possible during periods of silence.
 - Using the restroom only during periods of chanting
 - Practicing meditation techniques so that they are inaudible to the person next to you. Keeping the breath silent (e.g. avoiding deep sighs).
 - If needed you may stand and do gentle stretching during periods of chanting.
 - Meditate at home if you have a cough or cold.

Thank you for your consideration