

“The love of God is the only Reality....People in the world think, ‘I do this, I enjoy that.’ Yet whatever they are doing and enjoying inevitably comes to an end. But the love and joy of God that I feel is without any end.”

— Rajarsi Janakananda
SRF president, 1952–1955

“Personal experience of God is the ideal of Self-Realization; it is why all the monks and nuns of this Order are taught first and foremost to feel God within by *living* the ideals and principles of the spiritual life.”

— Sri Daya Mata
SRF president, 1955–2010



“What a blessed opportunity, what a tremendous freeing experience is this life of consecration. Each one who wholeheartedly embraces it becomes like a glowing atom of Master’s being; each makes a necessary contribution to the whole, through which Gurudeva’s organization can continue to reach out in his spirit of love divine.”

— Sri Mrinalini Mata
SRF president, 2010–2017

HAVE YOU HEARD THE DIVINE CALL?



Does your heart feel drawn to a life devoted wholly to God and Guru and to serving Their divine mission?

Have you yearned to be part of a community of God-seeking souls striving together to attain the ultimate Goal? If so, you may want to consider renunciant life as an answer to that inner soul-call.

General requirements:

- Single
- In good physical and mental health
- Free of family and other obligations
- An *SRF Lessons* student
- Between the ages of 18 and 40

CONTACT US

Self-Realization Fellowship

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www.yogananda-srf.org/monasticorder

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THE MONASTIC ORDER

of Self-Realization Fellowship



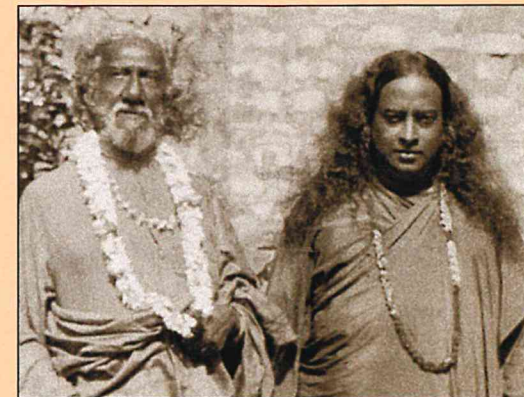
A LIFE OF DEDICATION AND LOVE FOR GOD

IN THE ASHRAMS
OF PARAMAHANSA YOGANANDA



Self-Realization Fellowship
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

FOLLOWING IN THE FOOTSTEPS OF OUR GURU



“For myself...complete renunciation as a monk of the Swami Order was the only possible answer to the ardent desire in my heart to give my life wholly to God....As a monk, my life has been offered in unreserved service to God and to the spiritual awakening of hearts with His message. For those on the path I have followed who also feel called to complete renunciation in a life of seeking and serving God through the yoga ideals of meditative and dutiful activities, I have perpetuated in the monastic order of Self-Realization Fellowship/Yogoda Satsanga Society of India the line of *sannyas* in the Shankara Order, which I entered when I received the holy vows of a swami from my Guru. The organizational work that God and my Guru and Paramgurus have started through me is carried on...by those who have dedicated their lives to the highest objectives of renunciation and love for God.”

— Paramahansa Yogananda

The Monastic Life

The monastic life in Paramahansa Yogananda's ashrams offers the singular opportunity to devote oneself completely to God and Guru—to live a life in which everything is dedicated to fostering a deeper relationship with Them.

MEDITATION: The Heart of the Spiritual Life

Meditation and prayer are the very essence of monastic life in SRF. From the relationship with the Divine forged in silent communion flows the strength, joy, and soul-fulfillment that gives meaning to all daily activities, and brings receptivity to His guidance. The inner experience of God's presence gives proof of Paramahansaji's words: "In Him you will find all the love of all hearts. You will find completeness."

The ashram environment and daily schedule of group and individual meditations support the devotee in building a strong foundation for his or her spiritual life.

SERVICE:

Love for God in Action

As Gurudeva Paramahansa Yogananda taught that meditation plus right activity is the swiftest path to God, selfless service is also an essential part of life within the ashram. In doing for others and for the Guru's work, one learns to make each action an offering of love to God, and to expand one's consciousness to see Him in all.

With Guruji's own perfect example as a model and inspiration, the monastics embrace that ideal of willing, enthusiastic service in whatever area they may be needed—seeking neither honor nor position, but finding fulfillment in doing their best for God and Guru.

BALANCED LIVING: Spiritualizing Body, Mind, and Soul

Balanced living is a key to spiritual progress, inner well-being, and the ability to joyously serve God and Guru. The monastics of the SRF Order strive to practice that ideal in accord with Gurudeva's teachings and guidance—while embracing the SRF monastic vows of simplicity, obedience, loyalty, and chastity, which keep one's attention and efforts focused upon the goal of God-realization.

The monks and nuns follow the routine established personally by Paramahansaji for uniform development of body, mind, and soul, built on the foundation of regular individual meditations, as well as group meditations morning and evening, and daily active service in carrying on the many aspects of Gurudeva's worldwide spiritual and humanitarian mission. Participation in the varied activities of ashram community life is part of the schedule as well.

Time is given each day to spiritual study and introspection, and the monastics regularly attend classes on Paramahansaji's teachings and receive individual instruction and counsel. Guruji emphasized, too, the importance of exercise and wholesome recreation, and of periods of silence and solitude in which to ever more deeply cultivate the all-fulfilling relationship with God that sustains and beautifies and makes joyous every aspect of monastic life.

Please visit our website for more details on life within the SRF ashrams: www.yogananda-srf.org/monasticorder