

“Everything else can wait, but your search for God cannot wait.”

~ *Paramahansa Yogananda* ~

“The more you feel peace in meditation, the closer you are to God. He moves nearer and nearer to you the deeper you enter meditation. The peace of meditation is the language and embracing comfort of God.”

~ *Paramahansa Yogananda* ~



The title *Paramahansa* means “supreme swan”

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Our Chapel is located at
3203 97 Street N.W., 2nd. floor,
Edmonton, Alberta

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For more information about the
Edmonton Meditation Circle
please visit:

www.edmontonsrf.ca

You may contact us by e-mail:
srf.edmonton@gmail.com

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**Learning the Self-Realization
Fellowship Meditation Techniques**

The meditation techniques taught by
Paramahansa Yogananda, are explained in the
Self-Realization Fellowship Lessons for Home
Study Programs. These are mailed from the
Self-Realization Fellowship International
Headquarters in Los Angeles, California

To apply for the Lessons, please visit
www.yogananda.org/lessons-programs



Edmonton Meditation Circle of Self-Realization Fellowship

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Information and
Group Meditation Guidelines

“Group meditation is a castle that protects the new spiritual aspirants as well as the veteran meditators. Meditating together increases the degree of Self-Realization of each member of the group, by the law of invisible vibratory exchange of group magnetism.”

~ *Paramahansa Yogananda* ~



Group Meditation Guidelines

In group meditation, devotees come together in silent fellowship to reinforce each other's efforts toward communion with God. Consideration for others is an important part of the spiritual path, in our daily lives, as well as in group meditation. To help create and maintain an atmosphere conducive to stillness, quietness, peace, and deep meditation, we ask that everyone cooperate and follow these group meditation guidelines.

Before Meditation:

- ❖ Please do not wear perfumes or strong scents. They may cause an allergic reaction in some people and distract others.
- ❖ If you have an illness that is transmitted by coughing or sneezing, or allergy symptoms, or any other health condition that creates noise or restlessness, please meditate at home.
- ❖ Please wear clothing that is made from soft fabrics, so they do not make noise when you move.
- ❖ Please arrive on time, or even a little early, to get settled. If you are late and arrive during a prayer or a period of silent meditation, please wait quietly in the kitchen. Then, when a reading or chanting period begins, quietly enter the chapel.
- ❖ Please turn off cell phones and electronic devices.

During Meditation:

- ❖ Strive to sit as quietly still as possible.
- ❖ Strive to practice the meditation techniques so quietly, that they are completely inaudible to the others in the group.
- ❖ If possible, only use the restroom or leave the service during a chanting or reading period. Be very quiet as you do so. If you are leaving the building, please be silent until you are outside and far away from the chapel.

Key Meditation Points

Paramahansa Yogananda said, "*Meditation is the ability to take the mind away from every object of distraction and put it upon God alone.*"

A few key points will help you achieve this.

Correct posture: sit relaxed with spine straight, feet flat on the floor, shoulders back, chest out, abdomen in, and hands with palms upturned resting at the junction of the thighs and abdomen. It is important that there be no tension in your posture.

Position of eyes: with eyes closed, gently lift them upward and focus your gaze on the Christ Consciousness Center (the point between the eyebrows).

Focus thoughts on God: if you do not know any of the SRF meditation techniques, silently call on God in the language of your heart. Keeping the attention focused is an important part of meditation, and for experiencing the loving and peaceful presence of God.

Chanting: chanting deeply, with concentration and devotion, draws the devotee inwardly to the altar of God's presence. The words to many of the chants sung during our services, can be found in the Cosmic Chants booklets that are available in every row of seats in our chapel.



Services

We host a variety of services. The main difference is the length of the periods of meditation. Excerpts from the published works of Paramahansa Yogananda are read during the reading periods.

Our service schedule is posted on the Calendar page of our website. These are our regular services.

The Readings Service

This service is one hour long, with several reading periods, two to three chanting periods, and three meditation periods. During the reading periods, scripture interpretations, affirmations, poems, and short excerpts from the works of Paramahansa Yogananda, are read. The meditation periods are five to ten minutes in length.

This service is the best one to attend if you are not familiar with meditation, or the Self-Realization Fellowship organization.

The Inspirational and Prayer Service

This service is one hour and fifteen minutes long. It includes two periods of reading, chanting, and meditation. The meditation periods are ten to twenty minutes in length. During the last fifteen minutes, we join in with the Self-Realization Fellowship Worldwide Prayer Circle.

The Long Meditation Service

This service consists of a sequence of reading, chanting, and up to forty-five minutes of meditation, repeated every hour. Usually this service is two to three hours long; occasionally it is lengthened to four, six or eight hours.

We ask that everyone be settled in the chapel when the service begins. This includes anyone who does not want to meditate for the number of hours scheduled. Anyone doing a shorter meditation may leave during a reading or chanting period.