

For more information about the
SRF Edmonton Meditation Circle
visit:

www.edmontonsrf.ca

or call: 780.935.6626

Chapel Location:
3203 97th Street, 2nd floor
Edmonton

“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



Learning More About Meditation

The techniques of meditation as taught by
Paramahansa Yogananda may be learned
through the SRF Lessons, which are sent for
personal study from the SRF International
Headquarters in Los Angeles. Applications for
the Lessons can be found on our Free
Literature wall display or by calling the SRF
International Headquarters at 323.225.2471.

www.yogananda-srf.org

Self-Realization Fellowship Edmonton Meditation Circle



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



Service Schedule

Sunday Readings Service

11 a.m. – 12 noon

Chapel open at 10 a.m. for private meditation

Consists of readings of scripture interpretations, a main article, and other writings of Paramahansa Yogananda; chanting; and two periods of meditation 5 – 10 minutes in length.

Refreshments and fellowship follow this service. You are more than welcome to join us.

Thursday Inspirational and Prayer Service

8 – 9:15 p.m.

Consists of short devotional readings; chanting; and two periods of meditation 10 – 20 minutes in length. During the last portion of the meditation, time is spent praying for those who are in need of healing and for world peace.

Tuesday Two Hour Meditation and Lessons Study

7 – 9 p.m.

A chant and meditation from 7 – 8 pm. Lessons study from 8 – 8:30 p.m. Meditation from 8:30 – 9 p.m. You must be a Lessons student to attend after 8 p.m.

SRF Movie

Third Sunday of the month
after the Sunday Service

Four Hour Meditation

9 a.m. – 1 p.m.

First and Third Saturdays of the month

Preparing for Meditation

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 that 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.

Focus eyes gently upward: With eyes closed, focus the gaze gently at the Christ Consciousness Centre (the point between the eyebrows).

Focus thoughts on God: If no techniques are known, 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. Please refer to the *Cosmic Chants* booklet available in the chapel to learn the words to many of the chants sung during our services.



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 for each one's cooperation with the following guidelines.

Before Meditation:

- Please try to arrive on time, if not a little early, to get settled. If you are late, please enter the chapel only during chanting or readings (never during silent meditation or prayers).
- Please turn off cell phones & electronic devices.
- If you have a cough, cold, or any condition that creates noise or restlessness, it would be preferable to meditate at home.
- It is preferable to wear clothing made of soft fabrics that don't make noise.
- Please try not to wear perfumes or strong scents, so as not to distract others around you.

During Meditation:

- Please stay quietly seated during periods of silence.
- Strive to practice the meditation techniques so that they are completely inaudible to others in the group.
- If possible, use the restroom only during the chanting periods.
- If possible, leave only during chanting periods, and keep silent until well distant from the group.