



“Be still, and know that I am God.” —*Psalms 46:10*

*Self-Realization Fellowship* ♥ *Kentucky*

**Lexington Meditation Circle**

## *Regular Meditation Service*

**M**ost of our Sunday morning meditations are 2-hour “Regular Meditation Services” as outlined in the yellow box below. When we meditate with others, we strengthen one another with our sincere devotion and depth of concentration. Group meditations are a tremendous aid in our spiritual growth!

- ◆ Arrive a few minutes early to set up
- ◆ 9:50 AM—Background devotional music
- ◆ 10:00—Lead brief prayer
- ◆ Perhaps share a quotation from Master
- ◆ Lead a devotional chant
- ◆ Silent Meditation
- ◆ 10:50—Background music
- ◆ 11:00—Stand and lead opening prayer
- ◆ Invite group to “Please be seated.”
- ◆ Welcome the group
- ◆ Briefly make any announcements
- ◆ Reminders on ideal meditation posture
- ◆ Deliver morning’s reading (or recording)
- ◆ Opening Chant
- ◆ Silent Meditation
- ◆ 11:52 approximately—Closing Chant
- ◆ Chanting of Om one to several times
- ◆ Invite silent prayers for healing
- ◆ Stand and conduct Healing Technique
- ◆ Conclude with closing prayer about noon

### **SAMPLE 10:00 AM PRAYER**

Heavenly Father, Mother, Friend, Beloved God; Great Gurus of Self-Realization: saints of all religions: we bow to you all. Divine Mother, teach me to open the gate of meditation that alone leads to Thy blessed presence. At Thy lotus feet, I humbly lay all the flowers of my devotion. Om, Peace, Amen.

### **SHARING A QUOTATION FROM MASTER**

After the opening prayer, before leading a chant, you may wish share a quotation from Guruji as a way of helping devotees to focus inwardly on some aspect of the Divine.

### **CHANTING FOR DEEP MEDITATION**

Durga Mata was one of the early close disciples of Paramahansa Yogananda. She said: “Chanting, Master used to tell us, is one of the ways of realizing God. When you concentrate deeply on the words of the chant and the thought that is being expressed as you chant to God, your mind goes deeper and deeper into the actual perception of God. Chanting is a wonderful way to prepare the mind for the yoga meditation techniques taught by Master. . . . The importance and power of the habit of devotional chanting cannot be overestimated.”

*Based on the teachings of Paramahansa Yogananda,  
the Lexington Meditation Circle operates under the guidance of Self-Realization Fellowship.*

## **SAMPLE OPENING PRAYER FOR 11:00 AM SERVICE**

Heavenly Father, Mother, Friend, Beloved God; Jesus Christ, Bhagavan Krishna, Mahavatar Babaji, Lahiri Mahasaya, Swami Sri Yukteswar, and our guru, Paramahansa Yogananda; saints of all religions; we bow to you all. Beloved Lord, I listen to Thee the temple of silence. I obey Thee in the temple of discipline. I love Thee in the temple of devotion. Om, Peace, Amen.

## **IDEAL MEDITATION POSTURE**

Remind group members to assume an ideal meditation posture as taught by Master: Sit with “a straight, erect spine; chin parallel to the ground; shoulders back, chest out, abdomen in; and eyes focused at the Christ Center between the eyebrows. The body must be still and unmoving, without strain or tension.”

Throughout your meditation, remember to keep your gaze gently uplifted between the eyebrows at the Christ-consciousness center—the seat of concentration, will, and divine perception.

## **SILENT PRAYERS FOR HEALING**

You might say something like: “Let us bring to mind all those who have requested prayers through the Mother Center. We may also pray for others to whom we wish to send healing energy, as well as praying for any personal needs we may have. Additionally, let us keep in mind all those members of our Lexington Meditation Circle—past, present, and to come—who are not physically with us today.” (*Pause for a while, and then stand for the Healing Technique.*)

## **HEALING TECHNIQUE**

By concentration and will power we consciously draw upon God's healing cosmic energy.

**1.** With eyes closed, pray as follows: “Heavenly Father, Thou art omnipresent; Thou art in all Thy children; manifest Thy healing presence in their bodies.” Keeping the eyes closed, briskly rub your palms together for ten to twenty seconds. At the same time, concentrate deeply on the cosmic energy flowing into your body through the medulla oblongata—located at the lower part of the brain stem toward the back of

the head. Feel the divine energy going into your arms and hands. You will feel warmth and tingling in the arms and hands as that healing energy gathers there. Now, raise your outstretched arms in front of you to about the height of your forehead, and chant Om. Simultaneously with the chanting of Om, gradually lower your hands in front of you until they rest at your sides. During this process, mentally feel the divine vibrations flowing out of your hands to those in need of healing.

**2.** Pray: “Heavenly Father, Thou art omnipresent; Thou art in all Thy children; manifest Thy healing presence in their minds.” Rotate your hands (in a forward motion) rapidly around each other. Your hands soon will become filled with cosmic energy. Concentrate on the cosmic energy entering the medulla oblongata and flowing into the hands. Continue rotating the hands for ten to twenty seconds. Once again, as in Step 1, raise your outstretched arms and chant Om.

**3.** Pray: “Heavenly Father, Thou art omnipresent; Thou art in all Thy children; manifest Thy healing presence in their souls.” Repeat the technique of rubbing the hands together and chanting Om, as in Step 1.

**4.** Say: “And now with upraised arms, let us chant Om once more as we send healing vibrations of peace and harmony to all the world.” As you do so, keep your arms outstretched in front of you to about the height of the forehead—this time without lowering your arms.

## **SAMPLE CLOSING PRAYER**

Heavenly Father, Mother, Friend, Beloved God; Jesus Christ, Bhagavan Krishna, Mahavatar Babaji, Lahiri Mahasaya, Swami Sri Yukteswar, and our guru, Paramahansa Yogananda; saints of all religions; we bow to you all. And we bow to all souls in every nation, for they are made in Thine image. We wish peace for all nations of the globe. We love Thee, our Father, and we love all creatures, for they reflect Thy life. May Thy love shine forever on the sanctuary of our devotion, and may we be able to awaken Thy love in all hearts. Om, Shanti, Shanti, Amen.

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