

# Meditation Guidelines

*From the teachings of  
Paramahansa Yogananda  
and  
Self-Realization Fellowship*



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## Learning More About Meditation

Paramahansa Yogananda's personal instructions on how to practice the science of Kriya Yoga meditation, taken from the classes he gave for more than thirty years, are presented in detail in the *Self-Realization Fellowship Lessons*.

In addition, the Lessons provide his practical guidance and techniques for attaining balanced physical, mental, and spiritual well being — the health, healing, success, and harmony that yoga bestows in every aspect of life. These "how-to-live" principles are an absolutely essential component of any truly successful meditation practice.

The *Self-Realization Fellowship Lessons* are sent by mail for personal home study. Lesson applications are available in the bookroom as well as on the Self-Realization Fellowship (SRF) web site: <http://www.yogananda-srf.org>.

## Preparing for Meditation

Paramahansa Yogananda said, "Meditation is the ability to take the mind away from every object of distraction and put it on God alone." Correct posture, focusing the eyes gently upward, and focusing one's thoughts on God, are key points to help achieve this state of mind.

**Correct Posture** - Sit relaxed with spine straight, feet flat on the floor, shoulders back, chest out, abdomen in, and hands with palms turned upward resting at the juncture of the thighs and abdomen (see picture below). It is important that there be no tension in the body.



**Focus eyes gently upward** - With eyes closed, focus the gaze gently at the Christ Consciousness Center (the point between the eyebrows).

**Focus thoughts on God** – Practice one of the SRF techniques of concentration and meditation, reverently and with deep devotion. If no techniques of meditation are known, silently call on God in the language of your heart. Make constant efforts to stay focused in your meditation. See the beginner's meditation on the back page of this flyer as an example.

## A Beginner's Meditation

As taught by Paramahansa Yogananda and posted on the SRF web site:  
[www.yogananda-srf.org](http://www.yogananda-srf.org)

1) Prayer: After you are established in the meditation posture, begin by offering God a prayer from your heart, expressing your devotion and asking His blessings on your meditation.

### 2) Tense and Relax to Remove All Stress:

- Inhale, tensing the whole body and clenching the fists.
- Relax all the body parts at once and, as you do so, expel the breath through the mouth in a silent double exhalation, "huh, huhhhh."  
Repeat this practice three to six times.

Then forget the breath. Let it flow in and out naturally, of its own accord, as in ordinary breathing.

### 3) Focus Attention at the Spiritual Eye:

With the eyelids half closed (or completely closed, if this is more comfortable to you), look upward, focusing the gaze and the attention as though looking out through a point between the eyebrows. (A person deep in concentration often "knits" his brows at this spot.) Do not cross the eyes or strain them; the upward gaze comes naturally when one is relaxed and calmly concentrated.

What is important is fixing the whole attention at the point between the eyebrows. This is the Christ Consciousness center, the seat of the single eye spoken of by Jesus: "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light" (Matthew 6:22).

When the purpose of meditation is fulfilled, the devotee finds his consciousness automatically concentrated at the spiritual eye, and he experiences, according to his inner spiritual capacity, a state of joyous divine union with Spirit.

It takes deep concentration and calmness to behold the spiritual eye: a golden halo surrounding a circle of blue, in the center of which palpitates a five-pointed white star. Those who do see the spiritual eye should strive to penetrate it by deeper concentration and by devoted prayer to God. The depth of calmness and concentration necessary for this are naturally developed through steady practice of the scientific Self-Realization Fellowship techniques of concentration and meditation [which are taught in the *Self-Realization Fellowship Lessons*].

### 4) Pray Deeply to God in the Language of Your Own Heart:

Whether you see the light of the spiritual eye or not, however, you should continue to concentrate at the Christ Consciousness center between the eyebrows, praying deeply to God and His

great saints. In the language of your heart invoke Their presence and Their blessings.

A good practice is to silently repeat a chant or take an affirmation or a prayer from the *Self-Realization Fellowship Lessons*, or from Paramahansa Yogananda's *Whispers from Eternity* or *Metaphysical Meditations*, and spiritualize it with your own devotional yearning.



Devotee meditating in the SRF Lake Shrine gardens.

Silently chant and pray to God, keeping the attention at the point between the eyebrows, until you feel God's response as calm, deep peace and inner joy.

## Self-Realization Fellowship

Self-Realization Fellowship has centers and meditation groups throughout the world. For information on their locations, or if you have specific questions about the teachings of Paramahansa Yogananda, please contact:

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