

ALL-DAY CHRISTMAS MEDITATION
and
PARAMAHANSA YOGANANDA COMMEMORATIVE MEDITATION

Instructions for Devotees

Many years ago Paramahansa Yogananda established the custom of setting aside one day of the Christmas season for an all-day meditation, to establish a truly deep communion with Christ and God.

Many Self-Realization fellowship devotees have come to regard the All-Day Christmas and Paramahansa Yogananda Commemorative Meditations as the most important events of the year. They find that through hours of concentrated devotional meditation an uplifting divine power flows into them from God, Christ, and the Great Ones. The blessings from even one day fully dedicated to God are permanent in their effect, especially when that day has been preceded by faithful daily meditation throughout the year.

Beginners sometimes feel that a meditation of several hours would be impossible for them. But many new members attending a Self-Realization /fellowship all-day meditation later testify that the hours passed like minutes. The collective devotional power of the group at these meditations offsets and reduces the natural restlessness of the devotee, so long as he is making sincere effort. Many students who have participated in the all-day meditation later realize that a great spiritual change has taken place in their lives as a result of that one day of continuous divine communion.

Please plan to attend the Christmas and Paramahansa Yogananda Commemorative meditations at the Minneapolis Meditation Group chapel if you possibly can. Join us in the custom of setting aside both of these days each year solely to commune with God.

Both of our all-day meditations last from 9:00 A.M. to 4:00 P.M. with an intermission at about 12:30 P.M., at which time anyone who wishes to leave may do so. However, as a general rule no one should come in for the second half who has not already attended the first period of meditation. The arrival and initial restlessness of devotees who are just beginning to meditate disturbs the peace of those who have already passed several hours in deep devotional concentration. If you cannot be present for the whole day, please plan to attend the first period of meditation only.

Devotees who are only free during the second half of the day should try to meditate at home and tune in mentally with the group. Your earnest efforts will not fail to receive the blessings and divine aid of God, Christ, and the Gurus of Self-Realization Fellowship.

The following information will be helpful to devotees planning to attend the all-day meditations.

I. Schedule:

A. Please be sure to come early, and be prepared to stay at least until the intermission. No one will be permitted to enter the chapel once the meditation has begun.

B. The intermission comes about halfway through the meditation (typically 12:30 p.m.). The meditation will be about 7 hours long.

II. How to prepare:

A. If you have a cough or a cold, you should meditate at home, rather than attending the all-day service. Paramahansa Yogananda insisted on scrupulous observance of this rule when he conducted the long meditations. In fairness to others you would not want to disturb them by coughing, sneezing, etc.

B. Eat lightly (preferably fruit), or not at all, before coming to the meditation. Do not bring food of any kind to the meditation (except the fruit offering – see Section III).

C. Come early, so that you may be calm when the meditation begins.

D. Come in a devotional mood. For this one day, put away all thoughts of the outside world.

E. Keep silence outside beforehand.

F. Practice the Energization Exercises before the meditation.

III. What to bring:

A. Bring fruit as a devotional offering.

B. Dress warmly and comfortably, so you will be able to forget about the body you may wish to bring a blanket or a cushion to sit on.

C. You may bring an arm rest, if you wish to practice the Aum Meditation Technique during the meditation.

May God, Christ, and Gurus inspire and uplift you as you dedicate your Christmas and Paramahansa Yogananda Commemorative Meditations to Them.