

**LEARNING MORE  
ABOUT MEDITATION**

The techniques of meditation, as taught by Paramahansa Yogananda, may be learned through the SRF Lessons which are sent by mail for personal study from the Mother Center in Los Angeles.



Applications for the Lessons can be found on the free literature table at the rear of the hall or you can apply online at:-

[www.yogananda.org](http://www.yogananda.org)



**“By the practice of meditation you will find that you are carrying within your heart a portable paradise.”**

Paramahansa Yogananda



***MEDITATION  
SERVICES SCHEDULE***

**Sundays 2:30pm—4:30pm**

The Friends' Meeting House

(Quakers)

82 Wythenshawe Road, Northenden

Manchester M23 0DJ

Please check the schedule on our website for changes to the above listed service

[www.yogananda-manchester.org.uk](http://www.yogananda-manchester.org.uk)

Or telephone

07851 148637

Email

[enqs@yogananda-manchester.org.uk](mailto:enqs@yogananda-manchester.org.uk)



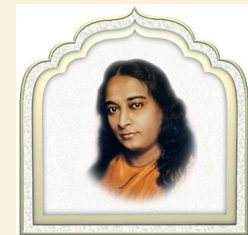
**MANCHESTER CIRCLE  
of  
Self-Realization Fellowship**



**GROUP  
MEDITATION**

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

**Paramahansa Yogananda**



*Welcome to*  
**MANCHESTER**  
**MEDITATION CIRCLE**

*Our Service*

Today's service will contain prayers, readings, chants and periods of silent meditation of varying lengths.

*Chanting*

Chanting deeply with concentration and devotion draws the devotee inwardly to the altar of God's presence.

You will find the words to the chants in the blue book 'Cosmic Chants' on the table at the back of the room.

*Prayers*

Towards the end of the service we offer prayers for those in need of healing and we also pray for world peace.

At the end of the service we maintain silence for a few minutes whilst offering our silent personal prayers to God and Guru.

*Other Guidelines*

We usually remain seated throughout the service although standing during the chants, to relieve any tension in the body, is acceptable.

*If you need to leave the room at any time please do so during one of the periods of chanting so as to minimise disturbance to others.*

*We hope you will find  
peace and joy here today*



**ENERGIZATION EXERCISES**

We partake in Energization Exercises before the service begins. These are a series of psychophysical exercises developed by Paramahansa Yogananda to prepare the body for meditation.

Regular practice promotes mental and physical relaxation and develops dynamic will power.

The Energization Exercises, that take about fifteen minutes to perform, are one of the most effective means of eliminating stress and nervous tension.

Practising them prior to meditation is a great help in entering a calm, interiorised state of awareness.

The Exercises are part of the SRF Lessons available from Mother Center (see overleaf).



**BREATHING EXERCISES**

*Before meditation, practise the following breathing exercises six to twelve times:*

*Inhale to a count of 20; hold the breath to a count of 20; exhale to a count of 20.*

*If 20 is too long a count for you, then inhale, hold and exhale the breath to a lesser count.*

*Whatever the count, it should be the same for inhalation, for holding the breath and for exhalation.*

*After practising the breathing routine described in the preceding paragraph, inhale, tense the entire body, throw the breath out (i.e. expel the breath in a double exhalation, "huh, huh") and relax. Repeat this exercise six times.*

**MEDITATION POSTURE**

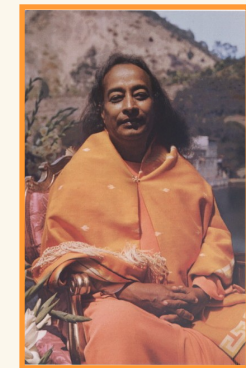
*During meditation it is most important to KEEP THE SPINE UPRIGHT, the body relaxed and still, the mind calm.*

*Keep the feet flat on the floor, chin parallel to the floor, hands with palms upturned or in any position that is comfortable for you.*

*If no meditation techniques are known then silently call on God in the language of your heart.*

*Concentrate your attention at the point between the eyebrows, the Christ Consciousness centre, the centre of will and spiritual perception.*

*By daily meditation you will realise the eternal truth of Jesus' words,  
"The kingdom of God is within you."*



*"Everything else can wait, but the search for God can not wait."*

Paramahansa Yogananda  
Founder of

***Self-Realization Fellowship***