

Self-Realization Fellowship Temple
San Diego

Christmas Meditation



“I am giving this special blessing to you all, that if you will meditate deeply...you will feel the presence of Christ.”

—Paramahansa Yogananda

Many devotees have come to regard the Christmas Meditation as the most important event of the year. The power of the group’s sincerity and devotional effort, and the blessings of God, create an inner calm that helps each one to overcome restlessness and to feel the presence of God and Christ. Many say that the hours seem to pass like minutes. We warmly invite you to join us for this special day.

Saturday, December 16, 2017

10 am to 6 pm (Intermission 2 to 2:30 pm)

The doors will open about 30-35 minutes ahead. Devotees are encouraged to stay for the entire day. If unable, please select a room for its designated purpose. Once seated, please do not switch seats or rooms.

Chapel & chapel patio: The lower level will be reserved for those who plan to stay all day. No one may enter after 10 am.

Rooms 3 & 5 (West side of upper center patio): These rooms will be reserved for those who plan to stay for the first-half or all day. No one may enter after 10 am.

Rooms 7 & 11 (East side of upper center patio): These rooms will be open all day. Anyone may enter/exit, quietly, during a chant only.

“If you meditate long and deeply, and call to Christ with all the love of your soul, removing all barriers of restlessness and doubt, you will find him willingly entering in....”

—Paramahansa Yogananda

Please bring a fruit and free will offering (in an envelope) to be offered at the Pranami Table before entering.

Guidelines before the Meditation

- Keep silence before the meditation and come in a devotional mood. Make a special effort to put aside all worldly thoughts for one day and strive to keep your whole heart and mind with God and Christ.
- Dress comfortably. Wear clothing that is made of soft fabrics (that don’t make noise), and bring a sweater or shawl for warmth.
- Do not come if you have a cough or cold, or a condition that creates restlessness; please meditate at home.
- Turn off phones when you arrive at the temple. Please refrain from bringing food or beverages (including water, unless there is a medical condition) to the chapel.
- Arrive early so you can get situated and have the time to practice the Energization Exercises. Seating will be available on the chapel patio, as a waiting area, about 30 minutes before the doors open.

During the Meditation

- Stay quietly seated during silent periods (motionless) in order to help create an atmosphere of stillness.
- Keep phones turned off (absolutely no texting!).
- Meditation techniques and deep breathing should be done in such a way that they are completely inaudible to those around you.
- The large altar picture helps focus our devotion on Christ. Please do not come forward to the picture. This is done at evening commemorations, but during a meditation, it can distract others.
- If there is a need to stand or gently stretch, this can be done during a period of chanting, but should not disturb others in any way.

If you anticipate that you will need to leave your seat before the break, for any reason such as going to the restroom, you should meditate upstairs. While periods of chanting can be used to quietly adjust the body, the attention should be on the chant, to dive deeply into the words, the devotion and feeling of the chant. Paramahansaji has said, “Chanting is half the battle”.

- Intermission: this is the time to move around, use restrooms, etc., but try to stay interiorized and maintain silence to practice the presence.

As you leave at the end of your meditation, please take a fruit to break your fast, as a Prashad Blessing from God, Christ, and Gurus.

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