

Calgary Meditation Group of SRF

Meditation Guidelines

Welcome

We are happy that you are interested in joining us for group meditation and thank you for considering the following guidelines and protocols.

Meditation Service

The service begins and ends with an SRF prayer, lead by a service reader, who guides the group through periods of silent meditation, separated by short periods of devotional chanting and inspirational readings.

Devotional Chanting

Chanting with deep concentration and devotion draws the devotee inward and helps deepen the meditation periods by continuing to chant silently. Yogananda's Cosmic Chants are played either via recorded CD, or lead by the service reader or other group member on a harmonium.

Tips on Meditation

Paramahansa Yogananda said, "Meditation is the ability to take the mind away from every object of distraction and put it upon God alone." A few key points are helpful in achieving depth in your meditation:

Correct posture: Sit with spine straight, feet flat on the floor, shoulders slightly back, chest out, abdomen in and hands with palms turned upward resting at the juncture of thighs and abdomen. The goal is to keep the body relaxed and motionless.

Focus eyes gently upward: With eyes closed, focus the gaze gently at the point between the eyebrows, the spiritual eye.

Keep thoughts focused on God: If no techniques are known, silently talk to God in the language of your heart. A devotional thought such as "Reveal Thyself" repeated with deep attention can bring an inner response from God.

Meditating in a Group

Devotees come together in silent fellowship to reinforce each other's efforts toward Self-realization. You can do your part by remembering and following these simple guidelines:

Wear clothing that is made of soft fabric (no nylon) both for personal comfort and silence.

If you have a health condition that may cause disturbance to you or others, please consider meditating at home.

Arrive early so you can choose a seat. It is important that once meditation is in progress, we do not create a disturbance for others. If you know you will need to leave before the end of the meditation, arrive via the side door (basement) then sit in an appropriate seat for easy departure (during a chant only). If you arrive late, please also enter via the side basement door and wait for a chant before quietly entering the chapel. Entry into or exit from the chapel during silent meditation periods is strictly not permitted.

Minimize the use of perfumes or lotions and deodorants with strong scents.

Turn off electronic devices before entering the chapel or leave them in the car.

Do not speak or carry on whisper conversation with other devotees during silent meditation periods. Whisper voices, no matter how low, can still be heard when a room is silent.

Please have consideration for Sunday School students by being silent and as non-disruptive as possible, if entering or using the basement area during times when Sunday School is in progress.

Practice the techniques silently (Kriya, Hong Sau and Om). Remain still and quiet during meditation periods. Minimize shifting of Om boards or fidgeting of the body. If you need to stretch or stand, wait until a chant. If you need to use the restroom or leave the service before the end, please do so during a chanting period only and exit through the basement, not the front door. There is no entry or exit from the chapel permitted during a silent meditation period (unless it is an emergency, i.e. sudden illness or coughing spell).

Learning More

The techniques of meditation taught by Paramahansa Yogananda may be learned through the SRF lessons which are sent by mail for personal study directly from the SRF Mother Center. Applications for the lessons are available in the foyer and also in the book room.

Thank You

Thank you for taking the time to read this information and for helping to create a spiritual environment conducive to inner communion with God. If you have any questions, please do

not hesitate to contact the Managing Team at 403-262-2762 or by email:
calgarymanagingteam@gmail.com.