

## Song of The Morning x Spiritual Life Council

# Online Group Meditation Information

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

### Meditation Service Format

A meditation leader guides the group through periods of silent meditation and prayer (about 45 minutes in length), and periods of devotional chanting.

#### Chanting

Chanting with deep concentration and devotion draws the devotee inward to the altar of God’s presence. Paramahansa Yogananda’s *Cosmic Chants\** is an excellent introduction to devotional chanting and gives the words and music for the chants used in the services.

#### Prayer

During the last portion of the meditation, time is spent in praying for those who are in need of healing, and for world peace.

### Learning More About Meditation

The techniques of meditation as taught by Paramahansa Yogananda may be learned through *SRF Lessons*, which are sent by mail for personal study from the Mother Center in Los Angeles. Application for the Lessons can be found online at: [yogananda.org](http://yogananda.org) or by calling Mother Center at 323-225-2471

*\*The book Cosmic Chants is available for purchase from the SRF Bookstore at: [yogananda.org](http://yogananda.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.”* A few key points to achieve this state:

- **Correct posture:** Sit relaxed 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. It is important that there is no tension.

- ***Focus eyes gently upward:*** With eyes closed, or half open, focus the gaze gently at the Christ Consciousness Center (Kutastha—the point between the eyebrows).
- ***Focus thoughts on God:*** If no techniques are known, silently call on God in the language of your heart. Make constant efforts to stay focused in your meditation.

## **Meditating in a Group**

In group meditation devotees come together in silent fellowship to reinforce each other's efforts toward Self-Realization. You can do your part by asking: "What else can I do to keep from distracting others?" Effective group meditation is possible only if each person shares responsibility for creating an atmosphere of peaceful stillness. The following guidelines list some positive actions you can take to help create a peaceful environment for group meditation.

## **Meditation Etiquette**

### **Arrival**

- Please try to arrive on time giving yourself ample time to "center & settle within".

### **Before Meditation**

- Turn off all electronic devices.
- If you have a cough, cold, or any conditions that create noise or restlessness that may affect others—please make sure you are muted.

### **During Meditation.**

- Practice the meditation techniques so that they are inaudible to others in the group.
- Stay quietly seated during periods of silence.
- If needed for longer meditations, you may stand and do gentle stretching during periods of chanting.

## **Meditation Service Schedule**

### **At the SOM Ranch—Service Held in the Lodge**

Tuesday thru Saturday evening 8 - 9 p.m. (one-hour service)

### **Online Via Zoom in coordination with SOM Spiritual Life Council & Friends of The Ranch Group**

Tuesday evening 7 p.m. EST meditation service, chat room opens 20 minutes prior to the start of the one-hour service.