



# Self-Realization Fellowship

Encinitas Temple

## MEDITATION GUIDELINES

This occasion is a joyous opportunity to offer God and Guru the “*garland of our united hearts and minds*” to lay at Their feet. Our Guru says, “*United minds are bigger channels through which God’s power flows in a mightier way to individual souls.*”

To be united is for each of us to contribute to that “*garland*” with the blossoms of our concentration, our devotion, our stillness, our silence. To that end, let us keep the following in mind:

- ❖ Turn off your cell phone.
- ❖ Try to maintain proper posture with the spine straight, the chin parallel to the floor, and the palms upturned at the juncture of the thighs and the abdomen. The body should be stable, yet relaxed, so that it is possible to remain completely still. Try to maintain this stillness throughout the periods of silence.
- ❖ The attention and gaze should be focused at the point between the eyebrows, the Christ Consciousness Center. This is the center of calmness and divine perception. If the gaze should drop or if you begin to feel drowsy, you can tense and relax the body a few times or look at the Guru’s picture.
- ❖ While practicing the SRF techniques of meditation, please do so silently. Remember that we are here not only for ourselves. Our efforts to be silent and still are gifts to one another as well as offerings to God and Guru.
- ❖ If you need to leave, please do so quietly at the beginning of a period of chanting.
- ❖ And lastly, if during a silent period, you have an uncontrollable cough or any other physical challenge, it would be a great kindness to the group for you to leave the chapel as soon as possible in order to maintain the stillness for others.

As we prepare for this blessed time together, let us remember our Guru’s words:

*“When bodily motions cease and thoughts are stilled, the Lord begins to appear as peace and divine bliss on the altar of tranquility and changelessness.”*