

Welcome!

to the

DENVER

Meditation Group

of

Self-Realization Fellowship



March 14, 2009 picture of the
Denver Meditation Group with
Brother Sarvananda and Br. Lynn

“Self-realization is the knowing — in body, mind, and soul — that we are one with the omnipresence of God; that we do not have to pray that it come to us, that we are not merely near it at all times, but that God’s omnipresence is our omnipresence: that we are just as much a part of Him now as we ever will be. All we have to do is improve our knowing.”

--Paramahansa Yogananda

Dear Friend,

Welcome to the Denver Meditation Group of *Self-Realization Fellowship*. We welcome you to attend our services and hope that you will find in this sanctuary of peace a deeper inspiration and inner guidance for your life’s journey to God.

On Sunday mornings we have a meditation service from 9:00 – 9:45 a.m. and our primary (Readings) service from 10:00 – 11:00 a.m. An Inspirational service is held each Thursday evening from 7:30 – 8:45 p.m. followed by a special prayer and healing service from 8:45 – 9:00 p.m. In addition to our Sunday morning Meditation Service, we have a longer meditation from 8-11 a.m. Saturdays. All are welcome.

Self-Realization Fellowship (SRF) is an international non-profit religious society founded in 1920 by Paramahansa Yogananda. Yogananda is the author of many books including the best seller *Autobiography of a Yogi*. SRF is dedicated to carrying on the spiritual and humanitarian work that he began—seeking to foster greater harmony and understanding among those of all races, religions, and nationalities, and introducing to truth-seekers all over the world his universal teachings on the ancient science of Yoga.

A series of lessons for home study is available. Compiled from Paramahansa Yogananda’s lectures and writings, the *SRF Lessons* give instruction in the spiritual way of life and the methods of meditation that he taught. The lessons center on the practice of Kriya Yoga, a highly effective system of yoga meditation whose goal is direct, personal experience of God.

If you have any questions about the Denver Meditation Group, please feel free to speak with one of the group leaders. You are also welcome to visit our bookroom where books and recordings by Paramahansa Yogananda and *Self-Realization Fellowship* monastics are available.

About our Services

All Denver Meditation Group services include periods of silent meditation. Techniques of concentration and meditation that lead to the direct personal experience of God are provided in the *Self-Realization Fellowship Lessons*. These yoga methods quiet body and mind, and make it possible to withdraw one's energy and attention from the usual turbulence of thoughts, emotions, and sensory perceptions. In the clarity of that inner stillness, one comes to experience a deepening interior peace and awareness of God's presence.

All of our services also include periods of chanting. Each of the chants is repeated many times until the singer may feel “great bliss wafting through the radio of his heart,” as Paramahansa Yogananda once wrote. “When this joy is felt it is proof that God has answered the singer, and that his devotion has been properly tuned. One who sings these spiritualized songs, *Cosmic Chants*, with true devotion will find God-communion and ecstatic joy, and through them the healing of body, mind, and soul.”

Readings Service

Of the services offered by the Denver Meditation Group, the Readings Service is the one best suited to newcomers. Included in this service are the reading of passages from the New Testament of the Bible and from the Bhagavad Gita (the Hindu Bible), with scriptural interpretations and other writings by Paramahansa Yogananda. These inspirational Readings, together with chanting and meditation, make up a balanced service that meets the needs of both longtime SRF members and those who are new to the path. All are welcome.

Inspirational Service

Our Thursday Inspirational Service offers members an opportunity to share in a fellowship of meditation and inspiration at a point in the week's activities when they may need it most. Paramahansa Yogananda considered Thursday evening an especially favorable time for holding devotional weekly services.

Newcomers to Self-Realization Fellowship services may not be prepared for extended, unbroken periods of meditation. Therefore, the Inspirational Service provides new students with inspiration from the writings of Paramahansa Yogananda and also helps them to become accustomed to longer meditations.

Meditation Services

The Saturday and Sunday Meditation Services provide members and students with an opportunity to practice together the methods of concentration and meditation taught in the weekly *Self-Realization Fellowship Lessons*. The flame of one match is small and weak; the fire from many matches is large and strong. The united devotion and concentration of many yoga devotees can powerfully increase the meditational depth of each individual.. All are welcome.

Commemorative Services

We observe a number of anniversaries each year with a special commemorative ceremony. The all-day meditations for Jesus Christ and Paramahansa Yogananda are held on a Saturday near their respective birthdays. Those who are acquainted with the SRF teachings and appreciate the significance of the Guru-disciple relationship are welcome to attend these services.

Kirtan Services

Kirtan is Indian-style devotional singing to God, accompanied by traditional instruments such as harmonium, tablas, tanpura, and cymbals. This service provides an opportunity to go longer and deeper in chanting. All are welcome.

Retreats

Periodically we conduct a retreat, usually at a retreat facility distant from the city. Throughout the retreat there are periods of meditation, chanting, inspirational Readings, and listening to inspirational tapes. Time is also provided for personal study, introspection, and journaling. We have both one-day and weekend (overnight) retreats.

The SRF Retreatants Pocket Companion entitled *God First* gives an excellent description of the purpose of retreats: *"During retreat your part is to relax and become receptive to the omnipresent blessings of the Lord. Let go of your outer activities; become receptive to God and let Him be the supreme thought in your mind and the burning desire of your heart."*

Sunday School

Our Sunday School provides education on the teachings of Paramahansa Yogananda for children ages 3 and up. The Sunday School activities currently are available on the third Sunday of each month throughout the year. We hope to offer Sunday School every week in the near future.

Social Events

Social events provide members with an opportunity for fellowship outside of our services. On the first Sunday of every month we have a vegetarian potluck luncheon following the

Readings Service. Other social events that are organized include group hikes in the mountains.

Young Adults Group

Our Young Adults group is made up of disciples and friends of Paramahansa Yogananda between the ages of 18 and 30 (or anyone who is young at heart). The mission of the YA group is to create opportunities for SRF young adults to connect and support each other on the spiritual path through meetings, service, retreats, and special events. We aim for a balance of meditation, healthy activity, and fellowship in accordance with Paramahansa Yogananda's "How-to-Live" principles.

Location and History

The Denver Meditation Group is located at 2244 S. Albion Street. The Group held its first service in 1931 with about 600 students present after *Paramahansa Yogananda* had completed his first series of lectures and classes here. Yogananda visited Denver on at least 3 other occasions in the 1930's.

If you have questions about the Denver Meditation Group please feel free to give us a call at 303-753-1773 or check out our web site at www.srf-denver.org.

Self-Realization Fellowship

Self-Realization Fellowship has centers and meditation groups throughout the world. For information on their locations, or if you have specific questions about the teachings of Paramahansa Yogananda, please contact:

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