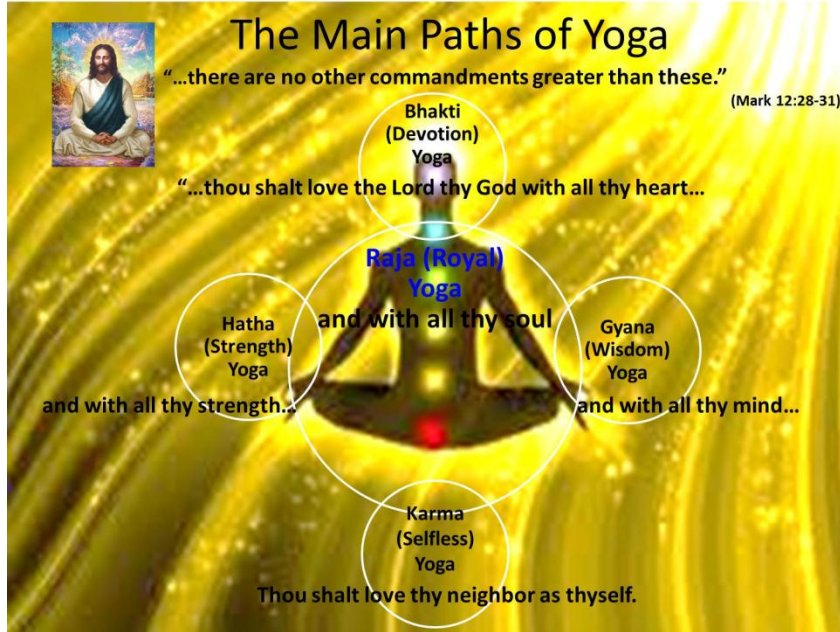


Ananda Meditation at Serenity Stream Yoga and Wellness Center

Enter and bathe in the sacred pool of God's love, hidden in the still, deep waters of meditation.

www.ancient-wisdom-of-yoga.com



Go to www.serenitystream.com to find a schedule for the following classes I will be teaching, to begin in February 2012



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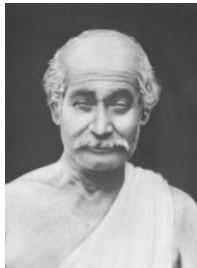
Enter and bathe in the sacred pool of God's love, hidden in the still, deep waters of meditation.

Chanting

(chant out loud along with the chants or silently, if you wish)

Ananda Line of Gurus

These gurus are guides to lead you to Self-realization. There are many such other gurus in many true religions. "The guru comes when the student is ready."



Jesus Christ

Babaji Krishna

Swami Sri Yukteswar

Lahiri Mahasaya

Paramhansa Yogananda

Prayer and contemplation

- Begin your meditation with a prayer.
- This will help you remember why you are meditating!
- You will also be inviting the Divine, or your Higher Self, to help you in your practice.
- In yoga, your relationship with God is personal and individual. To help with this God is often referred to as the following: Heavenly Father, Divine Mother, and Friend.

Here are some examples of prayers and affirmations before meditating:

- I enter and bathe in the sacred pool of Divine Mother's love, hidden in the still deep waters of meditation.
- Heavenly Father, Divine Mother, Friend, Beloved God.
I come into this temple of silence,
seeking Thee and Thee alone.
I put aside all earthly worries and all worldly desires.
- Heavenly Father, Divine Mother,
I am praying to Your listening Presence.

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Enter and bathe in the sacred pool of God's love, hidden in the still, deep waters of meditation.

I know that You hear me because I am praying to You
from within Your Infinite Consciousness,
from which you made me by taking a little inseparable part of Your Own Consciousness
and giving it self-awareness and free-will.
I am that inseparable part of Your Infinite Cosmic Consciousness.

There has never been a time that I have not been a part of you,
And there will never be such a time.

- Love-hate; health-disease; life-death;
perished these false shadows on the screen of duality.
I am Thee; Thou art I;
Knowing, Knower, Known, as One.
- I am an inseparable part of Your Infinite Cosmic Consciousness.
Therefore, I am the space consciousness for all manifested objective form.
This body is a manifested form.
I am not in this body, rather this body is in me, floating in my space consciousness.
This room; this building; this neighborhood; this country; all countries;
the planet earth; the solar system; the Milky Way galaxy with its billions of stars;
the hundreds of billions of galaxies; the universe; all universes
float in me like tiny little bubbles.
I am an inseparable part of The Infinite Cosmic Consciousness.
Therefore, I am the space consciousness for all manifested objective form.
- (Yogananda poem)
Neither mind, nor intellect, nor ego, nor feelings am I.
I am Thee; I am Thee; Blessed Spirit, I am Thee.
No birth, no death, nor caste, have I.
Father, mother have I none, except for Thee.
I am Thee; I am Thee; Blessed Spirit, I am Thee.
Beyond all flights of fancy, formless am I,
permeating the limbs of all.
Bondage I fear not. I am free, I am free, ever free.
I am Thee; I am Thee; Blessed Spirit, I am Thee.
I am the space consciousness for all manifested, objective form.

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Enter and bathe in the sacred pool of God's love, hidden in the still, deep waters of meditation.

- I am unaffected by outward worldly joys and sorrows, or by praise or blame.
I am secure in my divine nature as God's immortal child.
I regard with equal gaze: a clump of mud; a rock; a blade of grass;
a bar of gold, or even a million dollars.
They are all just vibrations of Your Cosmic Energy.
I am impartial to all seemingly pleasant or unpleasant events and circumstances.
They are all neutral.
It is only ego that assigns labels and judgments.
All events and circumstances in my life are neutral stepping stones
across this ocean of delusion.

- Heavenly Father, Divine Mother, through the grace of my line of gurus:
Jesus Christ, Babaji Krishna, Lahiri Mahasaya, Swami Sri Yukteswar
and Paramhansa Yogananda, I will meditate deeply and long until I find Thee;
until You come out of the darkness;
until You reveal Yourself to me.
I know that You are right here behind the darkness of my closed eyes;
waiting for me to come out of the cloud of delusion of this physical world;
waiting for me to let go of this false ego
with its delusion of separateness from Thee and my fellow immortal souls;
and waiting for me to abandon all body consciousness.

I will enter through the door of my spiritual eye
from consciousness into superconsciousness;
from superconsciousness into Christ Consciousness;
and ultimately into God Consciousness,
where I will commune with Thee always,
in everlasting, ever new joy.

From joy I came. For joy I live. In sacred joy I melt again.

I am the space consciousness for all manifested, objective form.