

## Thoughts to Study By

Guruji has suggested in Lesson one to first read through the entire Lesson, trying to grasp its main purport; and then to go through the Lesson again paragraph by paragraph.

In keeping with this principle, it is recommended that all members of the study group first read through the entire Lesson for each week on their own before coming to the study period: either on the same day, or on a prior day.

Then the second step, the paragraph by paragraph study, will be had in the group study. We will study together but each member is learning from the lesson itself, hearing and reading only the words of Paramahansa Yoganandaji, without his teachings being diluted or altered by the thoughts or interpretations of others.

Each one has the chance to absorb the teachings in an atmosphere of concentration and devotion, drawing from the Lesson that which is most meaningful and needful for himself, underlining key sentences in the Lesson, or making marginal notes, or comments in a notebook for his own personal application of the teachings in daily life.

Kansas City Meditation Group of  
Self-Realization Fellowship



## LESSON STUDY

Tuesdays from 7:00 to 8:30 pm

Doors open at 6:40 pm for

Energization exercises

Kansas City Meditation Group  
of  
Self-Realization Fellowship

10819 Wornall Road  
Kansas City, Missouri 64114  
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## Lesson Study Format

### 7:00 pm Opening Prayer

Precede the opening (and closing) prayer with:

Heavenly Father, Mother, Friend, Beloved God, Jesus Christ, Bhagavan Krishna, Mahavatar Babaji, Lahiri Mahasaya, Swami Sri Yukteswar, and our beloved Guru Paramahansa Yogananda, saints of all religions, we bow to you all. (continue with the prayer)

Then read the prayer at the top of page two.

### Followed by a Silent Meditation

### 7:15 pm Group Reading of the Lesson

### 8:00 pm Affirmation (whenever we have finished reading the lesson.)

### 8:05 pm Meditation

### 8:28 pm Closing Prayer

The leader can use for the closing prayer the prayer on page two of the lesson or part of the front page poem or the affirmation at the end of the lesson.

Then Add: May Thy love shine forever on the sanctuary of my devotion and may I be able to awaken Thy love in all hearts.

Aum. Peace. Amen.

## Study Group Format

- After the meditation, the member to the leader's right will read the first paragraph out loud.
- Silence is then observed for a few minutes so that Master's words may be absorbed into one's consciousness, reread, underlined, etc.
- The member to that reader's right will then read the next paragraph and afterwards the group will then continue the same format of silence as suggested above. This format of reading and silence will continue until the lesson is completed going around the room.
- The "Story" is read in the same format, paragraph by paragraph, except we wait to observe the silence until the entire story has been read.
- After the story, the leader will read the entire Affirmation out loud and then read it again in short segments as the group responds. It will be repeated loudly at first, then a little softer, then softer, etc. then as a whisper and finally mentally as we go into our final meditation.
- Please, no discussions, commentaries or explanations. If one has questions, he or she should write them down and seek answers in Guru's writings, or write to the Mother Center if unable to resolve the questions.

## Paramahansa Yogananda

"My only purpose is to awaken God within you. As far as you want to go along the spiritual path, I can show you; and if you practice the techniques in the *Lessons* you will never feel stagnation in your progress.

If you will study these *Lessons* for at least half an hour every day, you will soon realize a new goal of happiness, inner awakening, and Self-realization that will forever shed light upon you so that you may live according to the highest standards of existence. You will feel God; you will see Him smiling in the stars and the blossoms; you will see Him templed within every human being and in every good thought and every love that you have.

Those of you who shall come into this spiritual fold, I as your humble servant shall give my best possible cooperation to help you. This movement has the greatest masters of Self-Realization behind it. And you can demonstrate in your own life what they experienced.

So let this occasion be the awakening of a new life. Sleep no more! Awaken yourself and realize the powers of the Spirit. Using these studies, and meditating regularly, you shall find such happiness, such answers to your problems! Don't be satisfied with words. Have actual experience of truth. Have Self-realization! Keep this living message in your breast. Do not listen half-heartedly and then forget. God cannot redeem you unless you make the effort to redeem yourself first. You must bring His consciousness into your own consciousness."