



# Self Realization Meditation Healing Centre

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December 2013

Dear Family,

Joyful Seasons greetings to you all! Here is the Centre's 2014 Course Program that you've been waiting for. It's filled with many new opportunities to help you to live happier and healthier ~ we know this is a busy time of year, so set your intentions, make your plans and reservations *now* before time slips away and your calendar fills up!

Newly available from the Mother Centre: we're delighted to announce the release of *Inspiring Talks 5 and 6* on CD.

Newly available from the Michigan Centre:

~ Dharma Issue 18 ~ *Keep Looking Within* ~ our annual magazine full of inspirations!

~ New Altars of Peace and Love for Pure Meditation and all other times

blessed by Mata Yogananda Mahasaya Dharmaji. Beautiful and devotional, perfect for use at home or when you are travelling, they come in a sturdy gold envelope for protection.

Ongoing opportunities to gather as a spiritual community: Sunday evenings we gather at 7 to listen to the words and wisdom of Mata Yogananda Mahasaya Dharmaji's Inspiring talks, helping us to have a greater understanding of Spiritual Truths, followed by **Pure Meditation**. Friday evenings we gather at 8:15 to sing or chant some of the Song-Chants given to us by Mata Yogananda Mahasaya Dharmaji - helping us to open our hearts and go deeper into stillness and peace, followed by **Pure Meditation**. Every other evening we gather at 8:30 for **Pure Meditation**. Please come and bring your friends and family, staying as long as you feel to.

We thank you all for your prayers, your loving thoughts and the help that you have given ~ lovingly and generously donating your time, energy and resources to help with the Centre's work ~ You have made a difference!

Your help is needed with a number of regular and special projects, large and small. No amount of help is too small ~ many hands make Light work, and everything given in Love receives a blessing, so contact Joanne to find out more and come share in the joy of being of service with us! If you know of any volunteer programs or people looking for places where their help will be greatly valued, please let us know so we can keep our Centre moving forward. Seva weeks and weekends are also available throughout the year. There are countless blessings to be received by giving.

One last reminder about our new email address, if you haven't already, please change our email address today to: [info@SelfRealizationCentreMichigan.org](mailto:info@SelfRealizationCentreMichigan.org).

We warmly welcome you to join us on Christmas and Easter mornings for a special message from Mata Yogananda Mahasaya Dharmaji and Satsanga. If possible, please let us know you are coming and if you would like to reserve for lunch. We gather at 10:15 and start at 10:30, sharing in Song~Chants, inspired thoughts, and Mata Yogananda Mahasaya Dharmaji's Blessing, followed by **Pure Meditation** for as long as you wish. These are such beautiful times with many deep healings, please tell others so that they too may have the opportunity to come and receive.

We look forward to seeing you soon! With our Love and Blessings to you,

The Michigan Centre Family

From *Inspiring Talk* collection #4, entitled: 'What is True Friendship'

**'Be like a Diamond that Reflects Light, not like a charcoal that reflects nothing.'**

*Mata Yogananda Mahasaya Dharma*