

July 2025 Newsletter

Perth Meditation Group Ltd

"A disciple said sadly, "It seems that I shall never reach God," but the Master said,
"You are a wave of the Ocean. Now you are playing on the surface and the storm has
caught you, but the Ocean is all the time pulling – pulling. You have to go back." - Paramahansa Yogananda

Devotees are reminded to please arrive on time for services, do not enter the Temple during prayers or readings and please minimize noise and movement so as not to disturb others. If you are unwell, please meditate at home.

Special Events in July

Sun 7th July – 3-hr long meditation

Sat 12th July from 9:00 – 12:00noon

Major Busy Bee. All willing hands welcome. Please bring vegetarian food and/or drink to share for lunch at noon.

Fri 25 July from 7:00-9:00pm

Mahavatar Babaji Commemoration Service. Please bring a flower offering and a donation in an envelope.

Sun 27th July 8:00-11:00am

Screening with a social after the service. Please invite your friends and family and bring vegetarian food and/or drink to share.

News from Mother Centre

The SRF Lessons

It is easy to feel overwhelmed by the stress and pressures of everyday life and to become distracted by the expectations placed upon us by others and society. The [SRF Lessons](#) teach us how to live a balanced and successful life by awakening our connection to the Divine. Learn more about the SRF Lessons, which present Paramahansaji's personal instruction in the science of meditation.

Becoming the Vastness That is Your Real Self – by Paramahansa Yogananda

An [excerpt](#) from the talk "Self-Realization: Knowing Your Infinite Nature," which can be read in full in Solving the Mystery of Life, Volume IV – available soon.

Guided Meditation

Anchoring Yourself in [Calmness](#)

Group News

Major Busy Bee

Please make every effort to join us for the major busy bee on 12th July. We will take this opportunity to prune and tidy the garden and courtyard and deep clean the Temple. Please bring vegetarian food or a drink to share at noon. It's a wonderful opportunity to socialise with your fellow devotees and enjoy yummy food after the work it done!

Mahavatar Babaji Commemoration

A Commemoration service is a deeply spiritual occasion on which the vibrations of blessing from an illumined master are stronger than on other days. Devotees attending this service with the right attitude will reap spiritual benefits and find their high resolutions strengthened. You are welcome to join us on 25 July 7-9pm. Please bring a flower offering and donation in an envelope.

One-Day Silent Temple Retreat - Aug

Everyone is invited to join us for a one-day silent retreat at the Temple on Saturday 23rd August from 9-3pm. The service will include prayer, chanting, meditation and most likely a video. There will also be time to read and relax. Program out soon!

Movie date change – Please note that our movie afternoon, scheduled for Saturday August 2nd has been moved to Saturday September 13th from 2-4:30 with a social.

Coordinating Committee News

Position Vacant – Roster Coordinator

Our deepest thanks go to Paul G who has been our roster coordinator for some time. This position is now vacant. The roster goes out 4 times a year and training is available if required. If you would like to discuss taking on this role at the Temple, please speak with a member of the CC.

NEXT MONTH

Tues 5th Aug – Chapel cleaning before Service

Tues 12th Aug – Social after the Service

Sat 16th Aug – Janmashtami Commemoration

Sun 17th Aug – Chapel cleaning after Service

Sat 23rd Aug – One Day retreat at the Temple