

Meditation Etiquette

Guidelines for the Seattle Center of Self-Realization Fellowship

These occasions are a joyous opportunity to offer God and Guru the “garland of our united hearts and minds” to lay at Their feet. Our Guru says, “United minds are bigger channels through which God’s power flows in a mightier way to individual souls.” To be united is for each of us to contribute to that “garland” with the blossoms of our concentration, our devotion, our stillness, and our silence. To that end, let us keep the following in mind:

- ❖ Try to maintain proper posture with the spine straight, the chin parallel to the floor, and the palms upturned at the juncture of the thighs and the abdomen. The body should be stable, yet relaxed, so that it is possible to remain completely still. Try to maintain this stillness throughout the periods of silence.
- ❖ The attention and gaze should be focused at the point between the eyebrows, the Christ Consciousness Center. This is the center of calmness and concentration. If the gaze should drop or if you begin to feel drowsy, tense and relax the body a few times or look at the Guru’s picture.
- ❖ While practicing the SRF techniques of meditation, please do so silently. Remember that we are here not only for ourselves. Our efforts to be silent and still are gifts to one another as well as offerings to God and Guru.
- ❖ If you arrive late for a meditation or need to step outside of the chapel, please wait until a chanting or reading period to re-enter the meditation. In the meantime, you may meditate in the Social Room or Sunday School room*.
- ❖ Please turn off all electronic devices that beep or buzz.
- ❖ Please wear clothing that makes a minimum of noise when moving the body.
- ❖ Please refrain from wearing fragrances (including essential oils).
- ❖ And lastly, if during a silent period, you have an uncontrollable cough or any other physical challenge, it would be a great kindness to the group for you to leave the chapel as soon as possible in order to maintain the stillness for others. You can meditate either in the Sunday School Room or the Social Room. Remember, sounds travel throughout our building, even when the chapel doors are closed.
- ❖ As we prepare for meditation together, let us remember our Guru’s words: “When bodily motions cease and thoughts are stilled, the Lord begins to appear as peace and divine bliss on the altar of tranquility and changelessness.”

*With the exception of the 10am meditation, when teachers use the Sunday School room to prepare for class.