

Dear Friends of the Munich Meditation Center,

With this program we would like to invite you  
to our meditations, our commemoration  
services and other events.  
Guests and friends are warmly welcome.



*“ Divine Joy outlasts everything.  
It is enduring.  
When all else melts away, that Joy remains. “*

*Paramahansa Yogananda  
from  
„Inner Reflections – 2021 Engagement-Calendar“*

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*Meditation-Center München  
(Munich)  
Gemeinschaft der Selbst-Verwirklichung  
Self-Realization Fellowship*

## PROGRAM



SEPTEMBER TO DECEMBER  
2021

Liebherrstr. 4 80538 München  
Tel.: 089 – 24 29 20 99  
[www.srf-muenchen.de](http://www.srf-muenchen.de)

## Meditation- and Reading-Services

### Sundays

10:00 – 10:50 a.m. Meditation  
11:00 – 12:00 a.m. Inspirational Service

*There is a possibility to join the inspirational services between 10:50 and 11:00 a.m.*

*Parents may attend the service together with their children in the basement chapel. Parents are responsible for their children. Toys are available..*

### Wednesdays

#### Doors will open at 18 p.m.

19:00 – 21:15 p.m. Meditation- and  
Healing Service

*Entrance is also permitted between 20:00 and 20:10 p.m.*

#### First Wednesday of each month

18:00 – 18:50 p.m. Bhagavad Gita Study  
Group Meeting

### Fridays

18:00 – 21:00 p.m. Meditation Service  
and Healing Prayer

*Entrance is also permitted during the first ten minutes of each hour .*

#### Friday – before the 1<sup>st</sup> Saturday of each month

18:00 – 21:00 p.m. Kirtan

*Entrance is also permitted during the first 10 minutes of each hour.*

***With regard to the present unclear situation only the regular meditation services might be held***

#### 1<sup>st</sup> Saturday of each month

14:00 – 20:00 p.m. 6 hour meditation service  
17:00 – 17:20 p.m. break

*A guided meditation will be held during the first three hours. You are permitted to join only the second part of the Meditation and to arrive during the break.*

*It is also possible to do the energization exercises individually – in the basement: 30 minutes before the beginning of each meditation.*

## Commemoration Services and Meditations

**Friday, 03<sup>th</sup> Sept.** Bhagavan Krishna  
18:00 – 21:00 p.m. Commemoration-Service

**Friday, 24<sup>th</sup> Sept.** Lahiri Mahasaya  
18:00 – 21:00 p.m. Comm.-Meditation

**Sunday, 26<sup>th</sup> Sept.** Lahiri Mahasaya  
10:00 – 12:00 p.m. Mahasamadhi  
Commemoration-Service

**Wednesday, 30<sup>th</sup> Sept.** Lahiri Mahasaya  
19:00 – 21:00 p.m. Birthday  
Commemoration-Service  
\* \* \*

*Please bring one or several flowers  
Envelopes for donations will be provided.*

### Christmas-Meditations

**Sunday, 28<sup>th</sup> Nov.** Advent-Meditation  
8:00 – 9:45 a.m.

**Sunday, 05<sup>th</sup> Dec.** Advent-Meditation  
8:00 – 9:45 a.m.

**Sunday, 12<sup>th</sup> Dec.** Advent-Meditation  
8:00 – 9:45 a.m.

**Sunday, 19<sup>th</sup> Dec.** Christmas-Meditation  
10:00 am – 17:00 pm

**Friday, 24<sup>th</sup> Dec.** Christmas-Eve-  
14:00 am – 16:00 pm Meditation

*Please bring one or several flowers.  
Envelopes for donations will be provided.*

\* \* \*

***With regard to the unclear situation some program items might have to be left out or replaced.***

## Further Events

**Sunday, 19<sup>th</sup> Sept.** General Members' Meeting  
starting at 12:00 a.m.

**Saturday, 13<sup>th</sup> Nov.** Day of Serving  
starting at 10:00 a.m.

**Saturday, 27<sup>th</sup> Nov.** Christmas Decoration -  
in our rooms

**Saturday, 05<sup>th</sup> Dec.** Celebrating Advent  
starting at noon with Bazar

**Friday, 31<sup>st</sup> Dec.** “New-Year's-Eve”-Meditation  
16:00 – 18:00 p.m. Meditation for the New Year  
21:30 pm – 00:30 am

*Preview 2022:*

**Wednesday, 05<sup>th</sup> Jan.** Paramahansa Yogananda  
18:00 – 21:00 p.m. Birthday  
Commemoration Service

**Short-term program-changes:**  
[www.srf-muenchen.de](http://www.srf-muenchen.de)

***Please note that at the present moment we cannot make any definite planning. We will do our best to comply with the program items mentioned.***

For an international survey of all events  
please go to:

[www.yogananda-srf.org](http://www.yogananda-srf.org)  
\* \* \*

Your donation is always welcome.  
*Bank account of the  
Meditationszentrum München:*

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