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

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.



*“ Be inwardly ever newly joyous,  
like the ever-fresh laughing waters of a  
gurgling brook. “*

*Paramahansa Yogananda  
from  
„Inner Reflections – 2022 Engagement-Calendar“*

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## PROGRAM



SEPTEMBER TO DECEMBER  
2022

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

## Meditation- and Reading-Services

*Entrance half an hour before beginning*

### 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..*

### Wednesdays

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.*

### 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

**Monday, 26<sup>th</sup> Sept.** Lahiri Mahasaya  
19:00 – 21:00 p.m. Mahasamadhi  
Commemoration Service

**Wednesday, 28<sup>th</sup> Sept.** Lahiri Mahasaya  
18:00 – 21:00 p.m. Commemoration  
Meditation

**Friday, 30<sup>th</sup> Sept.** Lahiri Mahasaya  
19:00 – 21:00 p.m. Birthday  
Commemoration Service  
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*As a symbol of your devotion to God and to the SRF Gurus you are welcome to bring one or several flowers to the commemoration services. Envelopes for donations will be provided.*

### Christmas-Meditations

**Sunday, 27<sup>th</sup>. Nov.** Advent-Meditation  
8:00 – 9:45 a.m.

**Sunday, 04<sup>th</sup> Dec.** Advent-Meditation  
8:00 – 9:45 a.m.

**Sunday, 11<sup>th</sup> Dec.** Advent-Meditation  
8:00 – 9:45 a.m.

**Sunday, 18<sup>th</sup> Dec.** Christmas-Meditation  
10:00 am – 17:00 pm

**Saturday, 24<sup>th</sup> Dec.** Christmas-Eve-  
Meditation  
14:00 – 16:00 p.m.



## Further Events

**Sunday, 04<sup>th</sup> Sept.** Visit to Bachham  
(Kirtan and Picknick)

**Sunday, 02<sup>nd</sup> Oct.** Social after  
the Sunday Service

**Sunday, 16<sup>th</sup> Oct.** General Members' Meeting  
starting at noon

**Saturday, 12<sup>th</sup> Nov.** Day of Serving  
starting at 10:00 a.m.

**Saturday, 26<sup>th</sup> Nov.** Christmas-Decoration  
starting at 10:00 a.m. in our rooms

**Tuesday, 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 2023:*

**Thursday, 05<sup>th</sup> Jan.** Paramahansa Yogananda  
Birthday  
Commemoration Service

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

For an international survey of all events  
please go to: [www.yogananda-srf.org](http://www.yogananda-srf.org)

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Your donation is always welcome.

*Bank account of the  
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