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## Center Department Monastic Visit to Nashville March 8-11, 2011 Agenda

### Wednesday, March 7

- 7:10 PM : Energization Exercises (Led by Nashville Meditation Group Kriyaban)
- 7:30 PM - 8:30 PM : Special Service Commemorating the Mahasamadhi of Paramahansa Yogananda (1952) (Led by Nashville Meditation Group Kriyaban)

### Thursday, March 8

Evening Meditation Service @ Nashville Meditation Group Chapel **2913 Berry Hill Dr. Nashville**

- 7:10 PM : Energization Exercises
- 7:30 - 8:30 PM : Thursday Evening Meditation Service (Led by Monastics)
- 8:30 - 9:45 PM : Welcome Social with Light Refreshments

### Friday, March 9

- 6:30 PM : Energization Exercises Review, Nashville Meditation Group Chapel
- 7:00-9:00 PM : Special Service Commemorating the Mahasamadhi of Swami Sri Yukteswar (1936) (Led by Monastics)

### Saturday, March 10

- 12:00-3:00 PM : Picnic @ Edwin Warner Park -- Shelter House #10.
  - Bring a covered dish, musical instrument, and prepare for a corn-hole tournament.
  - See Directions below (on Page 2).
- 7:00-9:00 PM : Open House and Monastic Lecture  
@ Nashville Meditation Group Chapel

### Sunday, March 11 **\*\*\* Daylight Saving Time begins Sunday, March 11, 2012, 2:00am \*\*\***

- 10:00-10:45 AM : Group Meditation @ Nashville Meditation Group Chapel
- 11:00-12:00 Noon : Chapel Dedication and Reading Service (Topic: Joy of Service) (Led by Monastics)
- 12:15-1:45 PM : Social, Vegetarian Lunch (Bring a Covered Dish)
- 2:00 - 3:00 PM : Meditation Technique Check Counseling with Monastic
  - ( Limited, so please **sign-up** at chapel or via email: [srfnashville@gmail.com](mailto:srfnashville@gmail.com) )

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**DIRECTIONS to Saturday Picnic @ Edwin Warner Park - Shelter House #10 :**

- For GPS mapping, use **50 Vaughn Rd Nashville, TN 37221** as park entrance.
- Park Map : [http://www.nashville.gov/parks/images/previous/edwinwarner\\_map.jpg](http://www.nashville.gov/parks/images/previous/edwinwarner_map.jpg)

From **Interstate 65** (near Brentwood), Take **Exit 74 B** (TN-254W / Old Hickory Blvd) **WEST** for 6.5 miles.

As view Steeple Chase horse track on right, **turn left onto Vaughn Rd.** at traffic-light.

Go 0.4 miles on Vaughn Rd and **turn right at the sign :**

**"EDWIN WARNER PARK - LITTLE HARPEETH RIVER - PICNIC AREAS 2-11".**

In the park, go 0.6 miles, turn left just before the do not enter sign. Take an immediate left and a second immediate left and the shelter house will be in sight.

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***From "Metaphysical Meditations", by Paramahansa Yogananda:***

- *Thou unseen Charmer of Souls, Thou art the fountain flowing from the bosom of friendship. Thou art the rays of secret warmth that unfold buds of feeling into blossoms of endearing, soulful words of poetry and loyalty.*
- *As I radiate sympathy and goodwill to others I open the channel for God's love to come to me. Divine love is the magnet that attracts all blessedness.*
- *God's vastness I glimpsed in the skies of quietness. His joy I tasted in the fountains of my existence. His voice I heard in my unsleeping conscience.*
- *O Father, break the boundaries of the little waves of my life that I may join the ocean of Thy vastness.*

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**Lahiri Mahasaya, as quoted in "Autobiography of a Yogi" by Paramahansa Yogananda**

*"Always remember that you belong to no one, and no one belongs to you. Reflect that some day you will suddenly have to leave everything in this world—so make the acquaintanceship of God now. Prepare yourself for the coming astral journey of death by daily riding in the balloon of God-perception. Through delusion you are perceiving yourself as a bundle of flesh and bones, which at best is a nest of troubles. Meditate unceasingly, that you may quickly behold yourself as the Infinite Essence, free from every form of misery. Cease being a prisoner of the body; using the secret key of Kriya, learn to escape into Spirit."*