

Melbourne Meditation Group (MMG) of Self-Realization Fellowship October 2025 Newsletter



MMG Services at Balwyn Evergreen Centre (BEC)

Services in October 2025 at Balwyn Evergreen Centre (BEC)			
Date	Day	Time	Service Type
2 nd Oct	Thursday	7.30 pm to 9 pm	Lahiri Mahasaya's Mahasamadhi & Birthday - Commemorative Service
5 th Oct	Sunday	9 am to 10.55 am	Group Meditation
		11 am to 12 noon	Inspirational Readings Service
9 th Oct	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
12 th Oct	Sunday	9 am to 10.55 am	Group Meditation
		11 am to 12 noon	Inspirational Readings Service
16 th Oct	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
19 th Oct	Sunday	9 am to 10.55 am	Retreat Weekend, No service at MMG
23 rd Oct	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
30 th Oct	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)

"Mahatmaji," I said as I squatted beside him on the uncushioned mat, "please tell me your definition of ahimsa."
"The avoidance of harm to any living creature in thought or deed."
 --Autobiography of a Yogi



Silent Retreat

Our next silent retreat will be held on **18th and 19th October**. We look forward to welcoming those who have already booked to attend the retreat! An email with more details will be sent to the participants closer to the date.

Venue:

Pallotti College
80 McNamara's Rd
Millgrove VIC 3799



"This day shall be the best day of my life. Today I will start with a new determination to dedicate my devotion forever at the feet of Omnipresence."
 Paramahansa Yogananda

Monastic Visit to Brisbane: Oct-Nov 2025

On Friday, **31 Oct to 2 Nov 2025**, Brisbane Meditation Group of SRF will hold a 3-day monastic visit in Brisbane. The monastic visit includes kriya initiation ceremony, technique review classes, public lecture, SRF bookstore & a social picnic with the monks. The venue and timings will be announced later. If you are interested in taking kriya yoga initiation or if you have any other queries, feel free to contact them on srfbrisbane@gmail.com. Click [here](#) for full schedule.

Monastic Visit across Australia including Melbourne - February 2026

The monastic-led two-day National Silent retreat will be conducted by SRF monastics, Bro. Bhimananda and Bro. Devananda from **6-8 February 2026** in Mary MacKillop Spirituality Centre, Baulkham Hills, **Sydney** and led by two visiting monastics from Mother Center. It is a national retreat and all SRF groups and devotees around Australia are invited to attend.

We are also pleased to announce that Bro. Bhimananda and Bro. Devananda will visit **Melbourne** SRF centre on **18th Feb 2026**. We shall update as soon as we receive more information.

SRF monastics will also be visiting other SRF centres across Australia. On **13th & 14th of February**, they will be visiting **Perth**. We will provide more information in the following months.

Spring Social

The MMG Spring Social was held on Sunday, 28 September at Balwyn Evergreen Centre from 10 am to 1 pm. The attendees were treated to a light morning tea, followed by the screening of a spiritual video. We extend our heartfelt thanks to our Social Committee members, Ushvinie and Krishna Sen for their dedication in organising such a successful and engaging gathering.

SRF Purchases Property Adjacent to the Lake Shrine to Further Paramahansa's Legacy

The commercially-owned apartment complex at 17250 Sunset Boulevard, right next to the Lake Shrine entrance, was among the many structures in the community that perished in the Palisades fire. When the owners of this property decided to sell, the prudent stewardship by past SRF/YSS presidents of generous donations from SRF members over many years allowed SRF to act quickly in purchasing the one-acre property.

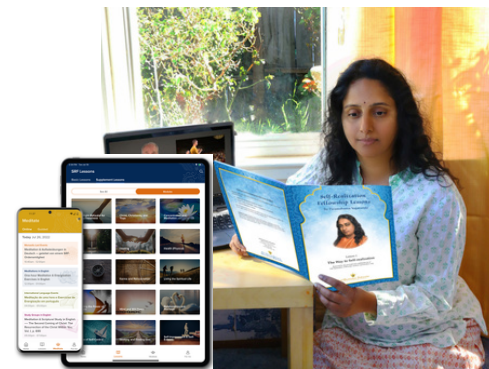
Aerial image of the SRF Lake Shrine property (in red), highlighting the one-acre parcel of land (in blue and gold) that SRF has now acquired.



The newly acquired property where the apartment building was located is an extraordinary addition to the site, given its location in relation to other buildings and areas of Lake Shrine. The purchase has fortunately prevented any potential commercial development so close to Lake Shrine; and the acquisition of this new parcel also makes possible the contiguity of the overall property. Click [here](#) to read more.

SRF Lessons

The SRF Lessons are a transmission of sacred knowledge that will uplift and transform all aspects of your life: a progressive, home-study program teaching meditation techniques and the essence of spirituality handed down through a renowned lineage of yoga masters — Mahavatar Babaji, Lahiri Mahasaya, Swami Sri Yukteswar, and Paramahansa Yogananda — and available to you. Click the Introductory Lesson by Paramahansa Yogananda.



You may sign up for SRF newsletter for updates by clicking [here](#).

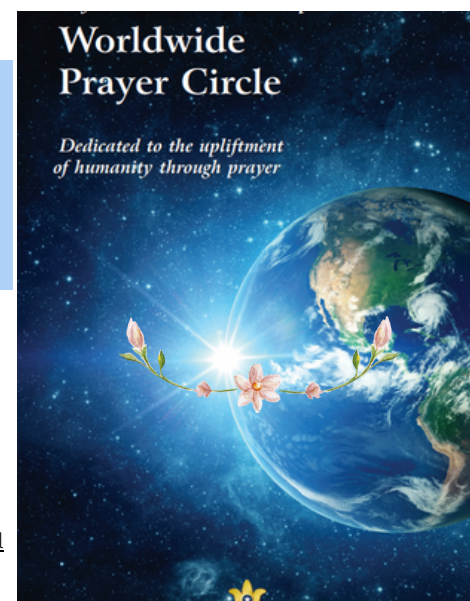
SRF official social media

[Self-Realization Fellowship – Official Facebook page](#)

[Self-Realization Fellowship – Official Instagram page](#)

[Self-Realization Fellowship – Official Twitter page](#)

[Self-Realization Fellowship – Official YouTube Channel](#)



*SRF/YSS Weekly Inspirational talks: Click the images below to play the video.
Click [here](#) to watch all past Inspirational Talks.*



Don't believe you are incapable of doing anything. Often when you can't succeed at something it is because you have made up your mind that you cannot do it. But **when you convince your mind of its accomplishing power, you can do anything!**

--Paramahansa Yogananda

Online Meditation Services

For regular meditations, long meditations, retreat, scriptural study services, Autobiography of a Yogi group study and special online meditation services please refer to [SRF Online Meditation calendar](#) and [YSS Online Dhyana Kendra calendar](#).

SRF Online How-to-Live Classes for Children and Teens



Children and teens will join in the practice of the SRF Energization Exercises, meditation, and engage in discussions, storytelling, and activities that illustrate Paramahansaji's wisdom for building strengths, and approaching life with joy and self-confidence. For more information, please click [here](#).

Schedule

September 13 – December 20, 2025

Classes are held on the following days:

- September 13 and 20
- October 11 and 25
- November 8 and 22
- December 6 and 20



Donations to support Melbourne Meditation Group of SRF

The offertory donations received at our regular meditation services enable us to meet the expenses of our services and to contribute to the worldwide needs of Paramahnsaji's Self-Realization Fellowship work.

Donations are always voluntary and if given in a spirit of generosity and goodwill, carry a spiritual blessing.

Devotees who would like to make an on online offering, are welcome to transfer funds directly into the Melbourne Meditation Group of SRF bank account using the Westpac bank account details provided below:



MELBOURNE MEDITATION GROUP
BSB Number: 033-372
Account Number: 358389



Each time you donate feel free to say a prayer like the one used during the offertory held at our regular meditation services:

"Heavenly Father, bless this offering that it may serve to carry Thy message of Self-Realization to all truth-seeking souls."

In making a donation, you have an option to nominate the purpose for which you would like to contribute. Please use either of the below codes in the internet banking description field, to indicate your preference:

'GEN' (Group Essential Needs)

To meet the operating expenses of the group meditations - Meditation room hire expenses currently comprise >90% of our expenses.

'FMT' (Future Melbourne Temple)

For the acquisition of a permanent 'temple' for the MMG of SRF - in the future. Refer to this [link](#) for the MMG of SRF Temple Plan.

Note - donations may also be made directly to SRF Headquarters to support the worldwide work of Self-Realization Fellowship. Click [here](#) to visit [SRF official page](#) to [donate](#).

"In helping others to succeed I shall find my own prosperity. In the welfare of others I shall find my own well-being."

Compassion, Healing and Prayer Circle

The **Melbourne Meditation Group Compassion Committee** members practice Paramahansa Yogananda's healing technique after their individual daily meditations for those on the MMG prayer list. The names on the MMG prayer list are also included in the [SRF Worldwide Prayer Circle list](#) for prayers by SRF/YSS monastics. All names on the list will be deleted yearly at the start of June, members can resubmit names then or at any time during the year. Download your own **free** copy of SRF Worldwide Prayer Circle Booklet by [clicking this link](#).

Names on the MMG Compassion Committee list will be deleted and members are requested to resubmit names for the next year.



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All are welcome to send their or their loved ones' names to be included in the compassionate committee prayer list to Martin Elliott at:

m_r_elliott@hotmail.com.

Those who wish to join the Compassion Committee can send their names to the same email address.

