

# Melbourne Meditation Group (MMG) of Self-Realization Fellowship January 2026 Newsletter



## MMG Services Balwyn Evergreen Centre – January 2026

Services in January 2026			
Date	Day	Time	Service Type
8 <sup>th</sup> Jan	Thursday	7.30 pm to 9 pm	Paramahansaji's Birthday – Commemorative Service (5-1-1893)
10 <sup>th</sup> Jan	Saturday	10 am to 4.30 pm	Paramahansaji's Birthday – Long Meditation Service (at BEC)
29 <sup>th</sup> Jan	Thursday	7.30 pm to 9 pm	Inspirational Service (Regular Services Recommence in 2026)

We have 2 special services in January, and our regular services will recommence on **29th January 2026**.

In this new year, change your consciousness. Cultivate the right conduct and good habits that lead to freedom. When you can say, "I don't indulge in bad habits because they are against my interest; I choose goodness of my own free will," that is freedom; and that is what I want for you.

--Paramahansa Yogananda in Journey to Self-Realization

## Monastic Visit to Melbourne – 21 & 22 February 2026

We are pleased to announce that **Bro. Bhimananda** and **Bro. Devananda** will visit Melbourne SRF centre on the 21st & 22nd February 2026. There is a full day agenda on both these days including meditation, satsanga, socials and Sunday service led by bro Devananda held at the Habitat Uniting Church, Hawthorn. A high level agenda is below. A separate email with full details about the monk visit, including details about the outing, request for questions and counselling will follow in the next few weeks.

Save  
The  
Date

### Saturday, 21 February 2026

10.00am – 3.00pm - Outing (details TBA)  
6.30pm – 8.30pm - Meditation and Satsanga led by Bro. Bhimananda and Devananda  
8.30pm – 9.30pm - Social with light refreshments

### Sunday, 22 February 2026

9.30am – 10.45am - Meditation led by Bro. Bhimananda  
11.00am – 12.00pm - Sunday Lecture Service by Bro. Devananda  
12.15pm – 1.30pm - Social with potluck lunch  
1.30pm – 3.00pm - Glimpses of a Life Divine movie screening (90 minutes)

## Monastic Visit Across Australia – 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.

SRF monastics will also be visiting other SRF centres across Australia. On **12<sup>th</sup> to 15<sup>th</sup> of February**, they will visit **Perth SRF Group**. The monastics will also visit **Adelaide SRF Circle** on **17 Feb 2026**. We will provide more information in the following months.

## Special Online Meditation Services

During the Holiday Season, SRF will be streaming various events. We hope you will be able to join to celebrate Christmas, New Year's, and the commemoration of Paramahansa Yogananda's birthday.



### Christmas Events: (available until Friday, 2 January 2026)

[Online Christmas Open House](#)

[All-Day Christmas Meditations](#)



### New Year's Eve Meditation:

[New Year's Eve Meditation in English — led by a YSS sannyasi](#)

Thu Jan 1 2026, 5:00am - 5:45am

[Thu, Jan 1 2026, 6:30pm - 7:15pm](#)



### Paramahansa Yogananda's Birthday

Sun Jan 4 2026, 3:10 pm - 9:30 pm: [Paramahansa Yogananda Janmotsav Commemorative Six-hour Meditation in English — led by a YSS sannyasi](#)

Mon Jan 5 2026, 12:00pm - 2:00pm: [Paramahansa Yogananda Janmotsav Commemorative Meditation in English — led by a YSS sannyasi](#)

Tue Jan 6 2026, 4:00am - 5:30am: [Paramahansa Yogananda Birthday Commemoration Services](#)

Sun Jan 11 2026, 2:40am - 9:00am: [Paramahansa Yogananda Commemorative Six-Hour Meditation](#)

*We wish our Melbourne SRF Family*





## SRF Online How-to-Live Classes for Children & Teens



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

**January 25 – May 24, 2025**

Classes are held on two **Saturdays** each month:

January 25

February 15 and 22

March 15 and 22

April 12 and 26

May 17 and 24

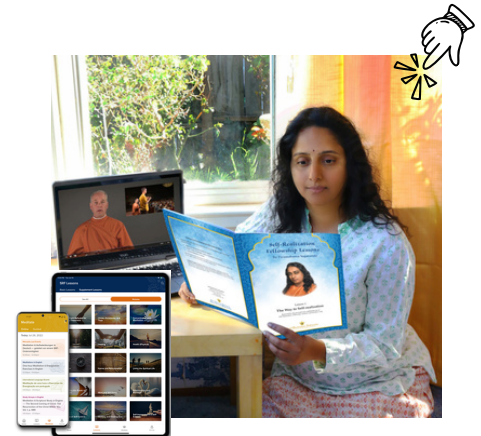


## Self-Realization Magazine – Celebrating 100 Years! – 2025 Annual Issue Now Available

The 2025 annual issue of Self-Realization is now available on our [online bookstore](#). This special issue marks the 100th anniversary of Paramahansa Yogananda's founding of the magazine in 1925.

## 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](#).

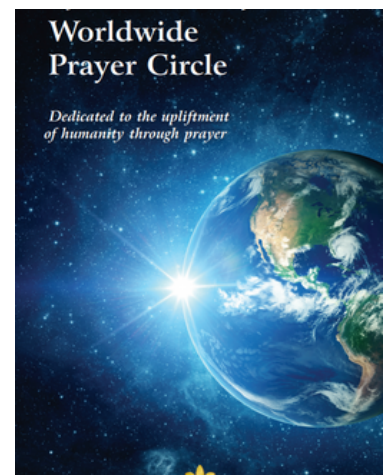
## SRF official social media

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

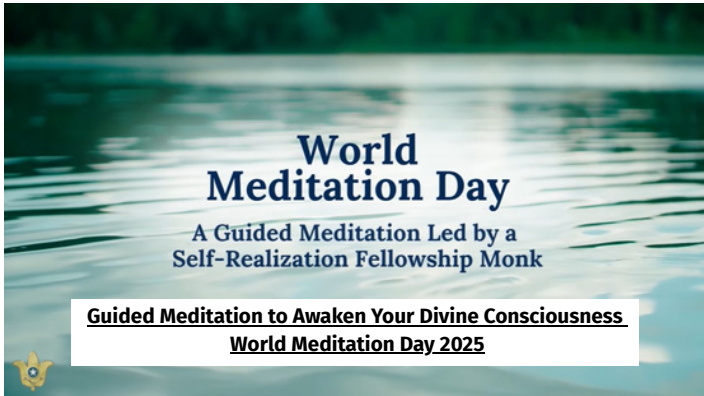
[Self-Realization Fellowship – Official Instagram page](#)

[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.*



Start the new year with the resolve to face your bad habits and conquer them. Take the bull by the horns, so to speak, and tame it. Your bad habits are the satanic influence that has kept God out of your life.

--Paramahansa Yogananda in Journey to Self-Realization



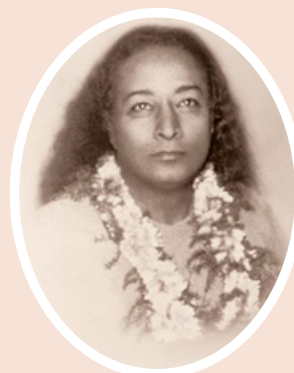
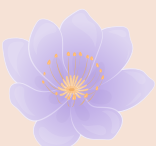
Infinity is our Home. We are just sojourning awhile in the caravanserai of the body. Those who are drunk with delusion have forgotten how to follow the trail that leads to God. But when in meditation the Divine gets hold of the prodigal child, there is no dallying anymore.

**Enter the portals of the New Year with new hope.** Remember **you are a child of God.** It lies with you as to what you are going to be. Be proud that you are a child of God. **What have you to fear?** No matter what comes, believe it is the Lord who is sending that to you; and **you must succeed in conquering those daily challenges.** Therein lies your victory. Do His will; nothing can hurt you then. He loves you everlastingly. Think that. Believe that. Know that. And suddenly one day you will find you are immortally alive in God.

**Meditate more** and believe in that strong consciousness that **God is always with you** regardless of what happens. Then you will see that the veil of delusion will be taken away and you will be one with That which is God. That is how I found my greatest happiness in life. I am not looking for anything now because I have everything in Him. Never would I part with That which is the richest of all possessions.

This is my message to you for the New Year.

--Paramahansa Yogananda





## 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."***



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### ***Melbourne Meditation Group Prayer Circle***

The **Melbourne Meditation Group Prayer Circle** members practice Paramahansa Yogananda's healing technique 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.

MMG prayer circle members perform the healing technique for 1 to 2 minutes following their individual daily meditations. Those who wish to join the MMG Prayer Circle can send their names to **Martin Elliott** at: [m\\_r\\_elliott@hotmail.com](mailto:m_r_elliott@hotmail.com).

All are welcome to send the names of those in need to be included in the MMG prayer list to the same email address. 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.

**Melbourne Meditation Group Compassion Committee has been changed to Melbourne Meditation Group Prayer Circle** to bring it in line with the naming of the SRF Worldwide Prayer Circle. We want to express our **deep gratitude to Martin** for his commitment and continued efforts in conducting the healing technique.