



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



## MMG Services Balwyn Evergreen Centre - April 2026

Services in April 2026 at Balwyn Evergreen Centre (BEC)			
Date	Day	Time	Service Type
2 <sup>nd</sup> Apr	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
3 <sup>rd</sup> Apr	Friday	2 pm to 3.30 pm	Good Friday Service
5 <sup>th</sup> Apr	Sunday	9 am to 11 am	Easter Sunday Service
9 <sup>th</sup> Apr	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
12 <sup>th</sup> Apr	Sunday	9 am to 10.55 am	Group Meditation
		11 am to 12 noon	Inspirational Readings Service
16 <sup>th</sup> Apr	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
19 <sup>th</sup> Apr	Sunday	9 am to 10.55 am	Group Meditation
		11 am to 12 noon	Inspirational Readings Service
23 <sup>rd</sup> Apr	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
30 <sup>th</sup> Apr	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)



When you cannot be roused to wrath by crucifixion through other's wickedness, know that you are ready for Christ. When you feel **love** for all in spite of any hatred toward you, know that an altar for Christ is created within you.



As Jesus withdrew his mind from the body by ecstasy and united it with all-pervading Spirit, so through the consciousness of Christ developed within yourself by constant meditation unite your soul with omniscient Spirit, your life with Eternal Life.



--Paramahansa Yogananda

## MMG Retreat:

Mark your calendar for May 2 and 3 when the next MMG retreat will be held at Pallotti College. For the retreat program schedule and registration, please click the link : [www.srfmelbourne.org/retreat](http://www.srfmelbourne.org/retreat). Last date for registration and payment is 16<sup>th</sup> April.

For more information, kindly contact Marilene at [srfmelbourne.info@gmail.com](mailto:srfmelbourne.info@gmail.com)

**Venue:** Pallotti College (Wesburn)  
(approx. 70km from Melbourne)  
80 McNamara's Rd,  
Millgrove VIC 3799  
**Dates:** 2 & 3 May 2026



## GGMC Retreat:

Members of the Greater Geelong Meditation Circle (GGMC) of SRF are delighted to invite you for their first weekend retreat from 16 to 17 May 2026. Members are also most welcome to arrive on Friday, 15 May evening if they wish to assist with set-up.

Early registration will ensure that those who wish to attend have the opportunity to secure a place. Payment is not required at this time. Please email [info@srfgeelong.org](mailto:info@srfgeelong.org) or text Judith (0431 031 913) or Paris (0423 536 222) to register your interest.



**Venue:** Santa Casa Retreat Centre) (approx. 100km from Melbourne)

**Dates:** 16 & 17 May 2026

### About Santa Casa Retreat Centre

Located less than 100 km from Melbourne, Santa Casa sits on the stunning cliffs of Victory Bight on the Bellarine Peninsula. A short walk from the back gate leads to the normally quiet and beautiful Santa Casa beach. Set on two acres with spacious grounds, the centre is an ideal setting for those who value closeness to nature.

For more information, please visit: <https://santacasa.org.au/>

“You may be surprised at what seclusion with God will do for your mind, body, and soul... Through the portals of silence the healing sun of wisdom and peace will shine upon you.”  
— Paramahansa Yogananda

## Upcoming Special Online Services

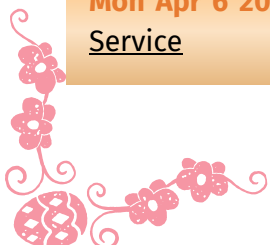
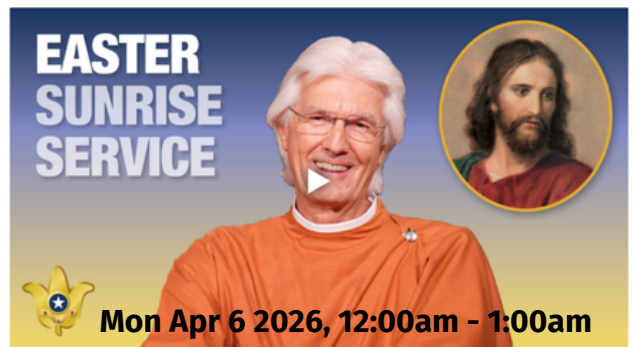


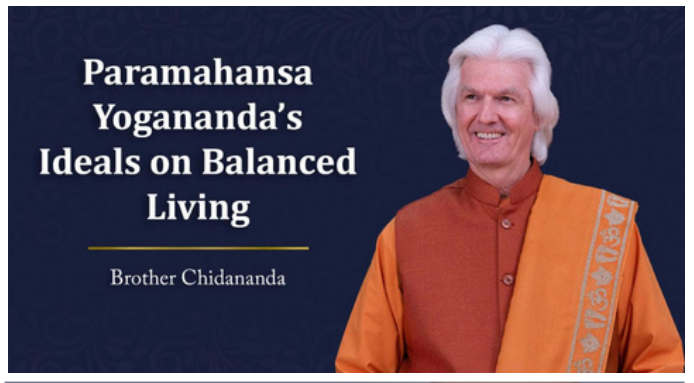
The below special online events will be live-streamed. For more information to these events and to get the links for these events, please click [here](#). For other regular online meditation services and scriptural reading services, please refer to [SRF Online Meditation calendar](#) and [YSS Online Dhyana Kendra calendar](#).

**Sat Apr 4 2026, 3:00am - 4:00am - Good Friday Meditation in English — led by an SRF monastic**

**Sun Apr 5 2026, 1:40am - 7:00am - Easter Six-hour Meditation in English — led by an SRF monastic**

**Mon Apr 6 2026, 12:00am - 1:00am - Easter Sunrise Service**





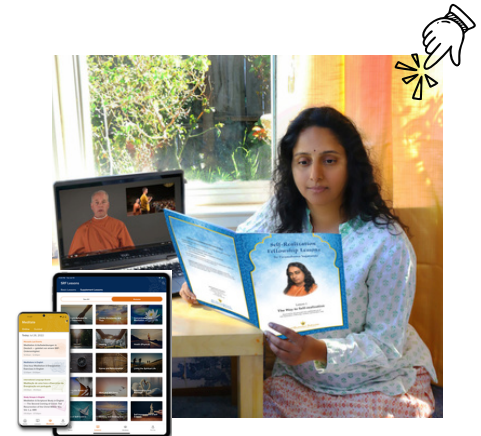
*Self-Realization Magazine – Celebrating 100 Years!  
 – 2025 Annual Issue Available*

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*

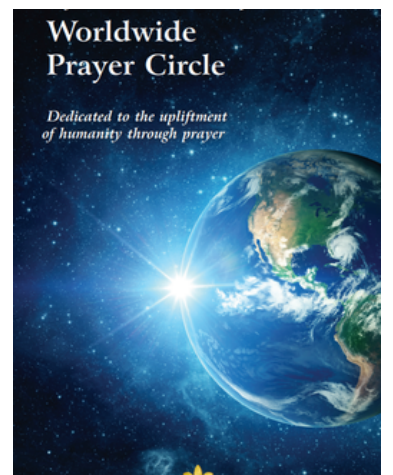
The [SRF Lessons](#) are a transmission of sacred knowledge that will uplift and transform all aspects of your life: a progressive, home-study program teaching meditation techniques and the essence of spirituality handed down through a renowned lineage of yoga masters — Mahavatar Babaji, Lahiri Mahasaya, 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](#).

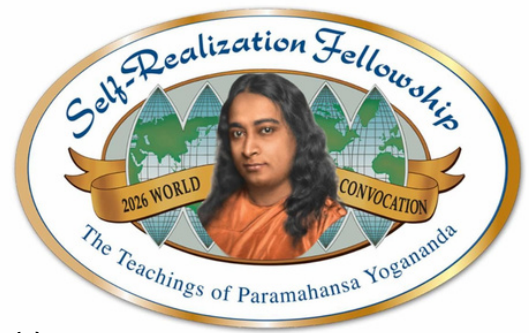
*SRF official social media*

- [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 World Convocation 2026 In-Person and Online



The Self-Realization Fellowship World Convocation 2026 will be held online and at the **Westin Bonaventure Hotel** in **Los Angeles**, California, from **August 2- 8, 2026**.

For **registration** for this year's Convocation, click [here](#).

The Westin Bonaventure Hotel & Suites will be offering reduced rates for those attending the 2026 SRF World Convocation in person. For hotel rates and Reservations, click [here](#).



### 30 July – 10 August – Monastic Visit and Virtual Convocation

**Sydney SRF Centre** has the below preliminary details for the Monastic Visit and Virtual Convocation. For more information reach out to them at [info@srfssydney.org.au](mailto:info@srfssydney.org.au) or visit their [webpage](#).

**Thursday, 30 July**, 6:30 – 8:30 pm: Evening service.

**Friday 31 July**: Social event (picnic or outing).

**Saturday 1 August**, 9:30 am – 12:30 pm: Long meditation. 2 – 4 pm: Details to be advised.

**Sunday 2 August**, 10 – 10:45 am: Meditation. 11 am – 12 noon: Sunday service.

**3 – 10 August: Virtual Convocation at Sydney SRF Centre** (the Monastics will leave after the first 3 days). At this stage the two monastics visiting will be Sister Ranjana & Sister Chetana. They will be in Sydney from 30 July – 5 August.

The monastics will then travel to Marcoola on the Sunshine Coast to join the **Queensland SRF Convocation** from **7 – 10 August**. For more information, please contact [SRFSunshinecoast@gmail.com](mailto:SRFSunshinecoast@gmail.com) or visit their [website](#).



### 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 Paramahansaji's wisdom for building strengths, and approaching life with joy and self-confidence. Click [here](#) for more info.

Classes are held on the following Saturdays:

January 24

February 14 and 21

March 21 and 28

April 11 and 25

May 2 and 23



# 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 Paramahansaji'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."***



Click to connect  
with us on  
Facebook

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

The **Melbourne Meditation Group Prayer Circle** members practice Paramahansa Yogananda's healing technique to those on the MMG prayer list.

1. The healing technique takes a minute, following your daily meditation. 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).
2. All are welcome to send the names of those in need to be included in the MMG prayer list to the same email address. 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 at any time during the year."