

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



MMG Services Balwyn Evergreen Centre – May 2026

Services in May 2026 at Balwyn Evergreen Centre (BEC)			
Date	Day	Time	Service Type
3 rd May	Sunday	2 pm to 3.30 pm	Retreat weekend - no service at BEC
7 th May	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
10 th May	Sunday	9 am to 10.55 am	Group Meditation
		11 am to 12 noon	Swami Sri Yukteswar's Birthday Commemoration Service
14 th May	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
17 th May	Sunday	9 am to 10.55 am	Group Meditation
		11 am to 12 noon	Inspirational Readings Service
21 st May	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)
28 th May	Thursday	7.30 pm to 9 pm	Group Meditation (Inspirational Service)

There is **no service** in BEC on **Sunday, 3rd May service** at BEC due to our retreat.

On **May 10th**, we have special commemoration service to honour the **birth anniversary of Swami Sri Yukteswar** from 11 am to 12 noon. This will follow our regular long meditation service, which starts at 9 a.m.

Everything in the future will improve if you make a spiritual effort today.



Look fear in the face and it will cease to trouble you.



Forget the past. The vanished lives of all men are dark with many shames.

Upcoming Special Online Services

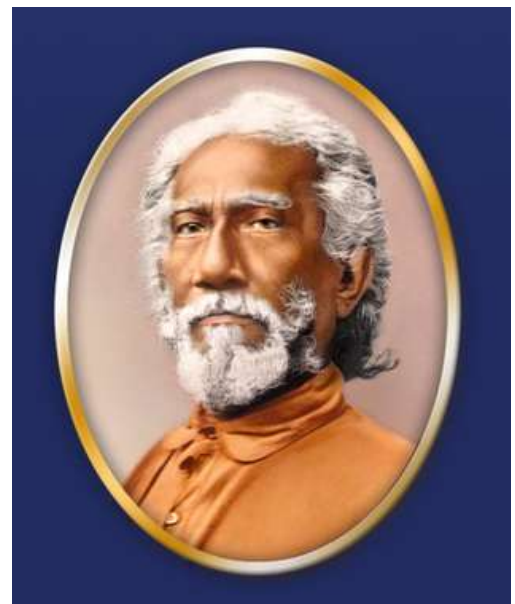
The below special online events will be live-streamed. For more information to these events and to get the links for these events, please click [here](#). For other regular online meditation services and scriptural reading services, please refer to [SRF Online Meditation calendar](#) and [YSS Online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

Swami Sri Yukteswar Commemorative Three-Hour Meditation
— led by a [YSS sannyasi](#)
Sun May 3 2026, 10:40am - 2:00pm

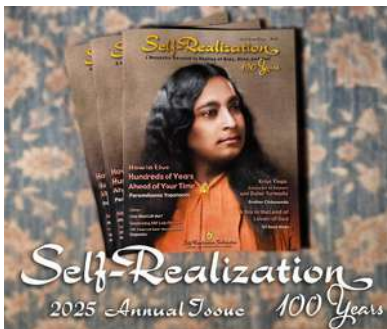
Swami Sri Yukteswar Commemorative Six-hour Meditation —
led by an [SRF monastic](#)
Sun May 10 2026, 12:40am - 7:00am

Swami Sri Yukteswar Commemorative Meditation — led by a
[YSS sannyasi](#)
Sun May 10 2026, 11:00am - 12:30pm

Swami Sri Yukteswar Birthday Commemoration Service
— led by an [SRF monastic](#)
Mon May 11 2026, 2:00am - 3:00am



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

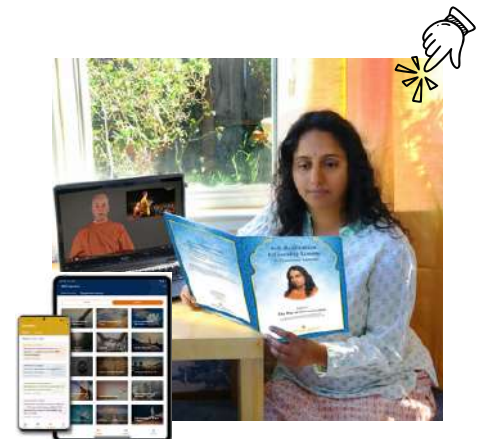


*Self-Realization Magazine – Celebrating 100 Years!
– 2025 Annual Issue Available*

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

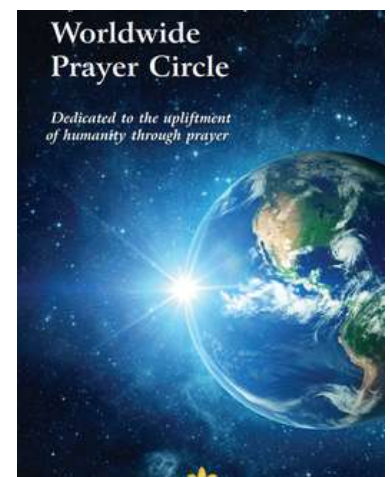
The [SRF Lessons](#) are a transmission of sacred knowledge that will uplift and transform all aspects of your life: a progressive, home-study program teaching meditation techniques and the essence of spirituality handed down through a renowned lineage of yoga masters — Mahavatar Babaji, Lahiri Mahasaya,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



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."



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

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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Facebook

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.

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.

*"Make your prayers demandingly,
lovingly, unceasingly."*

*"The more deeply you pray, the
more you will feel God's presence."*