

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



MMG Services Balwyn Evergreen Centre - July 2026

Services in July 2026 at Balwyn Evergreen Centre (BEC)			
Date	Day	Time	Service Type
2 nd July	Thursday	7.30 pm to 9 pm	Meditation and Inspirational Reading
5 th July	Sunday	9 am to 12 noon	SRF Guided Meditation
9 th July	Thursday	7.30 pm to 9 pm	Meditation and Inspirational Reading
12 th July	Sunday	9 am to 12 noon	SRF Guided Meditation
16 th July	Thursday	7.30 pm to 9 pm	Meditation and Inspirational Reading
19 th July	Sunday	9 am to 12 noon	SRF Guided Meditation
23 rd July	Thursday	7.30 pm to 9 pm	Meditation and Inspirational Reading
26 th July	Sunday	10 am to 11.30 am	Mahavatar Babaji's Commemoration Service
30 th July	Thursday	7.30 pm to 9 pm	Meditation and Inspirational Reading



"Whenever anyone utters with reverence the name of Babaji," Lahiri Mahasaya said, "that devotee attracts an instant spiritual blessing."

--Paramahansa Yogananda in Autobiography of a Yogi

Sunday Meditations – Guided by Self-Realization Fellowship

Beginning this month, our Sunday meditations will include guided meditations from Self-Realization Fellowship, to support us in deepening our practice together. These recordings of monastic-led meditations guide us inward—into the inner peace and joy that are central to the teachings of Paramahansa Yogananda. All are encouraged to participate devotionally, praying, affirming, and chanting inwardly as guided.

Joining Times

- 🕒 9 am – One-hour or two/three-hour meditation
- 🕒 11 am – One-hour meditation only

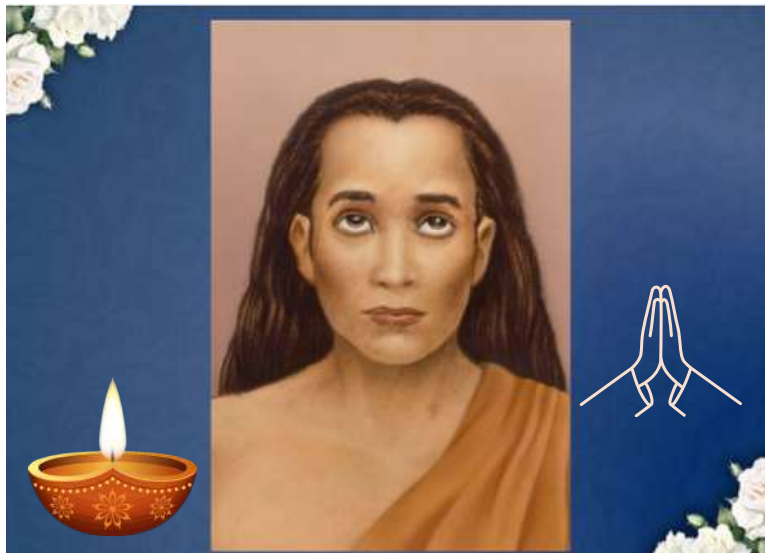
Entry at the BEC Door

Ushers will be available until 9:05 am, and again from 10:55 am to 11 am

We kindly ask that you plan to arrive a little early, allowing time to park and settle in quietly before the meditation begins.

Upcoming Special Online Services

The below special online events will be live-streamed. For more information to these events and to get the link 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](#).



Babaji Commemorative Six-hour Meditation in English – led by an SRF monastic

Sun Jul 19 2026, 12:40am - 7:00am

Mahavatar Babaji Commemorative Service in English – led by an SRF monastic

Sun Jul 26 2026, 2:00am - 3:00am

GGMC - All-Day Meditation on 26 July 2026

Greater Geelong Meditation Circle (GGMC) is pleased to invite you for their All-Day Meditation on 26 July 2026.

Venue: **Lara Community Centre**, 9-11, Waverley Rd, Lara 3212

Date: **26 July 2026**

Time: **9.00 am to 10 am - Mahavatar Babaji Commemoration Service**

Bring a flower and offering for the commemorative service.

Time: **10.10 am to 3 pm - All-Day Meditation**

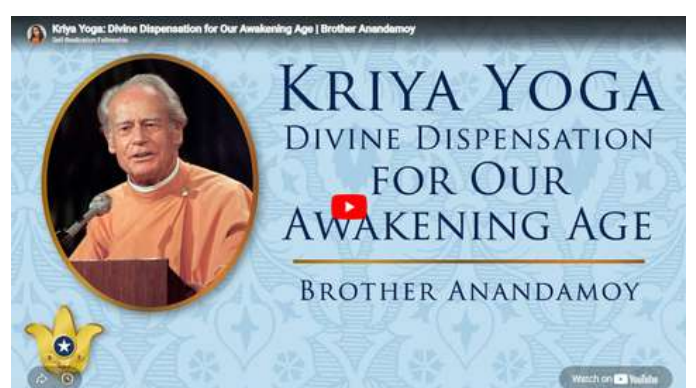
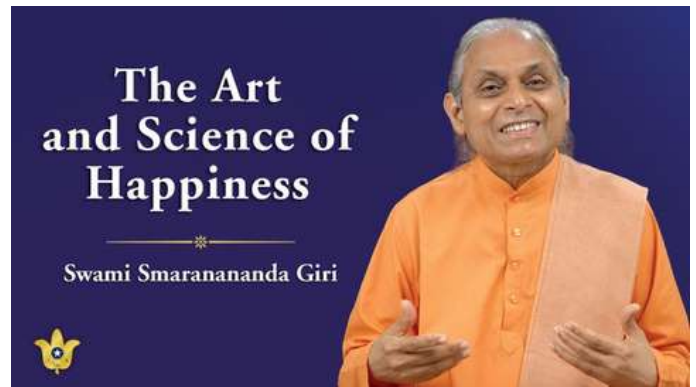
Time: **3 pm to 4 pm - Shared meal & pack up**

- Please arrive 15 minutes before starting time.
- Bring a plate of vegetarian food to share at the conclusion of the mediation.
- Plenty of parking is available at Lara Community Centre.



SRF/YSS Weekly Inspirational talks: Click the images below to play the video.

Click [here](#) to watch all past Inspirational Talks.



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

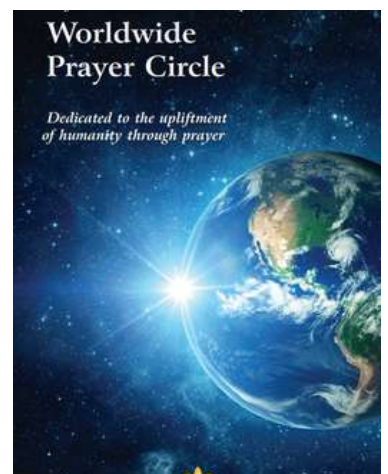
SRF official social media

[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 & Virtual Convocation

Sydney SRF Centre

Sydney SRF Centre has the below preliminary details for the Monastic Visit and Virtual Convocation. For more information reach out to them at info@srf-sydney.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.

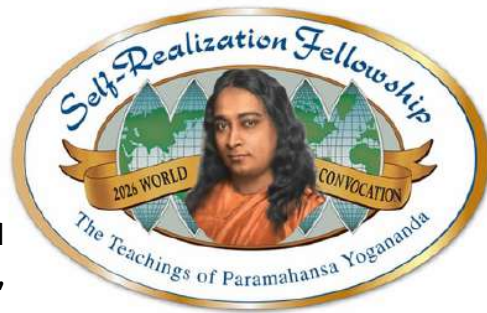
Sunday 2 August, 10 – 10:45 am: Meditation. 11 am – 12 noon: Sunday service

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**.

SRF Sunshine Coast Meditation Circle

The monastics will then travel to Marcoola on the Sunshine Coast to join the **SRF Sunshine Coast Meditation Circle** for SRF Online Convocation from **7 – 10 August**. For detailed information on the program schedule, the venues, registration and any other query, please contact SRFSunshinecoast@gmail.com or visit their [website](#).

SRF Sunshine Coast has created a Whatsapp group - '**SRF Sunny Convo Share Accom**' for any SRF members who may be looking to share accommodation during the Sunshine Coast Convocation at Marcoola. Please text your phone number to the mobile number **0404 496 303** and they will add you to the group. You can share contact details there and they will assist with suitable arrangements.



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."



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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 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.

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 submit 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."