

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

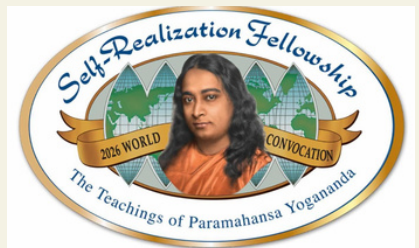


MMG Services Balwyn Evergreen Centre - September 2026

Date	Day	Time	Service Type
3rd Sept	Thursday	7:30 pm to 9:00 pm	Janmashtami Commemorative Service (Birthday of Bhagwan Krishna)
6th Sept	Sunday	9:00 am to 12 noon	SRF Guided Meditation
10th Sep	Thursday	7:30 pm to 9:00 pm	Meditation and Inspiration Reading
13th Sept	Sunday	9:00 am to 12 noon	SRF Guided Meditation
17th Sept	Thursday	7:30 pm to 9:00 pm	Meditation and Inspiration Reading
20th Sept	Sunday	9:00 am to 12 noon	SRF Guided Meditation
24 th Sept	Thursday	7:30 pm to 9:00 pm	Meditation and Inspiration Reading



On **Janmashtami** we celebrate Krishna's birthday. Our revered guru, Paramahansa Yogananda, shared a deeply personal relationship with Sri Krishna.



MMG Silent Retreat at Pallotti College

Saturday, 17th and Sunday, 18th October 2026



You are warmly invited to our **weekend silent retreat** at Pallotti College on **17th and 18th October**. Details about reservation and schedule will be sent soon by email and WhatsApp group. Kindy register by **24th September**.



MMG Library and Book Store



The MMG annual SRF book purchase is coming up soon. MMG book orders to SRF USA receive a discount on list price, which helps to offset some of the shipment costs. Please choose the items from the [2026 catalog \(link\)](#) and send us your list by **15th October 2026**. You can also order items such as arm rest and **calendars**.

“The true state of the Self, the soul, is bliss, wisdom, love, peace. It is to be so happy that no matter what you are doing you enjoy it.”

- Paramahansa Yogananda



SRF Blog

Yogananda's mission to explain the underlying unity of the scriptures

One of Paramahansa Yogananda's life-long missions was to promote the one Reality behind all the world's true religions, and to provide truth seekers of both East and West with the universal science of God-realization—the means to awaken a deeper awareness of the innate divinity latent in every human being.

Among the ways in which Paramahansaji promoted the unity of the world's religions was through his lectures and writings. In these, he has revealed the hidden metaphysical truths of the great scriptures of East and West, and has shown how these sacred texts lead the seeker along the same universal path to oneness with God.

On this page you will find excerpts from Yogananda's highly acclaimed interpretations of the four Gospels of the New Testament, India's Bhagavad Gita, and The Rubaiyat of Omar Khayyam. (Though not considered a "scripture" per se, the Rubaiyat is a beloved work of mystical poetry exemplifying the hidden divine truths taught by the Sufis within the Islamic tradition.) [click to keep reading on SRF website.](#)

Upcoming Special Online Services – Janmashtami

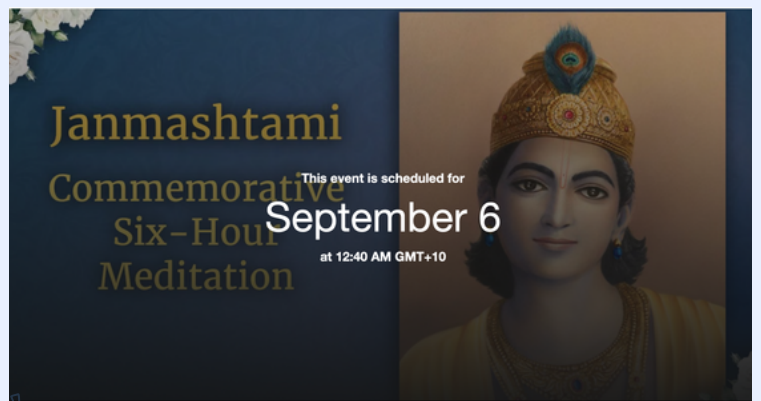
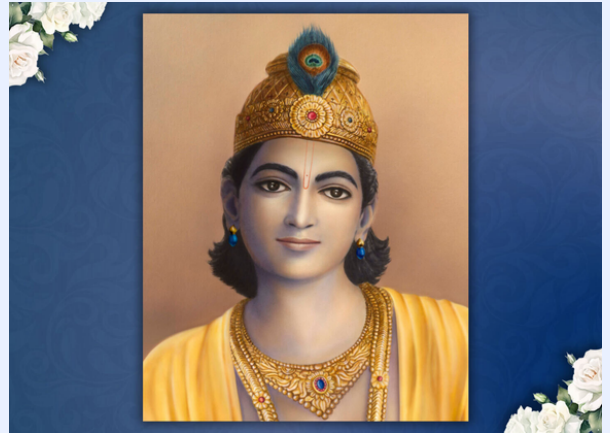
Janmashtami — the birth anniversary of Bhagavan Krishna, India's beloved avatar whose teachings are enshrined in the Bhagavad Gita.

Commemorative Service

SRF/YSS President Brother Chidananda will lead a special service on September 3 (September 4th 11:30 am AEST).

6 hour online meditation

An SRF monastic will conduct a six-hour meditation on September 5. (September 6th 12:40 am AEST)

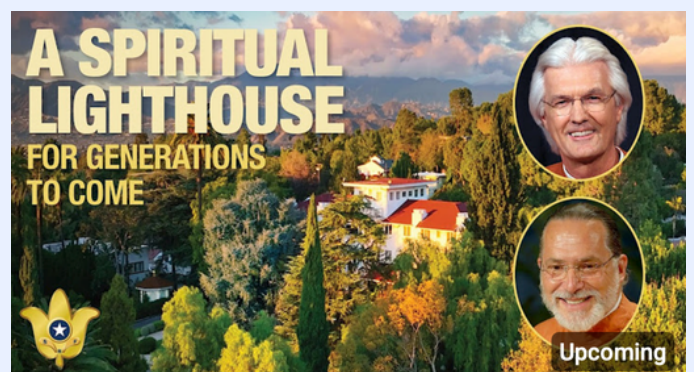
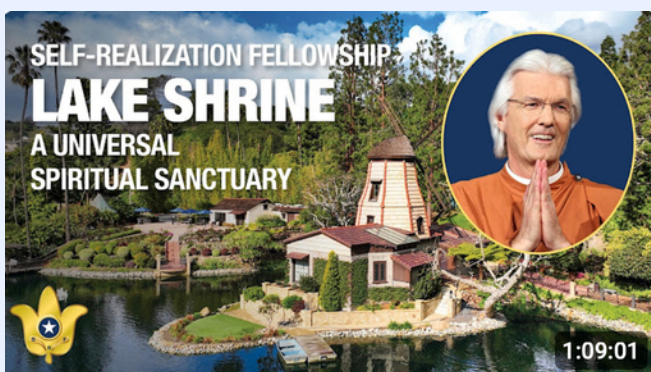


Commemorative Services in SRF

In Self-Realization Fellowship, certain commemorative services are conducted throughout the year to honor the enlightened gurus in the SRF lineage.

The teachings of SRF are founded upon the original Christianity of Jesus Christ and the original Yoga of Bhagavan Krishna. The spiritual lineage of SRF consists of these two great avatars and a line of exalted masters of contemporary times: Mahavatar Babaji, Lahiri Mahasaya, Swami Sri Yukteswar, and Paramahansa Yogananda (last in the line of SRF Gurus).

Other Updates from SRF



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."