

Spiritual Tips *from* Ananda Sangha Members



A list of inspirations and practical suggestions submitted by
attendees at Inner Renewal Week at Ananda Village



These inspirations and practical suggestions were submitted by online and in-person attendees at the 2018 Inner Renewal Week at Ananda Village. They consist of tips for enhancing your sadhana, seva, and attunement with our Guru or with higher consciousness. Read and practice at least one of these suggestions each day to uplift your life.

You might like to keep a journal to enhance your experience with practicing these tips.

*Sadhana * Meditation * Spiritual Practice*

- * Chant to calm the heart and the restless mind, and to feel devotion.
- * Look into Master's eyes; talk to him; be with him in silence with the heart open.
- * Take as long as it takes to deepen your meditation.
- * Relax and breathe diaphragmatically.
- * Sometimes doing fewer Kriyas is better than more if you find yourself forcing to complete your Kriyas.
- * Be kind and gentle to yourself while meditating.
- * Come to meditation relaxed.
- * Be inspired by fellow gurubhais.
- * Pray for the desire to deepen inner peace and calmness.
- * Make the commitment to yourself, God, and Guru to meditate every day.
- * Create a dedicated meditation room.
- * Meditate at a consistent time each day.
- * Have books for inspiration next to where you meditate.
- * Do Navi Kriya to draw the focus to the spiritual eye.
- * Do Nadi Shodana (alternate nostril breathing) to calm the energy, breath, mind, and body.
- * Focus on the heart chakra while meditating.
- * Meditate before your evening meal rather than afterwards—to keep from getting sleepy.
- * Practice longer meditations with fellow gurubhais and online.
- * Use affirmations.
- * Recite hymns to God and meditate before sleeping.
- * Bring awareness to meditation.
- * Keep the spine straight while looking at the spiritual eye.

- ✿ Ignore the mind/thoughts while meditating.
- ✿ Make up your mind to do a longer meditation once in a while. Follow through for the length of time intended, and remain joyful throughout.
- ✿ Be creative in your meditations, though chanting, visualization, and reading poetry. It can make your meditations deeper and lift the mind to a higher consciousness.
- ✿ Awaken devotion while meditating.
- ✿ Use a Tempur-Pedic memory foam seat cushion.
- ✿ Sit as still as possible while meditating. Don't move after the first few minutes.
- ✿ A few minutes of yoga postures before meditation may help the body settle down and relax so you can go deeper more quickly.
- ✿ Bring devotion into Maha Mudra.
- ✿ Read Master's words before and after meditation.
- ✿ Focus on meditation as an offering, rather than trying to achieve something.
- ✿ Don't check email or anything else that connects you to the world before you meditate in the morning.
- ✿ Shut your mind down within five seconds of beginning your meditation, so that you won't relate to your lower self.
- ✿ Relate to your higher self and the higher selves of others.
- ✿ Remember that we are one.
- ✿ Feel that Master is meditating for/with you.
- ✿ To prime the pump, tell yourself beforehand, "Just think, in ____ hours I'll be able to meditate deeply."
- ✿ Keep a journal.
- ✿ Keep tissues and a glass of water close by.
- ✿ Listen to Swami Kriyananda's guided meditations when feeling restless. It helps a lot.

- ✿ Read from Master's or Swamiji's books each evening and read *The Holy Science*.
- ✿ Practice the presence of God.
- ✿ Concentrate on God or one (or more) of His divine attributes or qualities, such as the Cosmic AUM vibration.



- ✿ Know that Kriya Yoga and AUM go hand in hand towards concentration on God's liberating AUM vibration.
- ✿ See AUM truly as the Great Comforter.
- ✿ Know that chanting is half the battle.

- ✿ Chant before meditating.
- ✿ Read a favorite or random entry from *Whispers from Eternity*.
- ✿ Bring joy into your meditation time.
- ✿ Get a custom mala made by prescription at Ananda Village.
- ✿ Get a good seat cushion.
- ✿ Put down silk over wool to sit on.
- ✿ An inspiring acronym (adapted from the Music Ministry):
 - S:** Support (of the abdomen while breathing). In Kriya this means using the support of a straight spine and engaging the diaphragm.
 - O:** Open (the mouth). In Kriya this means opening the throat, being open to the sounds of Kriya, and relaxing.
 - M:** Meaning (of the lyrics). In Kriya this can be self-offering. I might as well throw in here as well saying AUM at the chakras.
 - E:** Energy (behind the music). In Kriya that can mean moving the energy with the willpower.
- ✿ Rotate the focus to the next letter every 12 Kriyas.
- ✿ Practice meditation at the same time every day.

- ✿ Attend group meditations.
- ✿ Invite a friend to meditate together.
- ✿ Meditate outdoors.
- ✿ Meditate anywhere unobtrusive.
- ✿ When you have a free afternoon, start meditating at 2 p.m. and go as deep as you can for as long as you can.
- ✿ Spending time in the Moksha Mandir at Ananda Village will reset a soggy meditation practice.
- ✿ Practice *Halasana* (the Plow Pose) to keep your spine happy.
- ✿ Listen to your Kriyas without earplugs.
- ✿ Taking voice lessons with Ramesha has helped not only my singing, but also my Kriyas.
- ✿ Learning to make singing more “effortless” can carry over into more “effortless” Kriyas.
- ✿ See Kriya Yoga as an act of self-offering that comes up through the spine, receiving love coming down through the spine.
- ✿ Have paper and pen near your meditation chair.
- ✿ Set long-term goals to inspire perseverance.
- ✿ Make sadhana fun for yourself.
- ✿ Find a clear objective for your future; make it tangible (something you’ve already experienced and that you want more of, like joy or calmness).
- ✿ Write out ten index cards, one for each niyama/yama. Pick one each month to practice and focus on.
- ✿ “When others end, I’m just beginning.” —Paramhansa



Yogananda

- ✿ Start your meditation earlier and stay longer.
- ✿ Don’t end a meditation while feeling restless.
- ✿ In a loving way, do Maha Mudra more than three times, more like six, nine, or fifteen times to increase depth of meditation. It may help with posture, increase wellness, give a feeling of being centered, and help you to focus on the chakras clearly.
- ✿ If you have a fast, busy mind, on mornings when the blood sugar is low before eating, read inspiring passages from *Whispers from Eternity*.
- ✿ Chant Swami’s songs with devotion.
- ✿ Put poems from *Whispers from Eternity* into your own words to make them easier to memorize.
- ✿ Use the Nayaswami vows for themes to start the day and to get the mind inspired. Use one theme throughout the day.
- ✿ Keep the focus on the spiritual eye.
- ✿ Remember to relax and keep the shoulders down.
- ✿ Lighten up.
- ✿ Chant.
- ✿ Have coffee or tea with the Masters.
- ✿ Just sit with Divine Mother when restless or in resistance.
- ✿ Make a prayer demand using the two-minute rule: Tell the Masters that without their help you will meditate for only two minutes.
- ✿ Meditate to please the Guru or offer the meditation to the Guru.
- ✿ Keep your posture straight to help open and lift the heart.
- ✿ Practice meditating willingly and with joy.
- ✿ You can get exercise while doing a meditating walk.
- ✿ Put energy into your meditation.
- ✿ It is very important to begin your day with meditation.

- ✿ Starting your day with meditation can set a positive tone for the day's activities.
- ✿ Everyone has five minutes for meditation.
- ✿ Meditation can counteract the negative energy that is happening on the Earth.
- ✿ Life is sadhana. Sadhana is life.
- ✿ Incorporate the feeling of the Guru while meditating.
- ✿ Instead of coming from a place of being a beginner or unaccomplished meditator, embrace the quality of guru actively as if you were the guru.
- ✿ Raise the energy by taking three deep breaths, and breathe as though through the medulla oblongata.
- ✿ Take a few breaths in the medulla, then slowly expand the breath throughout the entire brain to the spiritual eye.
- ✿ Offer your meditation to Divine Mother.
- ✿ Remember, your difficulties with sadhana are shared by others. We are all connected, and improving your meditation could improve others'.
- ✿ Daily activities may improve with a solid sadhana. The energy put into the sadhana can carry you throughout your day.
- ✿ Never judge your meditation. Stay non-attached. Practice nishkam karma, action without any expectation from the fruit of your efforts.
- ✿ Keep your mind focused on the spiritual eye while meditating.
- ✿ Chant, pray, listen to Yogananda's voice before meditating.
- ✿ Listen as often as possible to Yogananda chanting AUM.
- ✿ Connect first with Master.
- ✿ Pray for stillness and relaxation.
- ✿ Meditate with others at your community temple.
- ✿ If you miss the start of group meditation, go to the meditation anyway.

- ✿ Pray for the genuine desire to meditate.
- ✿ Remind yourself that Master said, "The soul loves to meditate."
- ✿ Put your meditation items by the front door before you go to bed, just as you may have done with your gym bag. That way when the inspiration hits, you are ready to go. Otherwise you risk distraction as you try to gather things.
- ✿ Join a Kriyaban meditation monthly.
- ✿ When I feel a need for a boost (or rise) in energy, I energize, do asanas, and meditate.
- ✿ Do yoga and pranayama to help deepen meditation.
- ✿ When meditating with your gurubhais, do the techniques we've been given by our Guru.
- ✿ Morning meditation can increase the feeling of being connected to the Divine throughout the day.
- ✿ Practice asanas to deepen your meditation, especially the Cobra Pose.
- ✿ Breathe in the spine, inhaling down the spine to the coccyx, exhaling up the spine to the spiritual eye.
- ✿ Be gentle and kind with yourself; don't allow yourself to become dogmatic about how, when, and how long to meditate.
- ✿ Increase your sadhana to keep from falling into perfectionism and from developing grim tendencies.
- ✿ Find ever-new ways to fill your practice with joy.
- ✿ Meditate regularly every morning.
- ✿ Walking in nature before meditation can deepen your meditation.



- ✿ Magnetize your altar: Make it beautiful, clean it often, use colorful lights and beautiful fabrics.
- ✿ Have inspirational pictures around your altar.
- ✿ Go to Moksha Mandir as often as you can.
- ✿ Chant at the beginning of every sadhana.



- ✿ Attending group sadhana helps a lot, but balance it with alone times.
- ✿ Seclusion is the price of greatness. It helps very much to seclude once a year minimum.
- ✿ Keep your spine tall and straight.
- ✿ Try different sitting positions. If you always sit on the floor, sit in a chair. If you always sit in a chair try sitting on the floor.

- ✿ Meditate with longtime deep meditators as often as possible.
- ✿ Ask Master to meditate for and with you.
- ✿ Never neglect energization before meditation.
- ✿ Watch the position of your eyes—strive for upward always in meditation.
- ✿ Seclusion really helps to take your sadhana to the next step.

Seva * Selfless Service

- ✿ Bring joy to your service.
- ✿ See everything as service.
- ✿ See service as nishkam karma—action without the desire for the fruits of action.
- ✿ Remember that the path is about ego-transcendence.
- ✿ Practice seva thinking that Master is flowing through you.
- ✿ Do seva with Divine Mother.
- ✿ While you are doing seva, practice chanting and repeating mantras both silently and out loud.
- ✿ Feel the joy in doing something for others or just because it is needed, especially when you don't want to do it.
- ✿ Serve without an agenda; practice staying detached.
- ✿ Give unconditional love, kindness, and upliftment to a situation or to an environment to bring more of God's light there.
- ✿ Look eagerly for opportunities to help family/friends/community/school as a service to God.
- ✿ Set an example in the family by doing yoga, prayer, and meditation every day.
- ✿ Give kids the opportunity to lead family prayer and meditation at night before bedtime.
- ✿ On a blackboard in the kitchen or dining room, post positive quotes of Guruji on the right attitudes to live by.
- ✿ Serve with satisfaction, a silent mind, and a full heart.
- ✿ While serving, pay attention to the thoughts that come.
- ✿ Encourage kids to talk to God and Guru for guidance, and have them talk about their experiences.
- ✿ Serve by encouraging parents, brothers, sisters, in-laws, and friends to read *Autobiography of a Yogi*.
- ✿ Encourage others to meditate.

- ✿ Feel the joy and fun of serving.
- ✿ Develop a habit of saying yes.
- ✿ Don't think about yourself—where I fit in, how much people appreciate me, or what I will get out of serving.
- ✿ Serve because it makes you happier, not with the sense that you are sacrificing yourself.
- ✿ Scheduling things with other people may help you to actually do them.
- ✿ Participate in moving days. They have a lot of great group energy.
- ✿ Do a variety of service projects, some more active (decorating, farming, big group activities) and others that are quieter and more mental, such as editing, reading to others, etc.
- ✿ Find something serviceful to do most evenings, even if it is simply writing letters to people, donating, or making dinner for someone.
- ✿ Do healing prayers.
- ✿ Always begin with a prayer before starting a project.
- ✿ Ask God to flow through your actions.
- ✿ Ask God for guidance when you need to make a decision.
- ✿ Focus on seva as an offering, rather than as something you have to do.
- ✿ When you teach, ask yourself, "What's my intention?" Ask Master to teach through you, and remember that you are teaching **with** God.
- ✿ Ask yourself, "If Master or Swamiji asked me to do a job, how well would I do it?"
- ✿ Constantly check in to see if what you are doing pleases Master.
- ✿ When you want to do something for God, give yourself plenty of time and expect the unexpected.
- ✿ If it's something simple that you've done many times before, give yourself even more time.

- ✿ Practice feeling the presence of God.
- ✿ As devotees, we know that life is God's play and we are playing "parts" in that play. Play your part well.
- ✿ Remember, as Master said, that "God sent you here to act out this human part with the attitude of a divine being." Service is remembering that we are cocreating with God on this stage called Life and that we've been given a body, mind, and soul to dynamically act through and participate with.
- ✿ Remember that the channel is blessed by that which flows through it.
- ✿ Think, "I am serving Divine Mother."
- ✿ A suggestion from *Sadhu, Beware!*: When you move into a new position at work, visualize yourself receiving no recognition for what you do—then visualize yourself accepting it cheerfully and willingly.
- ✿ Think of Nayaswami Asha's example of facing her fear of doing the job she was given for the rest of her life.
- ✿ Offer to serve often.
- ✿ Serve even if you have to get out of your comfort zone.
- ✿ Say "Yes" to life.
- ✿ Each person, each moment is a gift from God. The smaller and more insignificant the project or job at hand, the better it is to remember that.
- ✿ Sharing joy and connection is your objective in all things.
- ✿ Regarding seva, say yes and make it snappy!
- ✿ Know that every seva opportunity and situation can lead you to greater joy.
- ✿ Serve with more love, more joy.
- ✿ When serving, affirm, "I meet my challenges with courage and enthusiasm!"



- ✿ Pray to Master and Babaji, “You are the Doer.”
- ✿ See Master in everyone! Pretend that your every interaction is with him—know that your service is to him and for him!
- ✿ Share your higher Self.
- ✿ Open yourself to be a channel and feel God/Guru moving through you.
- ✿ “Rightly done, seva is as good as meditation.” — Paramhansa Yogananda
- ✿ Serve while being centered in the spine.
- ✿ Listen and find ways to support, help, encourage, and inspire. Or just listen.
- ✿ As you serve, inwardly ask the Masters to guide, heal, and lift the spirit of those you are serving.
- ✿ Act as a servant for God.
- ✿ If I am feeling “should,” see how I can bring in joy.
- ✿ Keep looking for the joy while serving.
- ✿ Lighten up while serving. Don’t take it too seriously.
- ✿ Chant while serving.



- ✿ If it’s a big task, think of ways you can break it down into smaller ones.
- ✿ Feel, “I am serving the Guru. He is the recipient of my service.”
- ✿ Do all tasks joyfully and willingly.

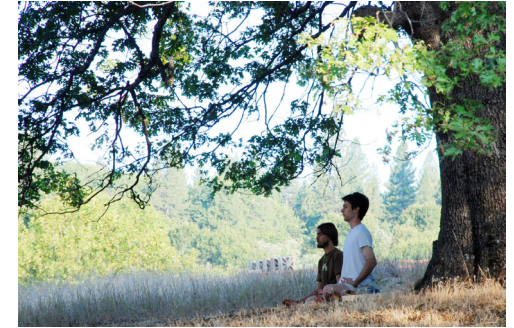
- ✿ Let go of personal likes and dislikes and do what needs to get done.
- ✿ Be a channel for God serving God.
- ✿ Serve with Joy.
- ✿ Life is an opportunity to serve God in all.
- ✿ Before you begin your service, affirm your intention to give it to God.

- ✿ See efficiency and attention to details as a form of service.
- ✿ Serve without expectations of reward.
- ✿ Turn your work/business into Guru seva.
- ✿ Spend more time serving others so as to feel close to God—especially feel the joy.
- ✿ Concentrating on what you are doing is a must while serving.
- ✿ Serve with impersonal love.
- ✿ Stay relaxed and serve with love.
- ✿ While serving see God in everyone and everything.
- ✿ Offer your service and actions to God while serving.
- ✿ Throughout your service keep asking, “What would the Divine like to see happen?”
- ✿ Serve knowing that you are a representative of Master.
- ✿ When serving, remind yourself that this is not about “me.”
- ✿ Let go of any expectation of recognition. Serve in the spirit of offering selfless service.
- ✿ Be *willing* to say “yes” when asked, or at least to consider the request.
- ✿ Shift your attitude about how you serve your family to “God serving God.”
- ✿ While serving with others focus on the divine qualities of love and joy.
- ✿ Seva is the perfect time to think on God and “work” with Him.
- ✿ Listen for Master’s guidance and to your own feelings in deciding whether to accept a seva opportunity or to say, “No, thank you, at this time.”
- ✿ Realize that it doesn’t matter what you are doing: Whether cleaning a toilet or helping with a website, serve with joy.
- ✿ While performing seva it’s a good time to use the teachings, for instance Hong-Sau in the spine.

- ✿ Look for Divine Mother in all challenging relationships and ask Her to show you how to serve and love Her in those people.
- ✿ Make everything you do service. Know that whatever is in front of you is where your service is needed.
- ✿ Serve till you drop. But also look for ways to find balance.
- ✿ Service really is joy, because it makes you quit thinking of yourself.
- ✿ Pray, “What can I do to help someone today? Make me a channel of love and blessing to all!”
- ✿ Look for service opportunities to come along.
- ✿ Ask Divine Mother to bring seva opportunities to you and She will!!
- ✿ Every day ask at the close of your morning meditation: “Show me the perfect ways to serve today.”
- ✿ “God is the Doer” is the key for expanding out of the little self.

Attunement

- ✿ Read passages from *Autobiography of a Yogi* every day.
- ✿ Inwardly pray throughout the day.
- ✿ Study the basic teachings over and over with a receptive, beginner’s mind.
- ✿ Let go of desires and tune in to what Master wants.
- ✿ Do the Energization Exercises every day no matter what.
- ✿ Converse with gurubhais about the teachings.
- ✿ Look into Master’s eye; offer him love from your heart and feel your heart connect with his.
- ✿ Practice complete surrender to Guru. Ask his guidance, his correction, and that he be a mirror for you through all those around you.
- ✿ Stay in touch with Master’s words and chants, and listen to his voice.
- ✿ Develop the awareness of Master’s presence.
- ✿ For getting in tune or to help lift you out of a mood, listen to Kriyananda’s music—it bypasses the mental and goes straight to the heart.
- ✿ Chant and repeat mantras to stay inspired.
- ✿ Participate in kirtans and chant with devotion.
- ✿ Read books, and listen to podcasts and audio/videos, of Master, Swami Kriyananda, other nayaswamis, and other gurubhais.
- ✿ Feel Guru’s presence and guidance in everything you do.
- ✿ Feel gratitude and reverence to Guruji and Ananda



for bringing you towards light and making your life meaningful and purposeful.

- ✿ Remember that attunement is a vibration; try to stay in that vibration.
- ✿ Ask Master for guidance even in small things.
- ✿ Talk to Master, God, and others you revere like they are close friends.
- ✿ When you do everything for God and Guru, you are in tune with them.

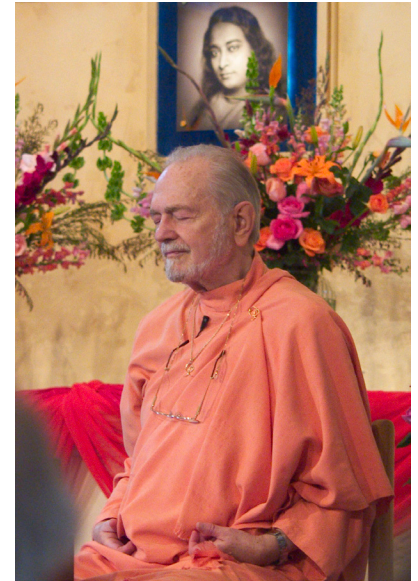


- ✿ Surround yourself with pictures of the Gurus at home, at work, and in your car.
- ✿ Listen to talks by Swami Kriyananda and Master in the car.
- ✿ Chant AUM when leaving on car rides, to surround yourself with safety and Master's presence.
- ✿ Read and memorize prayers from *Whispers from Eternity*; recite them regularly and inwardly throughout the day.
- ✿ Offer love to God throughout the day.
- ✿ One day a week, have a longer meditation and study period.
- ✿ Watch movies that inspire you.
- ✿ Feel Master's presence.
- ✿ Stare at a picture of Master or Swamiji until you feel his presence.
- ✿ Keep your focus at the point between the eyebrows.

- ✿ Set a time each day just for tuning in to Master.
- ✿ Today is a good day to take Master for a walk.
- ✿ Pray to Master in the language of your heart.
- ✿ Chant whenever you feel discouraged or are having trouble getting the body to move.
- ✿ Blow a conch in front of Shiva and Durga statues each day.
- ✿ Spend time praying and sending out healing prayers for people.
- ✿ Practice the presence of God.
- ✿ Know that attunement is the active participation in the Guru-disciple relationship.
- ✿ Attunement is attained with a hard-fought battle over the senses, again and again and again.
- ✿ Attunement is listening to whispers from eternity as much as you can, whether in meditation or any other time.
- ✿ Attunement is saying, "Thank you, Master, thank you, Lord."
- ✿ Attunement is never giving up.
- ✿ Attunement is gained by reading something of Master's and Swami's every day.
- ✿ To feel attunement concentrate on AUM at the spiritual eye whether you are meditating or not.
- ✿ Feel Master looking through your eyes lovingly at other people.
- ✿ Picture Master working through you, through your hands, mind, and body.
- ✿ Read the *Secrets* books by Swami Kriyananda to help you develop attunement.
- ✿ Sing in choir.
- ✿ Attend satsangs.
- ✿ Go to group meditations.
- ✿ Serve Master's work.

- ✿ Say “Yes!” to life and service.
- ✿ Do Master’s techniques.
- ✿ Connect with spiritual teachers and gurubhais.
- ✿ Get a Kindle—then all the *Secrets* books can be on one device.
- ✿ Visit Ananda.org.
- ✿ Research the Kriyaban website.
- ✿ Visit Online with Ananda.
- ✿ Read spiritual books.
- ✿ Take Ananda classes online.
- ✿ Teach Master’s works.
- ✿ Explore the Ananda Music Library.
- ✿ Visit Ananda communities’ websites.
- ✿ Ask constantly for inner guidance about anything and everything—and follow the “yes” or “no” with trust.
- ✿ Read Master’s and Swami’s words every day.
- ✿ Chant Om Guru, Om Guru, Om Guru. . . . Thank you, Swamiji; Thank you, Swamiji. . . .
- ✿ Even if you can do nothing else well, you can say, “I love you, Master and Swami, with ALL my heart.”
- ✿ Watch closely those whose attunement you admire, and follow their example. This includes almost everyone!
- ✿ The Attunement Ceremony is very powerful in helping with attunement.
- ✿ Chanting the different notes at the chakras (that Swami developed) by oneself, before a private meditation, can be very powerful and helpful for developing attunement.
- ✿ Read Master’s articles before meditation.
- ✿ Hang pictures of Master and Swami in your bedroom and meditation area.
- ✿ Talk to Master as a friend and brother. Speak out loud to him so that you hear yourself and it isn’t just “in your head.”

- ✿ Memorize a poem or prayer-demand from Master, one that inspires or strengthens you, or opens your heart.
- ✿ Know that attunement is practicing the presence of God.
- ✿ Type or write up a poem or prayer and put it on your fridge or bathroom mirror so that you see it daily.
- ✿ Remember, “To those who think me near, I will be near.”
—Paramhansa Yogananda
- ✿ Read *Conversations with Yogananda*.
- ✿ Establish a mental connection with Master.
- ✿ Ask the Masters to be present—then *feel* their presence, and thrill in that presence.
- ✿ Throughout the day, seek and feel Master’s presence.
- ✿ Use a timer to remind yourself to tune in to Master.
Rather than set the timer to go off each hour on the hour—times which, because of our busy lives, may not always be convenient—after each attunement look for the next free moment and set the timer for then.
- ✿ Listen to Ananda.org and YouTube to keep in touch with the Ananda world.
- ✿ Review wisdom you hear from others: learn to hear and accept what you need to know.
- ✿ Laugh with Master, Swami, Jyotish and Devi, and Sangha members.
- ✿ Chant with devotion to God.
- ✿ Read spiritual and uplifting books.
- ✿ Listen to silence.



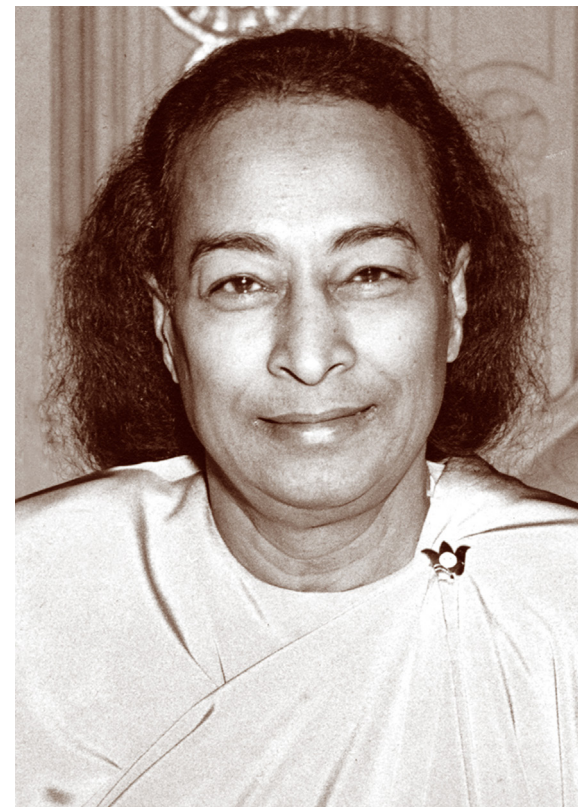
- ❁ Live-stream Sunday services from each of the different Ananda communities.
- ❁ Check in with Master constantly throughout the day. Pay attention to all your thoughts, feelings, and actions.
- ❁ To help stay in Master's presence all the time:
 - Wear something that reminds you of him,
 - Read his books,
 - Practice his presence,
 - And recall his promise ever to mind: “Unknown I will walk by your side and guard you with invisible arms.”
- ❁ Chant, and always listen to chants when in an airplane, etc.
- ❁ Remind yourself how much you love Master.
- ❁ Overcome your shyness in asking for help and advice from your gurubhais.
- ❁ When you know you are a dream, you will awaken in the Divine.
- ❁ Develop the ability to *listen*, to hear the subtle language of your soul.
- ❁ Do one one-hundredth of Master's teachings; keep moving ahead on the path.
- ❁ Use teachers and gurus to raise our own level of consciousness. They represent everything higher towards which we aspire.
- ❁ Stay close to even-minded and cheerful people.
- ❁ Be in harmony with the Divine.
- ❁ Know that Yogananda is aware of Ananda. He approves of us and loves us.
- ❁ Merge with the Guru to the point where you can't tell where your thoughts end and the Guru's begin.
- ❁ Align and attune helps with discernment and dispassion.



- ❁ Join an online satsang.
- ❁ Visit internet sites featuring Swami Kriyananda's music.
- ❁ When attunement is challenging, invite the different masters into your heart.
- ❁ Feel Guru's consciousness.
- ❁ Breathe Guru's name in every breath.
- ❁ Surrender the ego.
- ❁ Paint or draw a picture of the energy, quality, or master you wish to attune with.
- ❁ Learn life lessons when they come knocking on your door.
- ❁ Calm your heart and check with the Guru to see what he wants you to do.
- ❁ Feel blessed if you live in a spiritual community; otherwise, make every make effort to visit one when you can.
- ❁ Think thoughts like, “Isn't it wonderful, Paramhansaji?”
- ❁ Avoid negativity: Be with positive people, and in positive places; watch positive, uplifting movies.
- ❁ Every hour, take a moment or two to re-attune yourself to God and Guru; on the odd-numbered hours, devote a little extra time to the practice.
- ❁ Attend Ananda events.
- ❁ Catch the reactive mind. Remind yourself that the mind follows the heart: Its suggestions are often no more than a reaction to a like/dislike or an attachment.
- ❁ Pray and use affirmations ALL the time.
- ❁ Spread God's love, like a waterfall flowing out from your heart.
- ❁ Be with people on the Ananda path, or use the app if you can't be there physically.
- ❁ Talk with God throughout the day.
- ❁ Feel the joy!
- ❁ OFFER IT ALL UP! [Included was a drawing of several people with different emotions—angry, happy, and

in-between—with arrows from each of them pointing to the spiritual eye.]

- ✿ See the Divine in the eyes, actions, smiles, laughter, and service of others.
- ✿ Invite Divine Mother / Master into everything you do, and offer everything to them—including especially your mistakes and negative emotions, that they be transmuted.
- ✿ Listen, and accept what Master is bringing to you in the moment.
- ✿ Be sensitive to noticing when non-attunement is happening and correct it asap.
- ✿ Attunement with the Guru equals the highest possible human happiness.
- ✿ Every day ask at the close of your meditation: Guru, if my attunement is not perfect right now, show me how to correct this situation!!
- ✿ Ask yourself, “Why am I here?” “Why am I performing this particular task?” “How can I use this task to serve my Guru?”
- ✿ When away from Ananda, watch Ananda on YouTube.
- ✿ Subscribe to all the Ananda Communities’ YouTube channels.



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