

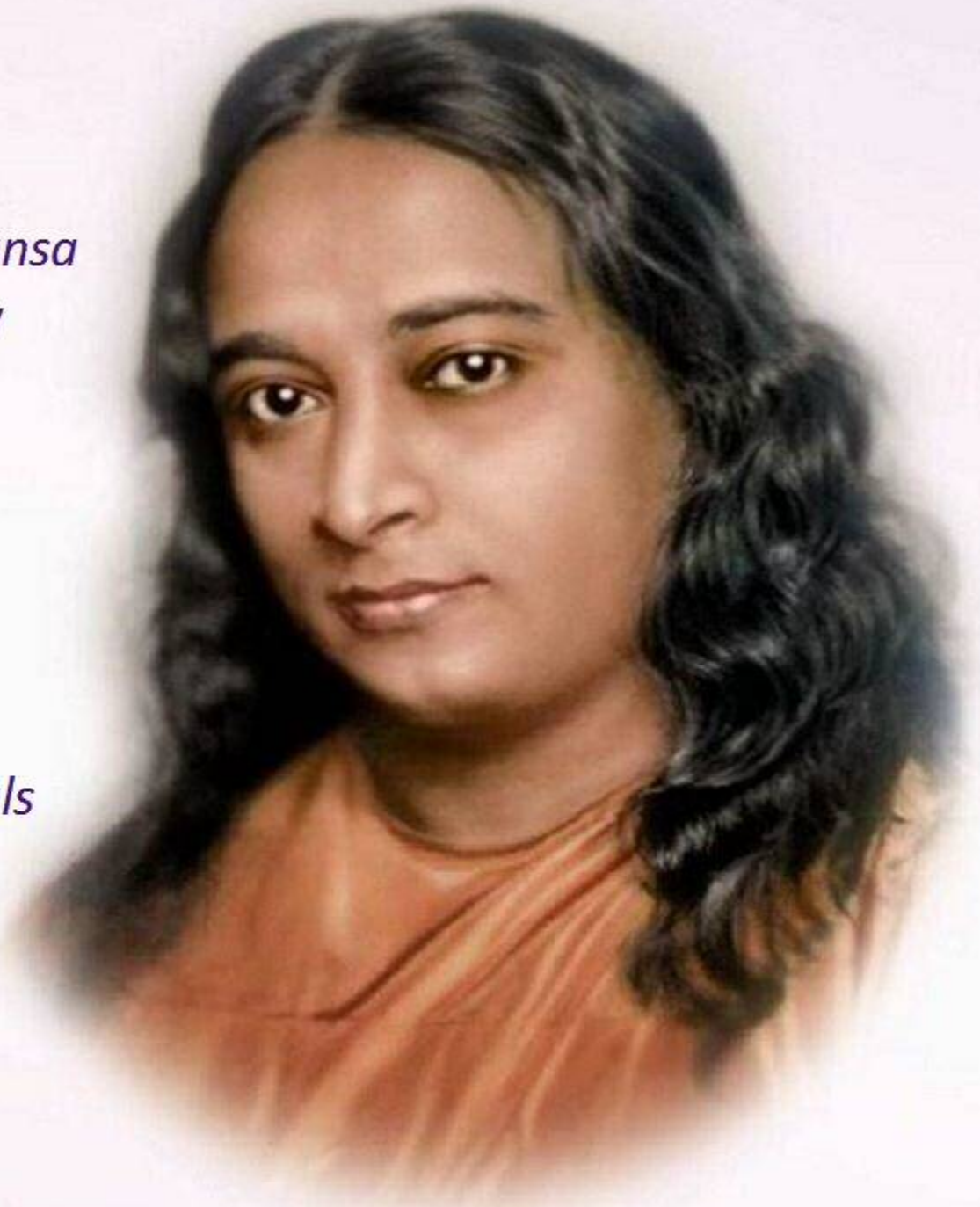
# The Peace of Meditation

“The more you feel peace in meditation,  
the closer you are to God...”

—Paramahansa Yogananda

*The timeless, scientific methods of yoga meditation taught by Paramahansa Yogananda enable one to discover, by direct personal experience, the Universal Consciousness of God that dwells within.*

*Each week our meditation group meets for inspirational services that focus on meditation and spiritual ideals for everyday living. By applying these principles, you can create a life of lasting happiness and harmony in body, mind and soul.*



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*Self-Realization Fellowship*

FOUNDED 1920 BY PARAMAHANSA YOGANANDA

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