

## SELF-REALIZATION FELLOWSHIP RETREATS

Our *How-to-Live Retreat Programs* in southern California are open to all who wish to get away from the pressures of daily life for a few days in order to renew body, mind, and soul. Two types of retreat programs are offered:

—*General retreats* are loosely structured, with classes and inspirational programs, and opportunities for spiritual counseling. Participants join SRF monastics in their morning and evening periods of meditation.

—*Conducted weekend retreats*, in addition to the above, offer a concentrated program of classes on the SRF teachings and meditation techniques.

Please contact the retreat offices for more information, or visit us online at [www.yogananda-srf.org](http://www.yogananda-srf.org).

### ***How-to-Live Retreat Programs—Encinitas***

The Encinitas Retreat, with scenic pathways and meditation gardens overlooking the Pacific Ocean, is located on the grounds of the SRF Ashram Center and Hermitage, one hundred miles south of Los Angeles.

For reservations or more information, please write or call:

**SRF ENCINITAS RETREAT**  
215 K St., Encinitas, CA 92024  
[encretreat@yogananda-srf.org](mailto:encretreat@yogananda-srf.org) (760) 753-1811

### ***How-to-Live Retreat Programs—Lake Shrine***

The Lake Shrine Retreat is located just above the serene grounds of our Lake Shrine sanctuary in Pacific Palisades, which features a spring-fed lake, beautiful foliage, meditation nooks, and the rustic Windmill Chapel.

For reservations or more information, please write or call:

**SRF LAKE SHRINE RETREAT**  
17190 Sunset Blvd., Pacific Palisades, CA 90272  
[lsretreat@yogananda-srf.org](mailto:lsretreat@yogananda-srf.org) (310) 459-4740

**NOTE:** The Encinitas Retreat will be closed December 17–26.

The Lake Shrine Retreat will be closed December 17–January 2, 2018.

Both Retreats will be closed for the 2017 Convocation, August 6–12.

## CONDUCTED *HOW-TO-LIVE RETREAT PROGRAMS*

### —Schedule for 2017—

ENCINITAS		LAKE SHRINE
MEN & WOMEN	WOMEN	MEN & WOMEN
Jan. 20–22 <b>(Kriyaban)</b>	Jan. 27–29 <b>(Kriyaban)</b>	Jan. 13–15 Jan. 27–29
Feb. 10–12	Feb. 17–19	Feb. 10–12
March 3–5 <b>(Kriyaban)</b> March 24–26	March 17–19 <b>(Kriyaban)</b>	March 3–5 March 24–26
April 21–23 <b>(Kriyaban)</b>	April 7–9 April 28–30 <b>(Spanish)</b>	April 7–9 April 28–30
May 5–7	May 19–21 <b>(Kriyaban)</b>	May 6 <b>(Kriyaban)</b> May 19–21
June 9–11	June 2–4	June 2–4 June 23–25
Sept. 8–10 <b>(Kriyaban)</b>	Sept. 22–24	Sept. 8–10 Sept. 23 <b>(Spanish)</b>
Oct. 6–8	Oct. 13–15 <b>(Kriyaban)</b> Oct. 20–22	Oct. 6–8 Oct. 27–29
Nov. 10–12		

### **Guest Programs for Men—Hidden Valley**

Resident programs and guest programs for men are offered at our Hidden Valley Monks' Ashram Center, located on more than one hundred acres in the scenic hill country near Escondido, thirty miles east of Encinitas.

For reservations or more information, please write or call:

**SRF HIDDEN VALLEY ASHRAM**  
16455 Old Guejito Grade Road, Escondido, CA 92027  
[info@hvashram.org](mailto:info@hvashram.org) (760) 749-3399  
[www.hvashram.org](http://www.hvashram.org)

## Sunday Services

At 11:00 a.m. in all temples except Phoenix (10:00 a.m.)

*The same lecture is also given at 9:00 a.m. in our Pacific Palisades temple, and at 9:30 a.m. in our Hollywood, Encinitas, and San Diego temples.*

### **JANUARY**

- 1 The Grace and Guidance of a True Guru
- 8 Rediscovering Your Higher Self
- 15 Meditation: The Science of Contacting God
- 22 How to Rise Above Pressures and Problems
- 29 Habits: Your Master or Your Slave?

### **FEBRUARY**

- 5 Experiencing the Love of God
- 12 The Liberating Power of Affirmation
- 19 The Cosmic Motion Picture
- 26 Harnessing the Power of Mind

### **MARCH**

- 5 The Speaking Voice of Silent God
- 12 Why Waste Time? God Is the Joy You Seek
- 19 How to Be a Friend to All
- 26 The Way to Lasting Peace and Happiness

### **APRIL**

- 2 Life Energy: The Power That Heals
- 9 The Deeper Teachings of Jesus Christ
- 16 The True Meaning of Resurrection
- 23 Bringing Our Lives Into Balance
- 30 Developing the Invincible Power of Initiative

### **MAY**

- 7 The Dream Fabric of Life
- 14 The Mother As an Expression of God's Unconditional Love
- 21 The Underlying Unity of the World's Religions
- 28 Living Without Fear

### **JUNE**

- 4 Self-Analysis: Key to the Mastery of Life
- 11 The Four Ways to Direct Experience of God
- 18 The Father Aspect of God
- 25 The True Purpose of Marriage

### **JULY**

- 2 Seeing God as the Sole Doer
- 9 Building World Unity
- 16 Understanding Reincarnation
- 23 The Spiritual Science of Kriya Yoga
- 30 Why We Suffer

### **AUGUST**

- 6 How to Develop True Intuition
- 13 Who Made God?
- 20 Miracles: The Working of Higher Laws
- 27 The Battle Between Good and Evil

### **SEPTEMBER**

- 3 Meditation: Direct Perception of God
- 10 How to Spiritualize Business
- 17 The Unlimited Power of the Mind
- 24 Be a Smile Millionaire

### **OCTOBER**

- 1 Our Immortal Nature
- 8 The Example of a Sainly Life
- 15 Living in Constant Remembrance of God
- 22 Spiritual Laws That Govern Healing
- 29 How to Read Others' Character, and Improve Our Own

### **NOVEMBER**

- 5 The Scientific Art of Living
- 12 The Universal Appeal of Yoga, India's Ancient Spiritual Science
- 19 How to Dissolve the Causes of War
- 26 Giving Thanks for Life's Blessings

### **DECEMBER**

- 3 Inner Resources of Energy and Health
- 10 How to Create Dynamic Will Power
- 17 Attunement With the Christ Consciousness
- 24 The Divine Nature of Christ
- 31 Awakening From the Dream of Human Limitations

*Please note: Recording of services is not permitted.*

## Kriya Yoga Initiations

Kriya Yoga initiations are scheduled for the following locations and dates in 2017. Self-Realization Fellowship students in each area will be sent full details in advance.

Feb. 25	Mother Center
Mar. 11	Palermo, Italy
Apr. 22	Denver, CO
May 6	Rio de Janeiro, Brazil
May 13	Cordoba, Argentina
May 20	Mother Center
May 20	San Juan, Puerto Rico
Aug. 11	Convocation
Sept. 23	Barcelona, Spain
Oct. 2	Bad Pyrmont, Germany
Oct. 8	Tokyo, Japan
TBD	Berkeley, CA
Oct. 21	New York City
Oct. 28	São Paulo, Brazil
Nov. 4	Bogota, Colombia
Nov. 11	Mother Center

# Self-Realization Fellowship Temples & Retreats

## SCHEDULE OF SERVICES

# 2017

*“Giving love to all, feeling the love of God,  
seeing His presence in everyone...  
that is the way to live in this world.”*

—*Paramahansa Yogananda*

**SELF-REALIZATION FELLOWSHIP**  
3880 San Rafael Avenue, Los Angeles, CA 90065-3219  
Telephone: (323) 225-2471 • FAX: (323) 225-5088  
[www.yogananda-srf.org](http://www.yogananda-srf.org)

10050-J4447



Dear Friend,

We welcome you to this Self-Realization Fellowship temple, and sincerely hope that you will enjoy your visit. Whether you have come to attend a service or just to “get acquainted,” we hope that you will find in this sanctuary of peace a deeper inspiration and inner guidance for your life’s journey, and that you will feel free to return as often as you wish.

Inspirational services are held each Sunday morning and Thursday evening, and there are also Sunday morning children’s services at all our temples. Following the Thursday evening inspirational service, a special prayer and healing service is held. We would be pleased to have you join us and the other members of our Worldwide Prayer Circle in praying for those in need and for our world family as a whole. And if you would like to request prayers for yourself or your family or friends, you are welcome to leave their names in the box marked “Prayer Requests,” or enter their names online at [www.yogananda-srf.org](http://www.yogananda-srf.org).

Self-Realization Fellowship is an international non-profit religious society founded in 1920 by Paramahansa Yogananda. The society is dedicated to carrying on the spiritual and humanitarian work that he began—seeking to foster greater harmony and understanding among those of all races, religions, and nationalities, and introducing to truth-seekers all over the world his universal teachings on the ancient science of yoga.

Our ministers periodically conduct classes in the Self-Realization teachings and techniques at our SRF temples, as well as during visits to major cities in the United States and abroad and at our annual Convocation held each summer in Los Angeles. A series of lessons for home study is also available. Compiled from Paramahansa Yogananda’s lectures and writings, the *Self-Realization Fellowship Lessons* give instruction in the spiritual way of life and the methods of meditation that he taught. These center around the practice of *Kriya Yoga*, a highly effective system of yoga meditation whose goal is direct, personal experience of God.

If you have any questions about the Self-Realization Fellowship teachings, one of our ministers will be happy to

speak with you. You are also welcome to visit our temple bookroom, where books and recordings by Paramahansa Yogananda, other Self-Realization publications, and free literature are available.

Self-Realization Fellowship has centers and meditation groups throughout the world. Please check our website for locations: [www.yogananda-srf.org](http://www.yogananda-srf.org)

Sign up for our monthly eNewsletter and receive inspirational quotes, articles, and tips for daily living as well as the latest news and events from the Self-Realization Fellowship worldwide community at [www.yogananda-srf.org](http://www.yogananda-srf.org).

*“Self-realization is the knowing—in body, mind, and soul— that we are one with the omnipresence of God; that we do not have to pray that it come to us, that we are not merely near it at all times, but that God’s omnipresence is our omnipresence: that we are just as much a part of Him now as we ever will be. All we have to do is improve our knowing.”*

—Paramahansa Yogananda

## Thursday Services

Our Thursday evening inspirational services include a talk by the minister on various aspects of the teachings of Paramahansa Yogananda, as well as a period of meditation and chanting.

On the third Thursday of each month, instead of a lecture service, the minister leads a *satsanga* (literally, “fellowship with Truth”). During each *satsanga* the minister answers questions previously submitted in writing. If you have a question, please write it on a piece of paper and place in the box designated for this purpose.

## Commemorative Services

At our Self-Realization Fellowship temples, we observe a number of anniversaries each year with a special commemorative ceremony. The exact times of these commemoration services and the other events listed below will be announced at the temples in advance.

Jan.	5	Birthday of Paramahansa Yogananda (1893)
Jan.	7	Paramahansa Yogananda Commemorative Meditation
Mar.	7	<i>Mahasamadhi</i> of Paramahansa Yogananda (1952)
Mar.	9	<i>Mahasamadhi</i> of Sri Yukteswar (1936)
Apr.	14	Good Friday
Apr.	16	Easter Sunday
May	10	Birthday of Sri Yukteswar (1855)
July	25	Mahavatar Babaji Commemoration Day
Aug.	14	<i>Janmashtami</i> (birth of Bhagavan Krishna)
Sept.	26	<i>Mahasamadhi</i> of Lahiri Mahasaya (1895)
Sept.	30	Birthday of Lahiri Mahasaya (1828)
Dec.	16	All-Day Christmas Meditation

## SELF-REALIZATION FELLOWSHIP TEMPLES CALIFORNIA

### BERKELEY

(Temporary location of the former SRF Richmond Temple)  
3201 Shattuck Ave., Berkeley, CA 94705  
[www.berkeleytemple.org](http://www.berkeleytemple.org) (510) 984-0084

<b>SUNDAY</b>		<b>TUESDAY</b>	
Meditation	10:00 a.m.	Energyzation Exercises	7:00 p.m.
Sunday School*	10:50 a.m.	Meditation	7:15–9:00 p.m.
Lecture †	11:00 a.m.		
<b>MONDAY</b>		<b>THURSDAY</b>	
<i>Lessons</i> Study Group	7:00–8:00 p.m.	Meditation	7:00–7:45 p.m.
<i>Bhagavad Gita</i> Study Group	8:00–9:00 p.m.	Inspirational Service	8:00 p.m.
		<b>SATURDAY</b>	
		Energyzation Exercises	6:00 p.m.
		Meditation	6:15–9:00 p.m. (with <i>kirtan</i> 2nd Sat. each month)

### ENCINITAS

TEMPLE: 939 Second St., Encinitas, CA 92024  
[www.encinitastemple.org](http://www.encinitastemple.org) (760) 436-7220  
J ST. CHAPEL: 1105 Second St., Encinitas, CA 92024  
RETREAT: 215 K St. (760) 753-1811  
Temple open for individual meditation: daily, 12:00–4:00 p.m.

<b>SUNDAY</b>		<b>THURSDAY</b>	
Meditation	8:00–9:00 a.m.	Lecture & Prayer Circle	7:30–8:30 p.m.
Lecture	9:30–10:30 a.m. (also by video at J St. Chapel)		
Sunday School*	9:30–10:30 a.m.	<b>FRIDAY</b>	
Teen Program (J St. Chapel)	9:30–10:30 a.m.	Energyzation Exercises	6:40 p.m.
Lecture	11:00 a.m.–12:00 p.m. (also by video at J St. Chapel)	<i>The Second Coming of Christ</i> Reading & Meditation	7:00–9:00 p.m.
<i>Bhagavad Gita</i> Reading & Meditation	4:30–6:30 p.m.		
Energyzation Exercises	6:40 p.m.	<b>SATURDAY</b>	
Meditation	7:00–9:00 p.m.	Meditation with Energyzation Exercises ‡	6:00–8:50 a.m.
		Meditation †	6:00–9:00 p.m. (J St. Chapel) ( <i>Kirtan</i> on 1st Sat. each month)
<b>MONDAY</b>		6-hour Meditation	8:00 a.m.–2:00 p.m. (J St. Chapel) (4th Sat. each month, except Dec.)
Energyzation Exercises	6:40 p.m.		
<i>SRF Lessons</i> Reading & Meditation	7:00–9:00 p.m.		
		<b>WEDNESDAY</b>	
Meditation	7:00–9:00 p.m. (J St. Chapel) ( <i>Kirtan</i> on 1st, 3rd & 5th Wed. each month)		

### FULLERTON

142 East Chapman Ave., Fullerton, CA 92832  
[www.fullertontemple.org](http://www.fullertontemple.org) (714) 525-1291

<b>SUNDAY</b>		<b>FRIDAY</b>	
Meditation	10:00 a.m.	<i>God Talks with Arjuna</i> Study Group	7:30–9:00 p.m. (3rd Friday each month)
Lecture †	11:00 a.m.		
Sunday School*	11:00 a.m.	<b>SATURDAY</b>	
		Energyzation Exercises	6:00 p.m.
<b>MONDAY</b>		Meditation	6:15–9:00 p.m.
Women’s Hatha Yoga	7:30 p.m.	<i>Autobiography of Yogi</i> Study Group	9:30–10:15 a.m. (3rd Sat. each month except July and Dec.)
		Day of Service	10:15 a.m.–2:00 p.m. (vegetarian lunch provided)
<b>THURSDAY</b>		Introduction to Meditation & Prayer Circle	8:00–9:00 p.m. (3rd Sat. each month except July and Dec.)
Lecture & Prayer Circle	8:00 p.m.	Followed by refreshments and fellowship (First Thurs. each month)	
<i>Kirtan</i>	7:30–7:50 p.m. (First Thurs. each month)	6-hour Meditation	9:00 a.m.–3:00 p.m. (Evening meditation cancelled) (4th Sat. each month, except Jan. and Dec.)

Saturday meditations are subject to cancellation to avoid conflict with special events.

### GLENDALE

2146 E. Chevy Chase Dr., Glendale, CA 91206  
[www.glendaletemple.org](http://www.glendaletemple.org) (818) 543-0800

<b>SUNDAY</b>		<b>TUESDAY</b>	
Meditation	10:00 a.m.	Open Meditation	6:30–7:30 p.m.
Lecture †	11:00 a.m.	<i>The Second Coming of Christ</i> Study Group (small chapel)	7:30–8:30 p.m.
Sunday School*	11:00 a.m.		
Meditation	6:30–9:30 p.m.	<b>THURSDAY</b>	
		Open Meditation	6:30–7:30 p.m.
<b>MONDAY</b>		Lecture & Prayer Circle	7:30 p.m.
Energyzation Exercises	7:00 p.m.		
Meditation	7:15–9:00 p.m.	<b>FRIDAY</b>	
		Energyzation Exercises	7:00 p.m.
		Meditation	7:15–9:30 p.m.

### HOLLYWOOD

4860 Sunset Blvd., Los Angeles, CA 90027  
[www.hollywoodtemple.org](http://www.hollywoodtemple.org) (323) 661-8006

Temple open daily for individual meditation: 5:30 p.m.–7:30 p.m.			
<b>SUNDAY</b>		<b>WEDNESDAY</b>	
Meditation	8:30 a.m.	<i>Sadhana Sangha</i> §	7:30 p.m. (1st Wed. each month)
Lecture †	9:30 a.m.	Lay Disciple Group	7:30 p.m. (4th Wed. each month)
Sunday School*	9:30 a.m.		
Lecture †	11:00 a.m.	<b>THURSDAY</b>	
Intro. to Meditation	12:10–12:30 p.m. (1st Sun. each month)	Intro. to Meditation	12:00–12:30 p.m.
Senior Devotees’ Group	1:00 p.m. (4th Sun. each month)	Lecture & Prayer Circle	8:00 p.m.
Energyzation Exercises	5:40 p.m.		
Meditation	6:00–9:00 p.m.	<b>FRIDAY</b>	
		Energyzation Exercises	6:40 p.m.
<b>MONDAY</b>		Meditation	7:00–10:00 p.m. (with <i>kirtan</i> )
Women’s Hatha Yoga	6:00 p.m.		
Men’s Hatha Yoga	7:30 p.m.		

### PACIFIC PALISADES

LAKE SHRINE AND MAHATMA GANDHI WORLD PEACE MEMORIAL:  
17190 Sunset Blvd., Pacific Palisades, CA 90272  
[www.lakeshrine.org](http://www.lakeshrine.org) (310) 454-4114  
(Closed on Mondays and holidays)  
RETREAT: (310) 459-4740  
TEMPLE: 17080 Sunset Blvd. [www.lakeshrinetemple.org](http://www.lakeshrinetemple.org)

<b>SUNDAY</b>		<b>WEDNESDAY</b>	
Lecture †	9:00 a.m.	Guided Meditation for Beginners	12:00–12:30 p.m.
Sunday School*	9:00 a.m.		
Lecture †	11:00 a.m.	<b>THURSDAY</b>	
Sunday School*	11:00 a.m.	Lecture & Prayer Circle	8:00 p.m.
Energyzation Exercises	6:10 p.m.		
Meditation	6:30–9:30 p.m.	<b>FRIDAY</b>	
		Energyzation Exercises	7:10 p.m.
		Meditation	7:30–9:30 p.m.

Parking lot is open 45 minutes prior to services.

### SAN DIEGO

3072 First Ave., San Diego, CA 92103  
[www.sandiegotemple.org](http://www.sandiegotemple.org) (619) 295-0170

<b>SUNDAY</b>		<b>WEDNESDAY</b>	
Meditation	8:30 a.m.	Energyzation Exercises	6:40 a.m.
Lecture †	9:30 a.m.	Meditation	7:00–9:00 a.m.
Sunday School*	10:45 a.m.	<b>THURSDAY</b>	
Lecture †	11:00 a.m.	Energyzation Exercises	6:40 a.m.
Energyzation Exercises	5:10 p.m.	Meditation	7:00–9:00 a.m.
Meditation	5:30–8:30 p.m.	Lecture & Prayer Circle	7:00 p.m.
<b>MONDAY</b>		<b>FRIDAY</b>	
Energyzation Exercises	6:40 a.m.	Energyzation Exercises	6:40 a.m.
Meditation	7:00–9:00 a.m.	Meditation	7:00–9:00 a.m.
Energyzation Exercises	6:40 p.m.	Energyzation Exercises	6:40 p.m.
Meditation	7:00–8:30 p.m.	Meditation	7:00–8:30 p.m.

## ARIZONA

### PHOENIX

6111 North Central Avenue, Phoenix, AZ 85012  
[www.phoenixtemple.org](http://www.phoenixtemple.org) (602) 279-6140  
(Closed on Mondays)

<b>SUNDAY</b>		<b>THURSDAY</b>	
Meditation	9:00 a.m.	Lecture & Prayer Circle	8:00 p.m.
Lecture †	10:00 a.m.		
Sunday School*	10:00 a.m.	<b>FRIDAY</b>	
Energyzation Exercises	5:40 p.m.	Energyzation Exercises	6:40 p.m.
Meditation	6:00–9:00 p.m.	Meditation	7:00–9:00 p.m.
		<b>SATURDAY</b>	
<b>WEDNESDAY</b>		<i>SRF Lessons</i> Study Group	3:30–4:30 p.m.
<i>Bhagavad Gita/The Second Coming of Christ</i> Study Group	7:00–8:30 p.m.		

\* Minimum age is 3 years.

† Parents with children under 3 years of age may hear service in Family Room.

‡ The Saturday 6:00 a.m. & 6:00 p.m. meditations are cancelled when the 6-hour meditation is scheduled.

§ Young Adults’ Group, ages 20–40