



# Self-Realization Fellowship

Founded in 1920 by Paramahansa Yogananda

## Voluntary League Appeal

SUMMER 2019

Dear Friend,

As you have no doubt heard by now, Self-Realization Fellowship recently reached a very significant milestone in the fulfillment of Paramahansa Yogananda's divinely ordained mission of disseminating Kriya Yoga worldwide. That milestone was the release of the long-awaited, definitive edition of the *Self-Realization Fellowship Lessons* that Paramahansa Yogananda envisioned.

In a joyous inauguration event held on January 31 and broadcast worldwide via livestreamed video, SRF/YSS president Brother Chidananda unveiled the new *Lessons*—the culmination of a decades-long effort by Paramahansaji and his close disciples, presented in a beautifully designed format and including much previously unpublished material authored by the Guru.

At the same time, Brother Chidananda also inaugurated the other major components created to complement and support the new edition of the *SRF Lessons*:

- A digital app through which the new *Lessons* and supporting multimedia content can be accessed on smartphones and other digital devices.
- Audio and video classes on the SRF meditation techniques, including step-by-step animated instruction on the Energization Exercises.
- A completely redesigned SRF website, featuring (among other wonderful sections), a wealth of previously unreleased instructional material for students of the *Lessons*.
- New SRF pages on the major social media platforms—including Facebook, Twitter, and Instagram—sharing a daily feed of constant inspiration from Paramahansa Yogananda's teachings.

We thank you for your generous support, which has been a vital and necessary part of these achievements. And in the enclosed newsletter, we would like to share with you the inspiring vision set forth by our president, Brother Chidananda, to ensure that these epoch-making new *Lessons* do as much as possible to reach, uplift, and transform the countless

BROTHER CHIDANANDA, PRESIDENT

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IN INDIA: YOGODA SATSANGA SOCIETY OF INDIA

spiritually hungry souls in need of the teachings and techniques of the Kriya Yoga science that Paramahansa Yogananda brought for the entire global family.

Your ongoing help is vitally important for these efforts to succeed. As we enter an exciting new era in the dissemination of Paramahansaji's teachings, we offer you our deepest gratitude for helping us share his teachings with sincere seekers. May God and the great Gurus of this path ever bless you for all you do to further this sacred mission.

In divine friendship,

A handwritten signature in blue ink that reads "Mother Center". The script is fluid and cursive, with the "M" and "C" being particularly prominent.

SELF-REALIZATION FELLOWSHIP

Mother Center



Self-Realization Fellowship

# Voluntary League Newsletter

A REPORT ON OUR RECENT ACTIVITIES — SUMMER 2019

## Release of the New and Expanded Edition of the SRF Lessons

The new and expanded edition of the *Self-Realization Fellowship/Yogoda Satsanga Society Lessons* was inaugurated by SRF/YSS president Brother Chidananda on January 31, 2019, during a special event livestreamed from the SRF Mother Center in Los Angeles, which was watched by thousands of members and friends around the world. Enrollment began the following day.

Thus, the definitive presentation of Paramahansa Yogananda's teachings and techniques that he envisioned for the *SRF Lessons* is now available to the world. This new edition of the *Lessons* is a truly comprehensive resource for followers of the Kriya Yoga path to God-realization that he brought. In addition to the *Lessons* themselves, the new edition of Paramahansaji's home-study series offers a rich library of multimedia auxiliary content to help you deepen your application and practice. These items — available exclusively to those who have enrolled for the *Lessons* — are accessible through the SRF member portal on our website and through the newly created SRF Lessons app:

- Video and audio classes by SRF monastics are linked to the *Lessons* on the techniques of energization and meditation.
- Audio recordings of Paramahansa Yogananda, including some that have never been made public before, complement many of the *Lessons*.
- Each Lesson has an optional study and introspection guide.

To all who have contributed through material support and prayers to this monumental and historic achievement, we offer our heartfelt gratitude.



(Above) Special display before the altar of the main chapel at SRF's International Headquarters, showing the first Lesson of the new edition of the SRF/YSS Lessons after Brother Chidananda unveiled it during the inauguration on January 31, 2019.



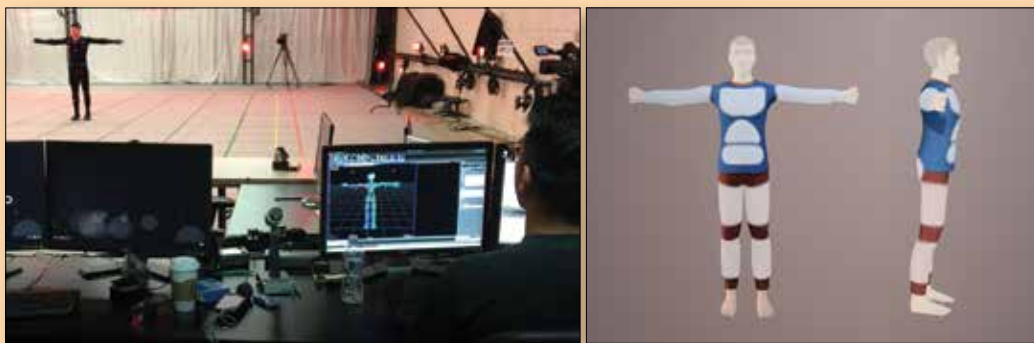
For the first time ever, SRF is making the new edition of the Lessons available in digital form — through a new, proprietary SRF Lessons app. We are deeply grateful to the anonymous donor whose generosity funded its development. Though study of the printed version of the Lessons is intended to be the principal means of absorbing the teachings, the secure app enables students to benefit from studying the Lessons while away from home and to access the Lessons multimedia content.





## New Animated Video on the Energization Exercises

As part of the auxiliary content provided with the new edition of the *SRF Lessons*, SRF monks worked with an animation studio to create an instructional video for Paramahansaji's Energization Exercises, which explains and illustrates the inner control of life force during practice of this technique.



## Providing a “Continuous Stream of Inspiration” From the Guru



While conducting the January 31 *Lessons* launch event, Brother Chidananda said:

“The presence and the joy of our revered lineage of Gurus is very strong today....How wonderful it is that each one of them made such a momentous contribution to what we are celebrating, what we are inaugurating today....The story of the *Lessons*, the evolution of the *Lessons*, is the story of the fulfillment, and the continuation of the fulfillment, of [a] divine dispensation: the spreading of Kriya Yoga around the world....

“One of the goals [for the *Lessons*] was, [Paramahansaji] said, to keep people connected and inspired and supported by the headquarters of Self-Realization Fellowship/Yogoda Satsanga Society of India throughout their lives. He said there should be a continuous stream of inspiration to support, to inspire, and keep the enthusiasm, the fervor, the strength, and the courage to follow the path....

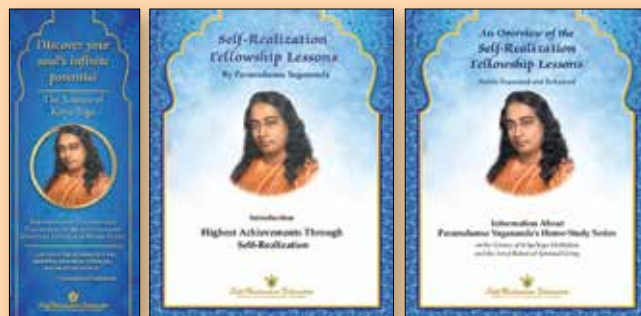
“I can’t wait for each of you to be able to dive into and to feel and to experience and to immerse yourself in that stream of spiritual consciousness, that transforming vibration that changes the inner being, that changes the brain cells, flowing through the Guru’s words. Remember, as he said, ‘After I am gone the teachings will be the guru. Through the teachings you will be in tune with me and the Great Gurus who sent me.’ As you will see, these new *Lessons* are the strongest expression of that truth for dedicated disciples and followers of this path.”

*If you haven’t already done so, we know you will be uplifted by watching the video of the inspiring Lessons launch event. You can view both a three-minute highlight video as well as a video of the complete talk on our website at: [Yogananda.org/lessons](http://Yogananda.org/lessons).*

## More on the New SRF Lessons on SRF’s Website and in Self-Realization Magazine

In addition to the presentation given at the *Lessons* launch event, there is a wonderful and detailed overview of the new *Lessons* — along with a fascinating, never-before-told history of their evolution — on our website at [Yogananda.org/lessons](http://Yogananda.org/lessons) and also printed in the Spring issue of *Self-Realization* magazine.

Also, several new introductory brochures about the *Lessons* have just been published — including Paramahansa Yogananda’s own Introduction to the new series: “Highest Achievements Through Self-Realization.” All of these can be requested free of charge at [Yogananda.org/lessons](http://Yogananda.org/lessons) to inspire you and your interested family members and friends.



## Our Appeal to You: Help Us Make the Lessons Available to All

The *Lessons* launch on January 31 was a joyous celebration of what has been accomplished thus far. However, there are two other aspects of this monumental new initiative for which we now request your help:

- First: the funding of our ongoing preparation and distribution of the *Lessons* so that we can continue to offer them at the lowest possible price.
- Second: support for the speedy translation of the *Lessons* into other major languages for devotees around the world.

In order to ensure that the new *Lessons* and all their auxiliary content and support services are available to sincere seekers, regardless of their financial situation, SRF is introducing them at the lowest price we can. We are only able to offer this low price because of the generous ongoing support of our members and friends, which helps to defray the costs of production and materials, labor, overhead, and infrastructure expenses.

What a great blessing it would be if the *Self-Realization Fellowship Lessons* could continue to be available to all seekers, by keeping the subscription fee as small as possible. How grateful we are to those who are able to donate to our Guru's organization, knowing that this will allow us to offer the *Lessons* to others who are less able to afford them.

If this vision inspires you, we invite you to consider one or more of the following gift options:

- 1) A one-time donation to the Summer 2019 Voluntary League Appeal, made by returning the enclosed reply form or going online at [donatesrf.org](http://donatesrf.org). Your donation will help us meet the continued costs of preparing and disseminating the new edition of the *SRF Lessons* — typesetting, printing, mailing, translations, and so forth of the more than 100 individual Lessons that will be part of the full offering — as well as the introductory literature, website, social media, and abundance of other support material that will be provided.
- 2) A recurring monthly donation, made using the enclosed reply form or choosing this option on our online donation form at [donatesrf.org](http://donatesrf.org). Even if you can



Sample page from the new Lessons

only send \$25 or \$50 monthly, your donation will help ensure that our general operating expenses are regularly met, so that we can continue on a long-term basis to offer the *SRF Lessons* at the lowest possible subscription price.

- 3) If you are interested in making a larger gift to support the preparation and dissemination of the *SRF Lessons* and the myriad behind-the-scenes organizational expenses that make this possible — now and in the years to come — that would be most gratefully received. One way of doing this is to name SRF as a beneficiary in your will or estate planning. If you would like information about various options, SRF's Planned Giving staff at the Mother Center will be happy to speak with you personally. You can call them at 323-276-5656 or email them at [plannedgiving@yogananda-srf.org](mailto:plannedgiving@yogananda-srf.org).

## Translating the Lessons

Your assistance is especially important in helping us translate the *Lessons* into other languages — a high priority task. We are beginning with numerous languages, including German, Italian, Portuguese, and Spanish. Efforts are already underway and will require considerable resources in the months ahead.

We always welcome additional volunteer help in our translations area from devotees who are proficient in translating or editing. To inquire, please contact SRF's Translation Department by email at [translation@yogananda-srf.org](mailto:translation@yogananda-srf.org), or by telephoning our International Headquarters at (323) 225-2471.



## New Website and Social Media

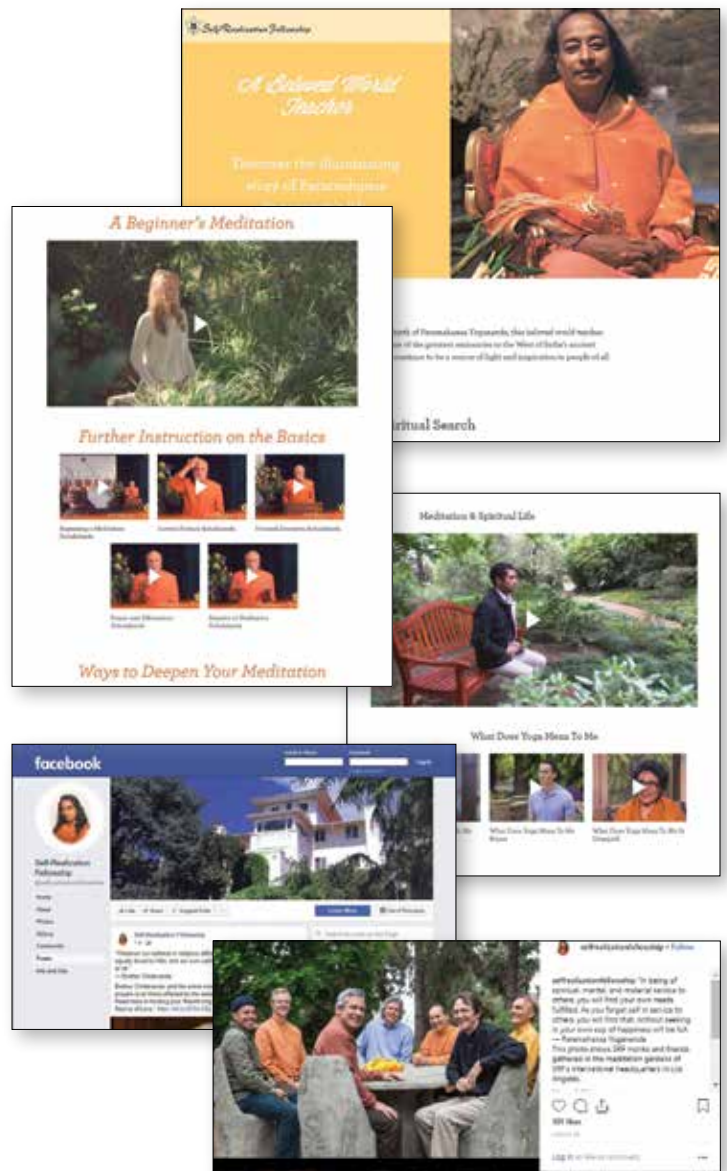
Your support will also enable us to expand on two other recent initiatives: our recently launched, redesigned website at **Yogananda.org** and our new presence on social media.

A dedicated group of monastics and lay member employees — in conjunction with a professional design company — worked tirelessly for more than one year to create an entirely new website to better meet the needs of both our members and first-time visitors. Optimized for use with mobile devices, and featuring a more contemporary look and feel and streamlined navigation, the new website makes it easier than ever to access the trove of inspiration from Paramahansaji and his advanced disciples.

As with the new edition of the *SRF Lessons*, we want to make our new website multilingual and have begun these efforts. (In the interim, SRF will continue to support the foreign-language content on our older website.)

The website is integrated with SRF's channel on YouTube, to help our videos reach a wide audience. Additionally, since February 1 SRF can be found on Facebook, Instagram, and Twitter. Our aim is to bring Paramahansaji's teachings to places where many people today look for information and insights, and to better connect with our growing worldwide family.

Our new website and daily social media posts contribute to the "continuous stream" of soul-nourishing wisdom from Paramahansaji that, with your help, SRF provides to those who turn to his teachings for light on their life's journey.



## Ongoing Mission With Diverse Needs

There are many other areas where your support is needed. For example, in addition to the venerable (circa 1909) International Headquarters Building, there are more than two dozen additional buildings at the SRF Mother Center atop Mount Washington that must be routinely painted, reroofed, and maintained. Food, medical care, and basic living expenses of the SRF monastics must be supplied. We also have annual costs like insurance, and monthly expenses

like utilities. Your contribution to this Summer Voluntary League Appeal will assist us in meeting the manifold expenses of Paramahansaji's worldwide society.

We are ever grateful for your response to our Voluntary League appeals and hope you will continue to support our Guru's mission. Paramahansaji said: "All of you who wish to offer much needed help now or in the future, I bless. To cooperate in God-reminding work is to cooperate consciously with God Himself." May you feel these blessings uniting you ever more closely with the Divine Beloved.

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Contributions in response to Self-Realization Fellowship's Summer 2019 Voluntary League Appeal are for the general support of SRF, which includes the purposes stated in this letter. As such, gifts shall be designated, and remain, unrestricted and can be utilized for purposes SRF determines. Donations received later than approximately twelve months

after the mailing date will be credited to the most recent Voluntary League Appeal.

Self-Realization Fellowship is recognized by the Internal Revenue Service and the State of California as a tax-exempt organization. Accordingly, donations are tax-deductible as permitted by law.