

# Paramahansa Yogananda Birthday Meditation

Saturday January 12<sup>th</sup>, 10 am – 4 pm

India Hall and Temple

**Hollywood Temple**

## Important Information

- The meditation will be held in both India Hall and the temple. India Hall is for those who will stay the entire day. The temple is open for those who can come for only half the day, either the whole morning or the whole afternoon.
- The doors open at 9:30 am. The meditation begins at 10:00. There is a 30-minute break at 1:00 pm. The meditation ends at around 4:00
- **In India Hall there is one entry time: 9:30 to 10:00 a.m.** People who come there should stay all day – of course, there is the intermission.
- **In the temple there are two entry times: 9:30 to 10:00 a.m. and 1:00 to 1:30 p.m.** People can enter for either the morning or the afternoon but should stay for that half-day.
- People in either location may use the restroom during chanting if necessary.
- It is customary to bring a fruit as an offering.
- Meditation supports (armrests) may only be used in the patio area of the temple, not in the main area of the temple or India Hall.
- Please do not bring any food or water to the meditation.
- Please do not use any perfume or essential oil
- If you have a cough or cold, please be considerate and join us from home.
- The temple will be open afterwards for individual meditation at 5:30 – 7:30 pm.
- And, finally, plan to set aside worldly thoughts. Prepare yourself to give full attention to the Divine. This commitment of focus and dedication may transform your life, strengthening and purifying your attunement.