



**Sunday Morning Celebration November 29, 2020
Replaying Having a Grateful Heart
with Parvati from 11-24-19**

Dear Devotees,

Grateful people live happier lives. Gratitude helps us to open our hearts to love.

As we practice bhakti yoga, we always seek to be open to greater love.

“The first and most essential thing on the spiritual path is to uncover the natural love of the heart; without that one cannot take one step on the spiritual path.”

Swami Sri Yukteswar, *The Holy Science*

Sri Ramakrishna, the last word on Bhakti Yoga, explains it like this:

“Bhakti is the one essential thing. Who can ever know God through reasoning? I want love of God. What do I care about knowing His infinite glories? One bottle of wine makes me drunk. What do I care about knowing how many gallons there are in the grog-shop? One jar of water is enough to quench my thirst. I don’t need to know the amount of water

there is on earth.”

Gospel of Sri Ramakrishna

We have so much in our lives for which to be grateful. May we be blessed with open-hearted gratitude and deep love.

Love in the Lord,
Spiritual World Society team
A, DP, T

[Link to Sunday Mornings on YouTube](#)

Psalm 92 (partial) Stephen Mitchell

It is good to praise you, Lord,

and to thank you for all your blessings,

To proclaim your love in the morning

and your faithfulness every night,

With the music of the human voice

Or the melody of my silence.

For you let me delight in your world, Lord;

You make my heart sing with joy.

Sufi Poets:

“Wake at dawn with a winged heart and give thanks for another day of loving.” Kahlil Gibran

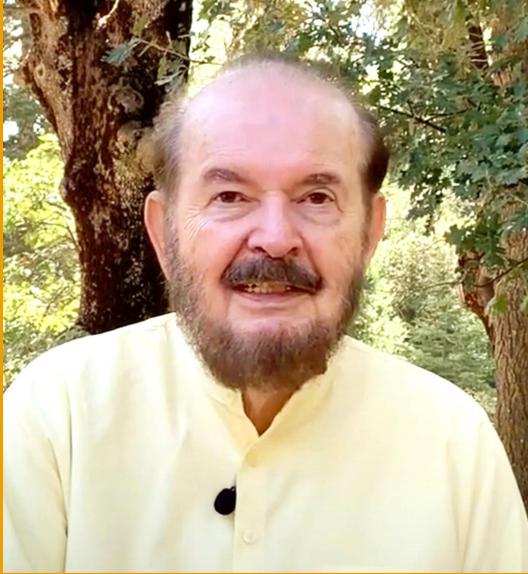
“Gratitude is the wine of the soul. Go on. Get drunk!” Rumi



Announcement

We are happy to announce that we will be holding a Christmas Eve Zoom Event on Thursday evening December 24 at 7:30 PM Pacific. The event will be posted afterwards for those who can't join us due to an inconvenient time in their timezone. More details will be

coming.



Ramakrishna Ananda's new video is "How Yoga Found Me." In this video Ramakrishna Ananda explains how yoga found him. He also shares two beautiful quotes by Paramahansa Yogananda.

[Link to Ramakrishna Ananda's YouTube Playlist](#)



Please note that there are now Donation links on the Yoga Center, Yoga Center Members and SWS web pages. Please consider supporting the home of our spiritual inspiration during these difficult times. The link below will take you directly to the Yoga Center Members page where you can find information for all the following: 50th Anniversary Monthly Gifts, Exclusive playlists on YouTube for Higher Yogas, Hatha Yoga classes and many wonderful, enriching handouts. These playlists are continuously being updated and added to. Create a bookmark to this link for quick access to amazing content. The Donate button is also on this page.

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