



Sunday Morning Celebration January 10, 2021

Replaying "New Year's Suggestions" with Ramakrishna Ananda from 1-13-19

Dear Devotees,

The spiritual path involves effort and grace. We make the effort to do yoga and we are open to Spirit's transforming grace.

Here is what yoga and yogis say about grace and the spiritual path:

1. Bhagavad Gita: Arjuna exclaims: "My delusion has been demolished! I have, by Your grace, O Krishna, regained the memory of my soul [*smriti*]." (18:73)
2. Yogananda: The spiritual path is 25% self-effort, 25% the blessings of one's Guru and 50% the grace of God.
3. Kriyananda: It is divine grace alone, finally, that lifts the devotee out of delusion and into Divine Perfection. The secret of meditation is...receptivity to God's grace, in full awareness that God's power alone can liberate the soul.

This week Ramakrishna Ananda leads us to examine our attitudes and motivations, invoking the renewal

of Spirit into our lives. May we be blessed to release the old and be open to the new.

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

[Link to Sunday Mornings on YouTube](#)

**Create in me a clean heart, O God,
and renew a right spirit within me.
Restore to me the joy of your salvation,
and uphold me with a willing spirit.**

Psalm 51:10,12

**Let the Spirit renew your thoughts and attitudes.
Put on your new nature, created to be like God—truly
righteous and holy.**

Ephesians 4:23-24 NLT



"Meditation Hints from the Gita"
Yogis love to meditate. The Bhagavad Gita states that the mind merges into the Self

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and experiences the bliss of pure consciousness. In this video, Ramakrishna Ananda uses his own experience and the writings of the Bhagavad Gita to give us insights on meditation so that we may experience this bliss.

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

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