



**Sunday Morning Celebration May 22, 2022
Viewing “Buddha’s Four Unlimited States” and
“With the Buddhists in Bodh Gaya”
by Ramakrishna Ananda**

Dear Devotees,

This morning we will meet at the Yoga Center for our second 'soft opening' with live streaming available. We celebrate the birth and enlightenment of Buddha by viewing two videos by Ramakrishna Ananda. In “With the Buddhists in Bodh Gaya,” he shares experiences from a day he spent in Bodh Gaya where he was inspired to dance for joy. In the second video, “Buddha’s Four Unlimited States,” we learn that the Unlimited States are remedies to four character flaws that obstruct our spiritual awakening. Join us to learn to stop suffering and live in joy.

On the full-moon night in the month of May more than twenty-five hundred years ago, Prince Siddhartha awoke from his long sleep of separateness and became the Buddha, the Awakened

One. The whole world was filled with joy, the Buddhist chroniclers say, and heavenly musicians gathered in the skies to fill the firmament with sweet music. Trees burst into blossom and birds sang at midnight, because when even one person crosses over into nirvana, every creature on earth receives a blessing.

Essence of the Dharmapada
by Eknath Easwaran

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

**Later in the week we will post the recording of the
Sunday celebration to our YouTube site:
[Link to Sunday Mornings on YouTube](#)**

[Click here for the program](#)



**Ramakrishna Ananda's new
video is "Chant the Name."**

Chanting the name of God helps us to profoundly gather our attention and focus our awareness. Discover how chanting can help you sense God's attributes, such as goodness, love, Spirit, light, and become completely immersed in God.

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

LIVE STREAMING INSTRUCTIONS AND RE-OPENING INFORMATION.

Sunday Morning Celebration will joyfully resume meeting in person. We strongly request that if you are not feeling 100% healthy - *please do not attend!* Our attendance policy is in line with current public health policy. We will not

be requiring vaccinations or masks at this time. If you are not vaccinated, please consider wearing a mask and of course, masks can be worn by anyone to increase their comfort level. Our streaming option is in place so that those not ready to attend in person have an option to participate. Our policy may be adjusted at any time as necessary.

To join live streaming, just before 10AM on Sunday, click this link:

[Spiritual World Society Streaming](#)

We are streaming on Twitch. You don't need to register or create a login unless you want to receive notifications. We recommend clicking the icon on the lower right-hand side to maximize the screen. Please be careful to only share the link with people you know so we don't invite intruders.

Sunday Morning Celebration Soft Opening Dates: May 15, 22 and 29 10:00 am.

Please refer to the Saturday Yoga Center newsletter for details on the class re-opening schedules.

**The Grand Opening
for SWS and Yoga Center
for in person services and classes is June 5th!**

Many Thanks for Your Support!

Thanks so much to everyone who is supporting Yoga Center and Spiritual World Society through donations. It's making a big difference during this difficult time! We very much appreciate your support.

We've Updated How You Can Donate

We've updated the way both Yoga Center and Spiritual World Society can accept donations. In the past we've used PayPal as our provider. However, we've simplified the process by changing to Square. Now, when you click the donation button for either Yoga Center or Spiritual World Society, it will take you to a secure Square account. All you have to do is enter your credit card information and the amount of your donation. You do not need a PayPal or any other kind of account.

For those of you who have been making an automatic monthly donation through PayPal, just click the donate button, and you will have the option to donate one time or monthly. Your automatic payment through PayPal should automatically stop. However, technology being what it is, please cancel your automated payment through PayPal, just to be sure.

Link to Yoga Center Members Page

The above link will take you directly to the Yoga Center Members page where you can find the donation buttons and information for all the following:

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.

According to Nagarjuna, the second-century Buddhist philosopher,

practicing the Immeasurable Mind of Love extinguishes anger in the hearts of living beings. Practicing the Immeasurable Mind of Compassion extinguishes all sorrows and anxieties in the hearts of living beings. Practicing the Immeasurable Mind of Joy extinguishes sadness and joylessness in the hearts of living beings. Practicing the Immeasurable Mind of Equanimity extinguishes hatred, aversion, and attachment in the hearts of living beings. If we learn ways to practice love, compassion, joy, and equanimity, we will know how to heal the illnesses of anger, sorrow, insecurity, sadness, hatred, loneliness, and unhealthy attachments.

Dharma Talk: The Four Immeasurable Minds
by Thich Nhat Hanh

