

Love

perseverance

wisdom

humility

friendship

devotion

service

inclusivity

loyalty

right attitude

PERSEVERANCE

We will never give up in our search for God and in spiritualizing our friendships with each other. We will pick ourselves up again and again, remembering that each of us is a beloved, cherished, divine child of God.

"Perseverance is the whole magic of spiritual success." — Swami Sri Yukteswar

WISDOM

Wisdom is more than knowledge; it is an understanding of our true nature with a clear perception of reality, seeking to be in harmony with God's will for us.

"When you are in direct contact with the creator of this universe, you are in direct contact with wisdom and understanding." — Paramahansa Yogananda

HUMILITY

Humility is to be free from self-importance and pride, so that we become richer in spirituality and realize our oneness with God.

"Humility comes from realizing God is the doer, not you. When you see that, how can you be proud of any accomplishment?" — Paramahansa Yogananda

FRIENDSHIP

The ideal is to perceive the Divine in others, loving them as we love ourselves. We can also practice unselfishness, non-judgment, and receptivity to consciously cultivate friendship.

"There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first." — Paramahansa Yogananda

DEVOTION

To know God is to love God and to love God is to be devoted to God. Through meditation and right choices of living, we come to a natural state of devotion.

"Meditate more, go deep.... By changing your habits you will awaken in your heart the memory of His wondrous being, and, knowing Him, there is no doubt that you will love Him." — Paramahansa Yogananda

SERVICE

Service, in tandem with meditation, is a necessary ingredient of Self-Realization. Service should be a positive expression of devotion and gratitude to God and Guru.

To Self-Realization, I give my hands, my feet, my soul and I pray all may do the same." — Paramahansa Yogananda

INCLUSIVITY

Inclusivity means setting aside prejudices and being willing to offer the hand of friendship to all, encouraging and helping new people to serve.

"To be spiritual is to be broad, to understand and forgive and to be a friend to all." — Paramahansa Yogananda

LOYALTY

A literal application of rules and the teachings should never be confused with loyalty. Loyalty should always be a matter of the heart. We become loyal through love.

"Only love can take my place." — Paramahansa Yogananda

RIGHT ATTITUDE

By learning to rely on God and the fruits of our meditation, we endeavor to serve with a positive mental, emotional and spiritual willingness.

"If I were to give you the gift that I would like best of all to offer you, it would be the right attitude toward God and Guru, toward life, toward your work, toward the others of your group." — Sister Gyanamata

