

JANUARY 1

The New Year

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With the opening of the New Year, all the closed portals of limitations will be thrown open and I shall move through them to vaster fields, where my worthwhile dreams of life will be fulfilled.

—Paramahansa Yogananda, *“Self-Realization Magazine”*

JANUARY 2

The New Year

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For the New Year my greatest wish and prayer for you is that you cast aside wrong habits of thinking and doing. Don't drag your bad habits into the New Year. You don't have to carry them with you. Any minute you may have to drop your mortal package, and those habits will vanish. They don't belong to you now. Don't admit them! Leave behind all useless thoughts and past sorrows and bad habits. Start life anew!—*Paramahansa Yogananda, "Self-Realization Magazine"*

Choose which habits you are going to destroy in the New Year. Make up your mind about them and stick to your decision. Resolve to give more time to God: to meditate regularly every day, and on one night each week to meditate several hours, so that you can feel your spiritual progress in God. Resolve that you are going to practice *Kriya Yoga* regularly and that you are going to control your appetites and emotions. Be a master!

—*Paramahansa Yogananda, "Man's Eternal Quest"*

In the beginning of one's spiritual search, it is wise to compare various spiritual paths and teachers. But when you find the real guru destined for you, the one whose teachings can lead you to the Divine Goal, then restless searching should cease. A spiritually thirsty person should not go on indefinitely seeking new wells; rather he should go to the best well and drink daily of its living waters.

—*Paramahansa Yogananda, SRF Lessons*

JANUARY 5

The Guru

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### Birthday of Paramahansa Yogananda

If I don't see you, remember I am working for you in some other place. My seeing you all the time will not necessarily help you. You will receive more by meditating deeply and regularly. I am not here only to help you in this life, but in the beyond also. — *Paramahansa Yogananda, Lecture*