

# Elder Forum



## Readings and Reflections Guidelines

Updated February 2023

The Yogananda Seva (YSO) Elder Forum holds regular **Readings and Reflections** meetings attended by devotees around the world. The Readings and Reflections team devotes themselves to organizing these meetings to encourage inspiration and reflection on Paramahansa Yogananda's teachings, as well as to create fellowship and community among participants.

Our revered SRF past president Sri Daya Mata said, *"It is important for souls to come together for meditation and satsanga—friendship, fellowship with the divine Sat, with God."*

The meetings are by invitation only and will grow gradually in number in order to maintain the high vibrations of love and compassion, and the strong sense of connection with Master and each other as a spiritual family.

In order to ensure that our gatherings provide everyone with a blessed experience here are a few simple guidelines to keep in mind:

### Guidelines

These gatherings are a form of spiritual service. The high vibrations that we create through our divine fellowship with God-seeking souls go out into the ether and have a positive influence on the world of duality.

Readings and Reflections include small group discussions called Breakout Rooms. Please note the following:

1. **Safety** — Everyone should feel that they can comfortably share with others whom they may not have met previously. Safety includes:
  - Confidentiality — Please refrain from revealing what others have shared in or outside of these meetings.
  - Participation — Everyone should have a chance to share if they would like to. Those who would rather listen only are also welcome as their presence is a form of participation and service.
  - Love and Acceptance — Let us remember that we are all spiritual brothers and sisters, “seeing God in all people and in all conditions.”
  - Support — There is always a main room monitor available to assist you with any questions or concerns while you are in the breakout rooms. Feel free to leave the breakout room at any time and return to the main room for assistance.
2. **Deep Listening** — This means to be fully present and attentive to the speaker. Try not to interject or mentally think of responses. Just listen.
3. **Sharing** — Deep spiritual experiences are between the devotee and God and Guru. Please keep these treasures safe and alive in your heart as they are not appropriate for a fellowship meeting.

About deep spiritual experiences, Sister Gyanamata said, *“To speak of it seems, in some way, to spoil it....Such experiences are intangible; they are to feel and rejoice in, not to talk about.”*

— *God Alone, Part II: The Letters of Sri Gyanamata*, Chapter 13, “Divine Healings and Spiritual Experiences,” Letter of January 13, 1940

Please do not attempt to interpret the SRF/YSS teachings. Expressing your own feelings and anecdotes are a part of reflecting on the SRF/YSS teachings.

Please do not share what others have spoken about in the small discussion groups either in these meetings or outside of them. Share only your own thoughts and feelings.

Thank you for your attention and your participation. We look forward to seeing you soon in the next YSO Elder Forum Readings and Reflections.