

"The Science of Finding Your Divine" followup in Midweek

Here are some additional comments about my sermon this last Sunday, including links to supporting documents.

<https://www.melroseuu.org/josh-shortlidge-sermon-resources/>

- Here is a [video of a trial run of my sermon](#), about 13-minutes long.
- Our Melrose UU Meditation Group does not focus on my SRF practice. While I am happy to discuss my practice with the Group, I do not evangelize. The MUUC Meditation Group welcomes and honors and learns from ALL practices of Meditation.
- Here is [my favorite web page about Patanjali's 8 Limbs of Yoga](#) . Note that this link jumps down to the MIDDLE of the page, and there is more information about different methods of Yoga if you scroll UP.
- FYI, I do not do Asanas much. I probably need to do more! Conversely I do Pranayama for at least 15 minutes every day, and I adore them.
- ["My Sweet Lord" YouTube](#) - Thank You Tara for making this beautiful music come to life! George Harrison was/is a devotee of my same SRF practice, and all royalties for this song go to SRF.
- [Amazon link to "Autobiography of a Yogi"](#) - This book is a gateway to Paramahansa Yogananda's teachings. It is also sort of litmus test; many people are not drawn to finish reading it, with perhaps the primary reason being that it is permeated with The Divine. Other people literally steal it, and copies have passed through many hands. Your Soul will know whether it calls to you or not.
- [For more about the Self-Realization Fellowship including the SRF Lessons](#) - ... just in case you want to learn more.
- There is lots more to say about SRF, but I will close with one more fact that I hold deep in my heart. The previous two Presidents of SRF, over the last 60 years, were both SRF Sisters. The second of those women, Sister Mrinalini Mata, was asked by Yogananda when she was very young to rewrite the SRF Lessons. She just finished that work before passing in 2017. The new Lessons are beautiful beyond words. When Paramahansa asked her to rewrite them she thought that task would take her a few years. It took her entire lifetime to the age of 86. Please meditate about the importance of the Divine Feminine rising.
- Namaste and Thank You for letting me share

Josh