



Paramahansa
Yogananda

. Vasistasana . Yoga Flow by Janine Claudia Nizza

May 2012

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Prayers From Metaphysical Meditations by Paramahansa Yogananda

O Spirit, make my soul Thy temple, but make my heart Thy beloved home where Thou wouldst dwell with me in ease and everlasting understanding.

Divine Mother, with the language of my soul I demand realization of Thy presence. Thou art the essence of everything. Make me see Thee in every fiber of my being, in every wisp of thought. Awaken my heart!

O Bestower of unceasing bliss! I will seek to make others truly happy, in gratitude for the divine joy Thou hast given me. Through my spiritual happiness I will serve all.

Heavenly Father, teach me to remember Thee in poverty or prosperity, in sickness or health, in ignorance or wisdom. Teach me to open my closed eyes of unbelief and behold Thine instantaneously healing light.

O blazing Light! awaken my heart, awaken my soul, ignite my darkness, tear the veil of silence, and fill my temple with Thy glory.

Heavenly Father, charge my body with Thy vitality, charge my mind with Thy spiritual power, charge my soul with Thy joy, Thine immortality.

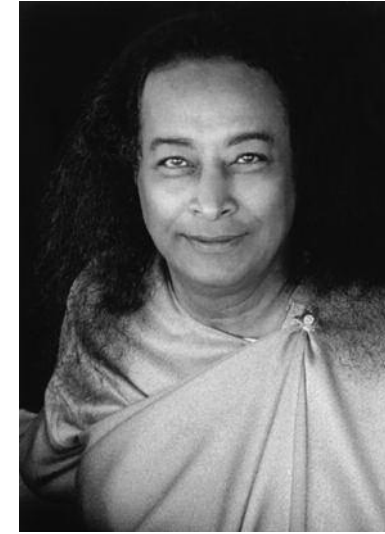
O Father, Thine unlimited and all-healing power is in me. Manifest Thy light through the darkness of my ignorance.

O Eternal Energy, awaken in me conscious will, conscious vitality, conscious health, conscious realization.

Heavenly Spirit, bless me that I may easily find happiness instead of becoming worried at every test and difficulty.

Father, teach me to include the prosperity of others in the pursuit of my own prosperity. Teach me to feel that Thou art the power behind all wealth, and the value within all things. Finding Thee first, I will find everything else in Thee.

Invincible Lord, teach me to use my will unceasingly in the performance of good actions, until the little light of my will burns as the cosmic blaze of Thine all-powerful will.



Thanks
to my lovely
guide Yogananda

In all these many years of yoga one day I had an encounter, I met with my soul Yogananda teachings through the book that he wrote*. Simone my best friend had given me that book as a gift but unfortunately this friend had died before I had read it. And this story touched me deeply and made me think that we are alive only today and our sorrows are not our life. I pass to you this experience. Yogananda is still alive and today another gift arrived, I heard his voice in a CD recording, and that's why today this double gift is finally revealed.

OM SHANTI

* "Autobiography of a Yogi" by Paramhansa Yogananda
Original First Edition, Copyright 1946

I recommend to you to know the incredible life of this master searching his name online in wikipedia

This calendar is a tribute to all asanas, mantra and spiritual practices that I wish to share with you all along 2012, for a better practice and for a better world. With love Om Shanti your Janine Claudia Nizza

Calendar Project and Asanas performed by Janine Claudia Nizza
My thanks to **Photographer** Claudio Corrivetti **Graphics** Sonia Ridolfini
Location Ostia Capocotta Mediterranea

All trademarks and mantra are property of their respective owners