

SUNDAY SERVICE

FEBRUARY 16, 2020



The Path Of The Heart: A Way To Healing And Immortality

"Who can I tell the secrets of love? Who has not confined their life to a padded cell? Look at the nature of a river, its size, strength and ability to give are often gaged by its width and current. God too moves between our poles, our depth, he flows and gathers power between our hearts range of forgiveness and compassion. Who can I tell? Who can Hafiz tell tonight, all the secrets of love."

- *The Gift, Between Our Poles*, By Hafiz

"The energy expended day and night is naturally wearing on the muscles of the heart. Rest to these muscles would consequently be of great value in maintaining health. Conscious control of sleep, sleeping and waking at will is part of the yoga training by which man may regulate the beating of the heart. Control over death comes when one can direct the motion of the heart. The rest and renewed energy given to the body by sleep is only a pale reflection of the wonderful calm and strength that comes from conscious sleep, when even the heart rests."

- *Scientific Healing Affirmations*, By Paramahansa Yogananda

Concentrate the mind on any weak or diseased parts, as you mentally chant: 'Om' 15 times in that body part, try to feel that a warm electric force is filling it with healing energy. That warm electric force is Kundalini, it is God, it is Divine, it is your Healing Power.

- *How To Achieve Glowing Health and Vitality, Om For Healing*, By Paramahansa Yogananda

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"Kriya Yoga consists of body discipline, mental control and meditating on 'Om'. For the spiritual student and devotee, who is serious about the physical and spiritual health of their heart and it's essential function and role in your life. It is important to fulfil this practice every day at a time that feels best to you and preferably being consistent.

- *Yoga Sutras*, Chapter 2, Verse 1, By Pantanjali

As stated by Shaleia:

"Yogi's say that the spiritual centre of feeling lies at a point in the spine just behind the physical heart. The physical heart has a cardiopulmonary nerve directly connected like a bridge from the heart to the spine. Yoga teaches the importance of concentrating energy in the heart, specifically the spinal centre behind the heart and that is where the feeling quality must be awakened."

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Jeff and Shaleia's Opening Prayer:

I am the only child of God, forever part of Him.

I am created by Him in Perfection, and there I always remain.

My mind is my sanctuary where I keep His Holy Creation sacred.

I will only allow in His Voice. I will only accept His Word.

Today I will hear the Word of God.

I surrender myself to His Teachings through His Divine Channel.

I will honor what He has spoken and accept it as His Will.

I will be obedient to His Word, for this is my Salvation.

In Christ's Name, Om Amen.

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Closing Prayer by Jeff & Shaleia

Father, I accept Your Word into my heart.
I will honor Your Will in my life and will follow You
without hesitation anywhere You ask.
I know you guide me into Your Heart, where I belong.
I accept that You are everywhere, and your teaching is in
all things.

God, I know you provide me clarity in this teaching of
Union that I may be forever in Union with you.

I accept that You are in me as You are in my brother.
I will not deny my brother Your Word and will share
Your Teaching with Him in any way You ask, and only as
You ask.

For when I share my salvation with him, I fully claim my
salvation and return to You with him.

In Christ's Name, Om Amen.

*Speaking this prayer in your heart means you have
accepted that you are on the path of awakening to
your true Divine nature. This is what it means to be a
Unionist. Follow the teachings of Union with God
wherever you find them and purify your consciousness
into Perfect Union with your Creator.*