

The Vedanta Society of St. Louis

Swami Chetanananda – Minister and Spiritual Teacher
RAMAKRISHNA ORDER OF INDIA

November, 2021

We again welcome in person attendance at Sunday lectures. We observe covid precautions of reserved, distanced seating, mandatory mask wearing, and proof of full vaccination status.

The link to reserve seats is on our website, vedantastl.org.

Lectures will continue to be live streamed Sundays on our YouTube channel at 10:35 a.m. To request access to the Q&A zoom meeting following the lecture, send an email to join@vedantastl.org.

Sunday Services 10:35 a.m.

- November**
- 7 Stories of Vedanta Monks – Part 43
 - 14 Thoughts on the Gita – Part 120
 - 21 The Science of Japam – Part 1
 - 28 Teach Us the Upanishads – Part 10

No Tuesday or Thursday Classes in November

Appointments for phone interviews should be made with the Swami in advance at 314-721-5118.

Membership in the Society is open to all who accept Vedantic teachings.

The Society maintains a rental library for members and stocks books for sale.

www.vedantastl.org YouTube: VedantaSTL

ALL ARE WELCOME

The Touch of the Soul

Live for an ideal, and leave no place in the mind for anything else. Let us put forth all our energies to acquire that which never fails—our spiritual perfection. If we have true yearning for realisation, we must struggle, and through struggle growth will come. We shall make mistakes, but they may be angels unawares.

The greatest help to spiritual life is meditation (Dhyana). In meditation we divest ourselves of all material conditions and feel our divine nature. We do not depend upon any external help in meditation. The touch of the soul can paint the brightest colour even in the dingiest places; it can cast a fragrance over the vilest thing; it can make the wicked divine—and all enmity, all selfishness is effaced. The less the thought of the body, the better. For it is the body that drags us down. It is attachment, identification, which makes us miserable. That is the secret: To think that I am the spirit and not the body, and that the whole of this universe with all its relations, with all its good and all its evil, is but as a series of paintings—scenes on a canvas—of which I am the witness.

— **The Complete Works of Swami Vivekananda**, Vol. II, Hints on Practical Spirituality, p. 37