

The Vedanta Society of St. Louis

Swami Chetanananda – Minister and Spiritual Teacher

Swami Shivarchanananda – Assistant Minister

RAMAKRISHNA ORDER OF INDIA

February 2024

In-person lectures will be streamed on our YouTube channel Sundays at 10:35 a.m.

Q&A sessions on zoom with Swami Chetanananda will follow lectures.

Sunday Services 10:35 a.m.

- 4 Vivekananda: The Awakener of the Sleeping Soul (*Special Service*)
Swami Shivarchanananda
- 11 Remembering Swami Brahmananda (*Special Service*)
Swami Nishpapananda
- 18 Embracing Divinity through Self-Control
Swami Shivarchanananda
- 25 Sorting Out Our Priorities
Swami Nirakarananda

Classes (by Swami Shivarchanananda) - 8:00 p.m.

- Tuesdays Narada Bhakti Sutras
- Thursdays *My Blessed Days with Holy Mother*

Appointments for 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.

We maintain a bookstore, and an online bookstore is available at www.vedantastl.org.

Sunday lectures are on YouTube at VedantaSTL

ALL ARE WELCOME

The Right Track

Is meditation an easy thing? The day you eat a little too much you cannot concentrate. Meditation is possible only when one can subdue the unseen enemies like lust, anger, greed, infatuation, and so on. Spiritual life demands austerity. It is easy to sit surrounded by fire [*panchatapa*] as an austerity, but the real austerity is to control the onslaught of lust and anger.

Without meditation the mind cannot be calm, and again, without calmness of the mind, meditation is not possible. If you think that when the mind is calm you will practice meditation, you will never get a chance for meditation. You must strive for both simultaneously. The desires of the mind appear and disappear like bubbles. During meditation, think of them as unreal. The more you eradicate your bad tendencies, the more your good tendencies will fill the mind. During meditation some see light, some hear the sound of OM or a bell or a distant resonance. These are not real experiences. One should move forward. But these signs are good. They indicate that one is on the right track.

— A Guide to Spiritual Life, Spiritual Teachings of Swami Brahmananda, p. 47