



Self-Realization Fellowship

Founded in 1920 by Paramahansa Yogananda

July 7, 2005

Devotees of the London Center
of Self-Realization Fellowship

Dear Ones,

I was deeply saddened to learn of the tragedies that have taken place in London, and my heart goes out to you and to everyone who is suffering in the aftermath of these events. All of us in Guruji's ashrams are remembering you in our meditations, and I deeply pray that God and Master may give you courage and faith to keep on undaunted in spite of all the heartaches of these difficult times. Far greater than any force of destruction is the power of God's goodness, working silently but inexorably through every soul who chooses to live in harmony with Him and His laws of love and truth. It works through heartfelt prayer, and through every positive thought and compassionate act. You do not know how much good you can do when you refuse to give in to thoughts of darkness or fear and turn resolutely toward the light of His presence in your meditations and in the way you live your daily lives.

God is our greatest haven of safety, and when circumstances come that our mind cannot understand and our heart rebels against, He is the one to whom we can go to renew our strength, to find peace and healing, and be able in turn to help uplift those around us. Cling to Him, trusting that He holds you and every soul in His care, and that His watchful love is guiding your life. As you lift your attention from the uncertainties of this world to His Divine Power which is sustaining you always, you will feel a renewed calmness and assurance filling your being.

I am reminded of how touched Guruji was by the beautiful spirit expressed by the devotees in London during the last World War, when in spite of all the tribulations of that time, they held to the inner peace they were finding in their meditations. You have that same soul-strength, and I know you will bring it forth in the days and weeks to come. I send my heart's love and deepest blessings to each one of you. May you feel the divine friendship and prayers that flow out to you from Master's devotees around the world and all of us here.

God love and bless you,

Sri Daya Mata