

# Aims and Ideals of *Self-Realization Fellowship*

As set forth by Paramahansa Yogananda, Founder

*May Thy love shine forever on the sanctuary of my devotion,  
and may I be able to awaken Thy love in all hearts.*

— Paramahansa Yogananda

- ❁ To disseminate among the nations a knowledge of definite scientific techniques for attaining direct personal experience of God.
- ❁ To teach that the purpose of life is the evolution, through self-effort of man's limited mortal consciousness into God Consciousness; and to this end to establish Self-Realization Fellowship temples for God-communion throughout the world, and to encourage the establishment of individual temples of God in the homes and in the hearts of men.
- ❁ To reveal the complete harmony and basic oneness of original Christianity as taught by Jesus Christ and original Yoga as taught by Bhagavan Krishna; and to show that these principles of truth are the common scientific foundation of all true religions.
- ❁ To point out the one divine highway to which all paths of true religious beliefs eventually lead: the highway of daily, scientific, devotional meditation on God.
- ❁ To liberate man from his threefold suffering: physical disease, mental inharmonies, and spiritual ignorance.
- ❁ To encourage "plain living and high thinking"; and to spread a spirit of brotherhood among all peoples by teaching the eternal basis of their unity: kinship with God.
- ❁ To demonstrate the superiority of mind over body, of soul over mind.
- ❁ To overcome evil by good, sorrow by joy, cruelty by kindness, ignorance by wisdom.
- ❁ To unite science and religion through realization of the unity of their underlying principles.
- ❁ To advocate cultural and spiritual understanding between East and West, and the exchange of their finest distinctive features.
- ❁ To serve mankind as one's larger Self.