

Meditation Circle Müllheim Baden

Self-Realization Fellowship



Annual Program 2026

The Meditation Circle of the Community of Self-Realization (SRF) offers seekers of God the opportunity to come together to connect with God on the altar of inner silence.

Most participants find it helpful to maintain silence as much as possible before, during, and after the meditation services.

Please be considerate of other participants and avoid activities during meditation that create noise, such as drinking or snoring.

Please bring thick socks or slippers.

Regular Events:

Meditation services take place (with few exceptions) every Friday from 8:00 PM to 10:00 PM.

There is no meditation on holidays.

Special Events:

You can bring the following to the celebrations:

- Flower as a sign of your devotion (F)
- Fruit as a symbol of your love and reverence for the SRF masters (FR)
- Donation as a sign of your gratitude and loyalty to the SRF work (D)

January

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| Fr | 2. | Guided Meditation |
| Fr | 9. | Commemoration of Paramahansa Yogananda's Birthday (5.1.1893) |
| Fr | 16. | Guided Meditation |
| Fr | 23. | Guided Meditation |
| Fr. | 30. | Guided Meditation |

February

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|----|-----|-----|-------------------|
| Fr | 06. | 07. | Guided Meditation |
| Fr | 13. | 14. | Guided Meditation |

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| Fr | 20. | 21. | Guided Meditation |
| Fr | 27. | 28. | Guided Meditation |

March

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|----|-----|-----|--|
| Fr | 06. | F/D | Mahasamadhi Yogananda (07.03.1952) |
| Fr | 13. | F/D | Mahasamadhi Sri Yukteswar (09.03.1936) |
| Fr | 20. | | Guided Meditation |
| Fr | 27. | | Guided Meditation |

April

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|----|-----|-----|-------------------|
| Fr | 03. | 04. | Guided Meditation |
| Fr | 10. | 11. | Guided Meditation |
| Fr | 17. | 18. | Guided Meditation |
| Fr | 24. | 25. | Guided Meditation |

May

| | | | |
|----|-----|-----|---|
| Fr | 01. | | Guided Meditation |
| Fr | 08. | | Guided Meditation |
| Fr | 15. | F/D | Birthday Swami Sri Yukteswar (10.05.1855) |
| Fr | 22. | | Guided Meditation |
| Fr | 29. | | Guided Meditation |

June

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|----|-----|--|-------------------|
| Fr | 05. | | Guided Meditation |
| Fr | 12. | | Guided Meditation |
| Fr | 19. | | Guided Meditation |
| Fr | 26. | | Guided Meditation |

July

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|----|-----|-----|--|
| Fr | 03. | | Guided Meditation |
| Fr | 10. | | Guided Meditation |
| Fr | 17. | | Guided Meditation |
| Fr | 24. | | Guided Meditation |
| Fr | 31. | F/D | Commemoration Service of Mahavatar Babaji (25.07.1920) |

August

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|----|-----|--|-------------------|
| Fr | 07. | | Guided Meditation |
| Fr | 14. | | Guided Meditation |
| Fr | 21. | | Guided Meditation |
| Fr | 28. | | Guided Meditation |

September

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|----|-----|-----|--|
| Fr | 04. | F/D | Commemoration Janmashtami Bhagavan Krishna (04.09.26.) |
| Fr | 11. | | Guided Meditation |
| Fr | 18. | | Guided Meditation |
| Fr | 25. | F/D | Mahasamadhi Lahiri Mahasaya (26.09.1895) |

October

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| Fr | 02. | | No Meditation / Monks Visit Rosenheim |
| Fr | 09. | F/D | Birthday Lahiri Mahasaya (30.09.1828) |
| Fr | 16. | | Guided Meditation |
| Fr | 23. | | Guided Meditation |
| Fr. | 30. | | Guided Meditation |

November

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|----|-----|--|-------------------|
| Fr | 06. | | Guided Meditation |
| Fr | 13. | | Guided Meditation |
| Fr | 20. | | Guided Meditation |
| Fr | 27. | | Guided Meditation |

December

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|----|-----|--------|----------------------|
| Fr | 04. | | Guided Meditation |
| Fr | 11. | | Guided Meditation |
| Fr | 18. | F/D/FR | Christmas Meditation |

We warmly invite you to our events and are also very happy to welcome guests.

Please be on time, as the meditation will start punctually.

Paramahansa Yogananda says:

"Meditation is the way to God. Meditation brings proof of the existence of God. It is the pickax that pries up all the covers of consciousness and brings forth the fountain of God's ever new joy."

How to find us:

Whether you come from the highway (A5) or the federal road 3, drive towards Müllheim/Badenweiler.

After the town sign, there is an intersection with traffic lights (the German-French brigade is on the left). Continue straight ahead.

Then there is a roundabout (the police are on the right).

Take the 2nd exit and continue straight to the next roundabout.

Here, take the first exit and after about 20 meters, turn right again.

You are now on Britzinger Weg. On the right side, there is a public parking lot. If this space is occupied, you will find 3 parking spaces a few meters further on the left side in front of building No. 32, where our premises are located.

Contact Information:

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