Heavenly Bliss
Meditations

by Paramhansa Yogananda
**Bliss Flowers**

With the fall of all flowers  
I will mix my devotion  
and lay them on the altar of Omnipresence.  
I worship God as the fragrance of flowers  
kindling the light of Divine Bliss in me.

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**Bliss Honey**

Within my soul is the joy  
which my Ego is seeking.  
I suddenly become aware of His Bliss  
honey-combed in the hive of silence.  
I will break the hive of secret silence  
and drink the honey  
of unceasing blessedness.

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**Bliss Transformation**

Heavenly Father,  
I will not wait until tomorrow  
for Thy song.  
From today,  
I will broadcast my soul-call into the ether;  
Thou must respond  
through the receiver of my silence.  
Lead all my ambitions  
for prosperity, friends, fame, and success  
to Thy Bliss within.
**Bliss First!**

I shall seek Thee
as the ever-increasing Bliss of meditation.
I shall feel Thee
as boundless joy, throbbing in my heart.
I shall seek
to know Thee first, last, and all the time.
Finding Thee first,
I shall find all things I crave through Thee.

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**Bliss Power**

Nothing shall blight my smiles.
Grim death, disease, or failure
will only make me smile at disasters.
I know that they cannot really touch me,
for I have the unconquerable, unchangeable,
ever-new Bliss of Silence.

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**Bliss Union**

I will contact God constantly
through the peace of all hearts.
I will behold Him
on the Altar of my Silence.
I will merge in the Eternal One
through the Bliss of Meditation.
Bliss Blossoms

I will forsake the pale roses
of false pleasure,
and walk through
the ever-blooming Bliss Blossoms
in the Garden of Silence.

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Bliss Drink

Dear Father,
I will drink vitality
from the fountains of sunshine.
I will drink peace
from the silver fountain of mooned nights.
I will drink Thy power
from the mighty cup of the wind.
I will drink Thy consciousness
from all the little cups of my thoughts.
I will drink Thy joy
from my joy.
I will drink Thy bliss
from my blissful thoughts.

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Bliss Prayer

Father, Thou art in me.
Manifest all Thy wisdom and bliss
through me.
**Bliss Nourishment**

God gives me light
through the sun and the moon,
life through the breeze,
power through my thoughts,
wisdom through my reason,
and Bliss through my soul.

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**Bliss Prayer**

Father, Thou art in me.
Manifest all Thy wisdom and bliss
through me.

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**Bliss Heart**

This day I shall see God
as the ever-increasing bliss of meditation.
I shall feel Him as boundless joy
throbbing in my heart.
I shall seek to know Him first,
last, and all the time.
Finding Him first,
I shall find all things
I crave through Him.

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