# 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.

# 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.

# 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.

#### 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.

### 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.

## 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.

# 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.

# Bliss Prayer

Father, Thou art in me.

Manifest all Thy wisdom and bliss through me.

## 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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