



This week, your main practice is to be kind, gentle, and understanding with yourself.

If there is resistance to study, to pranayama, to meditation, greet it with kind understanding. Let it know, *“You don’t have to do this. How about we just sit for a minute? Just one.”*

Then when you sit, ask it, *“Why don’t you want to study, watch the video, do the pranayama, meditate?”* Then listen to what it says with gentle kindness and understanding. Don’t argue with it. Just listen with sincere curiosity. Journal afterwards.

SADHANA

Your techniques for the week are:

- Three Part Breath, Relaxation Breath
- EEE Mantra,
- Hong-Sau.

READING

Beginners Guide to Meditation

- ▶ Chapter Four
- ▶ EEE Mantra — *find pages in index at back of book*
- ▶ Hong-Sau — *find pages in index at back of book*

PRANAYAMA

- Continue working with Three Part Breath. Find the flow, the wave, the one from three.
- **Watch the videos for:** *search under: Tutorials and Breath*
 - ▶ Relaxation Breath
 - ▶ EEE Mantra — it’s different from the explanation in the book.
 - ▶ Hong-Sau
- Outline the Techniques in your Notebook.

MEDITATION FOR THE WEEK

- **Sit. Find your Seat. Open with Invocation.**
- **Do 3 each: Three Part Breath, Relaxation Breath, EEE Mantra**
Pause between each to enjoy the aftereffect.
- **Breathe Hong-Sau for 1-2 minutes.** *Rest for a minute and enjoy the aftereffect.*
- **Close with Om Shanti Mantra.** *Or any of the Closing Blessings.*