

## READING

**Beginners Guide to Meditation:** Chapters 4, 6

**Mindfulness in Plain English:** Chapters 10, 13

**The Self-Acceptance Project:** Open to a random selection—just one each week—and let your heart and mind open to what the universe presents to you.

**Mindfulness for Beginners:** Open to a random selection—just one each week—and let your heart and mind open to what the universe presents to you.

## TECHNIQUE TO LEARN

Your technique to study and practice over these next two weeks is:

- **Breath to Soften and Release:** *Breath >10-20 minutes >Tutorials. 11:43 mins*
- Outline the technique in your notebook.

## TEACHINGS TO WATCH—or listen to—ONLINE:

**The Thorn Tree:** *Stress Reduction > 10-20 minutes > Teachings. 10:39 mins*

Practice telling the story to yourself so you have a version that speaks to you. Be ready to share it with us when class resumes on April 11.

**7 Techniques to Release Attachment:** *Stress Reduction>10-20 minutes>Teachings. 13:39 mins*

Make notes on the teaching. No need to watch any of the suggested videos. We will be working with those techniques over the next months.