



This week, your main practice is to continue to be:

Kind, gentle, and understanding, with yourself.

SADHANA

- Continue looking to find your meditation spot.
- CONTINUE Looking for a time of day that will most regularly work for you to meditate for ten minutes.
- TALK TO YOUR ISHTA

MEDITATION ROUTINE FOR THE WEEK—Daily practice.

- Sit. Find your Seat.
- Open with the Invocation.
- Listen to, and do, one of the ISHTA MEDITATIONS provided for you.
- Close with one of the Closing Blessings.