



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."* When you sit, ask it, *"Why don't you want to study, watch the video, do the pranayama, meditate?"* Listen to what it says with gentle kindness and understanding. Don't argue with it. Listen with sincere curiosity.

Journal afterwards with the intention to show your mind and heart you were paying attention. Begin by writing, I heard you when you told me: _____

If there is no resistance to study, to pranayama, to meditation:

Acknowledge that. Ask your mind, *"What did you enjoy about the readings, the learning, the videos, the pranayamas?"* Listen to what it says with gentle kindness and understanding. Don't argue with it. Listen with sincere curiosity.

Journal afterwards with the intention to show your mind and heart you were paying attention. Begin by writing, I heard you when you told me: _____

SADHANA

- Continue looking to find your meditation spot.
- Look for a time of day that will most regularly work for you to meditate for ten minutes.

MEDITATION ROUTINE FOR THE WEEK

- **Sit. Find your Seat.**
- **Open with the Invocation.**
- **Listen to and do Meditation: Attuning to Your Ishta Devata.**
- **Close with one of the Closing Blessings.**