

Videos:      Spiritual Maturity > Teachings > The ishta Devata. *11:43 mins*  
                    > Meditation > Finding Your Ishta Devata *15:56*  
                    > Meditation > Attuning to Your Ishta Devata *16:12*

If your Ishta hasn't revealed themselves to you, I encourage you to listen to the *Finding Your Ishta Devata* meditation above, without any attachment to it working! Do it simply to prepare the ground for your Ishta to appear when it is ready.

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## Sadhana ~ Your Practice

Daily Meditation: Attuning to Your Ishta Devata

Daily Sitting: Pay attention to finding a place(s) where you enjoy being.  
                    Pay attention to times of day that you can sit/be for 10-20 minutes.

Daily Intuition Practice:   Open one of your books to a random page and read what appears. Notice if it's personally relevant or simply information you know or don't know. *If you are having resistance to this, put the books in your bathroom and use them there.*

Ishta Devata Practice: Throughout your day, when it comes to mind, think of the feeling of the quality your Ishta embodies. Feel it, and its color, inside your heart center.

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## Miscellaneous Thoughts

- Focus on what went well. Stop feeding the old patterns.
- You can lie to me. You can lie to God. But don't lie to yourself.
- Isn't that interesting! *Best Mantra Ever!*