



**This week, continue 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

### Claire’s Recordings and scripts:

- Choose one of the following meditations and download both script and audio:
  - **Labeling touch, thought, sound, sight.**
  - **Loving Kindness In All Directions**
  - **Meditation on Breath: Different Levels of Duality**
- Listen to the meditation and follow along with the script. Make any corrections you notice.
- Do the meditation in addition to your regular routine, three times before we meet next Wednesday.

## READING

- Each day, continue to randomly open to a page—one page—and let your heart and mind open to what the universe presents to you.

## 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.*
  
- **Practice one of Claire’s Meditations 3 x.**