

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

Kind, gentle, and understanding, with yourself.

SADHANA

- When you meditate, whether for 30 seconds or 30 minutes, pay attention to:
 - What about the time you spend meditating do you enjoy?
 - What makes you feel good?
 - What do you tolerate?
 - What do you not like?

MEDITATION ROUTINE FOR THE WEEK—Daily practice.

This is our last week of Ishta focused meditation. Think of these moments with your Ishta as moments of allowing yourself to be cared for and loved. Practice allowing yourself to accept it. To trust you are worthy of it.

- **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.**