



SADHANA FOR THE WEEK

First and foremost be kind, gentle, and understanding, with yourself.

Second, intentionally repeat the thought, “Yes! I *get to* meditate. What a treat!”

DAILY MEDITATION ROUTINE

- 1 Sit. Find your Seat.
Narrate, silently to yourself, what you’re doing. Keep meditative awareness.
- 2 Invocation.
- 3 Resurrection Breath
- 4 Do 3 Three Part Breaths.
Narrate, silently to yourself, what you’re sensing. Keep meditative awareness.
- 5 Breath to Soften & Release till area softens or 3 minutes max.
Narrate, silently to yourself, what you’re sensing. Keep meditative awareness.
- 6 Rest and enjoy aftereffect.
- 7 Slip into Hong-Sau for just a few breaths if it feels natural
- 8 Closing Blessing of your choice.

INVOCATON

- Find and become comfortable with “your translation” of the Invocation.
- Practice finding the feeling/sensation of the Invocation.
- Practice attuning to that feeling/sensation when you say it.

THE THORN TREE

- Tell the story to yourself let it becomes a little movie in your head..
- Reflect on what you are attached to.