



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

Please try to do this daily. It takes only 4-6 minutes depending on how long you stay in Hong-Sau.

- 1 Sit. Find your Seat.
- 2 Invocation* *see below*
3. Pranayama Sequence:
 - Gentle Resurrection Breath
 - 3 Three Part Breaths
 - 3 Breaths to Soften & Release
 - 3 Sipping Breaths—exhale though nose.
 - 3 Ujjayi Breaths
 - Rest and enjoy aftereffect.
4. Slip into Hong-Sau for just 1- 3 minutes
Notice what wording helps you surrender to the breath.
- 5 Rest and enjoy the aftereffect of your practice.
- 6 Closing Blessing of your choice.

* INVOCATON

- Practice doing it by memory using the feeling states of the five parts:
 1. Connect to vast goodness, wisdom and love.
 2. Connect to imitate presence that loves you most—your Ishta.
 3. Hold feeling of your aspiration.
 4. Hold all three and feel the support of #1 & 2 helping you achieve your aspiration.
 5. Feel gratitude for #4