

READING

When Things Fall Apart by Pema Chodron

TECHNIQUES

Body Scan: *(If you haven't yet done this, be sure to memorize a progression for a short and long version of what works for you.)*

Continue to memorize the body scan progressions that work best for you so it becomes easy and intuitive.

- 5 - 10 minutes
- 15-20 minutes

Cultivate the skill of “letting go and moving on.”

Tension / Release memorize the progression/method you enjoy.

TUTORIAL TO WATCH AND OUTLINE:

TONGLEN AN EXPLANATION

11:29 — Tutorials / Spiritual Maturity

MEDITATIONS TO WATCH/LISTEN AND OUTLINE:

TONGLEN MEDITATION FOR SELF AND OTHERS

21:30 — Meditations / Compassion

TONGLEN TO RELIEVE SUFFERING

21:30 — Meditations / Compassion