

READING: **Spiritual Science of Kriya Yoga by Goswami Kriyananda**

Open randomly and read a page or two.

When Things Fall Apart by Pema Chodron

Chapters 14 & 15 on Tonglen

Continue reading and browsing.

Choose One Autobiography:

- **Freedom in Exile** by the Dalai Lama
- **Autobiography of a Yogi** by Paramahansa Yogananda Choose the one with the blue cover.
- **10% Happier** by Dan Harris
- **The Surrender Experiment** by Michael Singer

TEACHINGS TO OUTLINE:

TONGLEN AN EXPLANATION

11:29 — Teachings / Compassion

LOVING KINDNESS BLESSING

10:34 — Teachings / Compassion

MEDITATIONS TO WATCH/LISTEN & OUTLINE:

TONGLEN MEDITATION FOR SELF AND OTHERS

21:30 — Meditations / Compassion

TONGLEN TO RELIEVE SUFFERING

21:04 — Meditations / Compassion



COMPLETE OUTLINES FOR, OR FILL IN YOUR NOTES FOR, THE FOLLOWING TO SEE IF YOU:

1. CAN EASILY DO
2. FEEL FLUENT IN
3. UNDERSTAND

FIND YOUR SEAT

What does this mean to you?

How do you do it?

Do you have a meditation spot(s)?

BECOME PRESENT

What does this mean to you?

How do you do it?

USE A BOOK FOR INTUITIVE GUIDANCE

What does this mean to you?

How do you do it?

THE OPENING INVOCATION

Do you have it memorized?

How have you translated/adapted it for you?

COMMUNICATE WITH YOUR ISHTA

Have you found your Ishta?

How do you communicate with it?

Do you trust your Ishta?

Do you understand what your Ishta is? Please explain.



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PRANAYAMAS

RESURRECTION BREATH

What are the steps of the technique?

What is the purpose of the technique?

What are the benefits you experience from the technique?

THREE PART BREATH

What are the steps of the technique?

What is the purpose of the technique?

What are the benefits you experience from the technique?

BREATH TO SOFTEN AND RELEASE

What are the steps of the technique?

What is the purpose of the technique?

What are the benefits you experience from the technique?

UJJAI BREATH

What are the steps of the technique?

What is the purpose of the technique?

What are the benefits you experience from the technique?

SIPPING BREATH

What are the steps of the technique?

What is the purpose of the technique?

What are the benefits you experience from the technique?



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BODY SCAN SHORT

What is your preferred pattern?

What is the purpose of the technique?

BODY SCAN LONGER

What is your preferred pattern?

What is the purpose of the technique?

TENSE RELEASE — Swami J

Do you understand the patterning? What is it?

What do you enjoy/not enjoy about the technique?

What is the purpose of the technique?

TENSION AND RELAXATION — Yogananda 1

Do you understand the patterning? What is it?

What do you enjoy/not enjoy about the technique?

What is the purpose of the technique?

TENSION AND RELAXATION — Yogananda 2

Do you understand the patterning? What is it?

What do you enjoy/not enjoy about the technique?

What is the purpose of the technique?

BODY RELAXATION

What is the difference between the Relaxation Breath we do and the above Techniques?

What do you do to relax your body?



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THOUGHT, EMOTION, FEELING, FEELING STATE

- HOW WOULD YOU DESCRIBE A SENSATION?
- HOW WOULD YOU DESCRIBE THE NATURE OF THOUGHT?
- HOW WOULD YOU DESCRIBE THE NATURE OF AN EMOTION?
- HOW WOULD YOU DESCRIBE THE NATURE OF A FEELING?
- HOW WOULD YOU DESCRIBE A FEELING STATE?
- WHY ARE THERE SO MANY DIFFERENT WAYS TO WORK WITH THOUGHTS?
- WHERE DOES THE POWER OF A THOUGHT COME FROM?
- WHAT ARE THE DIFFERENT LAYERS/TYPES OF THOUGHT?
- WHY DO AFFIRMATIONS OFTEN NOT WORK?
- WHAT CAN MAKE AN AFFIRMATION WORK?
- WHAT DOES NETI MEAN?
- WHAT IS THE NETI TECHNIQUE FOR WORKING WITH THOUGHTS?
- WHAT IS DIFFERENT ABOUT THE NETI TECHNIQUE WHEN WORKING WITH THOUGHT?
- WHAT IS THE TRADITIONAL NETI MEDITATION TECHNIQUE?