

SADHANA FOR THE WEEK

Let go of the life you think you should be living.
Show up for the life you *are* living.
That is your path.

BASIC MEDITATION ROUTINE

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

- 1 Sit. Find your Seat.
- 2 Invocation
3. Pranayama Sequence:
 - Gentle Resurrection Breath
 - 3 Three Part Breaths
 - 3 Breaths to Soften & Release
 - 3 Sipping Breaths—exhale through 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.

LOVING KINDNESS MEDITATION

Practice this at random points throughout the week. Just notice.

1. Heart Smile person
2. Acquaintance
3. Complicated
4. Enemy
5. Self