

This week's practice is **OPENING TO MYSTERY**.

1. When I believe that I am in control and/or responsible for everything that goes on around me it inevitably generates stress.
2. The antidote is to OPEN TO MYSTERY
3. I have no control over anything other than my own attitude so I will open to Mystery and release this mistaken notion that I can control the people, the places, situations and things – also known as “the world” around me.
4. **QUOTES:**
 1. Mr Fenneyman, allow me to explain about the theatre business. The natural condition is one of insurmountable obstacles on the road to imminent disaster. *So what do we do?* Nothing. Strangely enough it all turns out well. *How?* I don't know. It's a mystery.
 2. The only thing I have any control over, is my attitude.
5. **PRACTICE: Be open to mystery. Hold the feeling: It will all turn out well. I don't know how but it will. I just need to open to mystery and mystery will reveal how.**
6. Our Meditation this week is designed to help you cultivate an awareness, a feeling, of “it will all turn out” that is calm, deep and unflappable. The first part of the meditation, “Finding Your Symbol” gives you the Symbol you will use in the actual meditation for this week, “Surrender to Mystery”.

This week:

- Be open to mystery at all times. Especially when worry or fear, panic or anxiety, take hold.
 - **Video: Open to Mystery** (17 minutes)
 - **Audio Meditations:**
 - **Finding your symbol** (12 minutes) - Listen to this meditation once, twice or three times if necessary, to find your symbol for the following meditation.
 - **Surrender to Mystery** (15 minutes) - Once a day
 - **QUOTE OF THE WEEK:**
 - **I don't know. It's a mystery!**
 - **OPTIONAL:**
 - Week Four Practice Log - pdf
 - God's Take On My Day - Someone sent this to my years ago. It has a very Christian tone which will be fine for some of you. For those of you of a different belief system, hear the universal message by replacing the word God with “Mystery” or “Life”.
 - Video Clip - Shakespeare in Love